

## Lesson 35: The Sabbath and You, page 1

**Memory Verse:** Ezekiel 20:12 "Moreover also I gave them my sabbaths, to be a sign between me and them, that they might know that I am the Lord that sanctify them."

### I. Why is the Sabbath Important?

1. Ex. 31:16,17 It is a \_\_\_\_\_ that God created the world in \_\_\_\_\_ days.

2. Eze. 20:12 It is a \_\_\_\_\_ of God's mighty power to \_\_\_\_\_ us.

3. As surely as God can create a **world**, He can create **new hearts** within us.

Ezekiel 36:26-27 "A \_\_\_\_\_ heart also will I \_\_\_\_\_ you, and a \_\_\_\_\_ spirit will I put \_\_\_\_\_ you: and I will take \_\_\_\_\_ the stony \_\_\_\_\_ out of your flesh, and I will \_\_\_\_\_ you an heart of \_\_\_\_\_. And I will put my \_\_\_\_\_ within you, and cause you to \_\_\_\_\_ in my \_\_\_\_\_, and ye shall \_\_\_\_\_ my judgments, and do them." Each week the Sabbath should remind us of this. Let us pray the prayer that David prayed: Psalm 51:10 "\_\_\_\_\_ in me a \_\_\_\_\_ heart, O God; and \_\_\_\_\_ a \_\_\_\_\_ spirit within me."

**Note:** "Every provision has been made that **you** shall come off more than conquerors. Satan is seeking to overcome you, but it is your privilege to turn to the Sun of Righteousness. He is waiting, longing to **fill your heart with His love**, that your **joy** may be full." ST, December 13, 1899 par. 8

4. In Isaiah 58:14 we are given a special promise. What is it?

"Then shalt thou \_\_\_\_\_ thyself in the \_\_\_\_\_; and I will cause thee to ride upon the \_\_\_\_\_ places of the earth, and feed thee with the \_\_\_\_\_ of Jacob thy father: for the mouth of the Lord hath spoken it."

What is the first word of the verse? \_\_\_\_\_ That means that there is an "**if**" before that. Which verse begins with "**if**"? verse \_\_\_\_\_ The "if" gives the conditions for receiving that promise. What are these conditions?

"If thou turn \_\_\_\_\_ thy \_\_\_\_\_ from the \_\_\_\_\_,

[this means to stop trampling on the Sabbath]

from doing \_\_\_\_\_ pleasure on \_\_\_\_\_ holy day;

and call the sabbath a \_\_\_\_\_, the \_\_\_\_\_ of the Lord, \_\_\_\_\_;

and shalt \_\_\_\_\_ him, [how do we honor Him?]

not doing thine own \_\_\_\_\_, [doing His \_\_\_\_\_ instead]

nor finding thine own \_\_\_\_\_, [finding His \_\_\_\_\_ instead]

nor speaking thine own \_\_\_\_\_: [speaking His \_\_\_\_\_ instead]

God has a special blessing for those who do not trample the \_\_\_\_\_ under foot but H \_\_\_\_\_ Him on His holy day.

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5. What does God offer to those who obey Him? Hebrews 5:9

"And being made perfect, \_\_\_\_\_ became the \_\_\_\_\_ of eternal \_\_\_\_\_ unto \_\_\_\_\_ them that \_\_\_\_\_ him." He offers eternal \_\_\_\_\_.

**Note:** "God loves His obedient children. **He has a kingdom prepared, not for disloyal subjects, but for His children** whom He has tested and tried in a world marred and corrupted by sin. **As obedient children**, we have the **privilege** of relationship with God. 'If children,' He says, 'then heirs' to an immortal inheritance. ... Christ and His people are one." 6BC 1077.8

"Christ is our hope and our refuge. **His righteousness is imputed only to the obedient.** Let us accept it through faith, that the Father shall find in us no sin. But those who have trampled on the holy law will have no right to claim that righteousness. O that we might view the **immensity** of the plan of salvation as **obedient children** to all God's requirements, believing that we have peace with God through Jesus Christ, our atoning sacrifice!" 6BC 1072.8

6. Will God hold us accountable for what we don't know? Acts 17:30

"And the times of this \_\_\_\_\_ God \_\_\_\_\_ at; but \_\_\_\_\_ commandeth \_\_\_\_\_ men \_\_\_\_\_ where to \_\_\_\_\_."

**Note:** "For centuries men have walked in blindness concerning the true Sabbath, and the times of this ignorance God winked at; **but now** is the day of reformation, and he calls upon men everywhere to repent. When the light of God's disregarded commandment shone upon the path of those who sincerely loved God, they delayed not to keep his statutes." ST, February 3, 1888 par. 5

7. When we know what God wants us to do, but refuse to do it, what are we doing?

We are S\_\_\_\_\_.

James 4:17 "Therefore to him that \_\_\_\_\_ to do good, and doeth it \_\_\_\_\_, to him it is \_\_\_\_\_."

8. Who will enter the New Jerusalem? Rev. 22:14

Those that \_\_\_\_\_ His \_\_\_\_\_ will enter in through the gates into the city.

9. If we love Jesus, what will we do? John 14:15

Jesus said, "If ye \_\_\_\_\_ me, \_\_\_\_\_ my \_\_\_\_\_."

Do you love Jesus enough to keep ALL His commandments?    YES            NO

### **VIII. How to Keep the Sabbath**

10. God told us to \_\_\_\_\_ the Sabbath day to \_\_\_\_\_ it holy.

(Exodus 20:8)

**Note:** All through the week we should have the Sabbath in mind and make preparation to keep it holy.

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11. What is part of the special preparation we should make on Friday? Exodus 16:23  
"And he said unto them, This is that which the Lord hath said, To morrow is the \_\_\_\_\_  
of the \_\_\_\_\_ sabbath unto the Lord: \_\_\_\_\_ that which ye will bake \_\_\_\_\_,  
and \_\_\_\_\_ [boil or cook] that ye will seethe; and that which remaineth over  
\_\_\_\_\_ for you to be kept until the morning."

**Note:** Everything that can be done before the Sabbath should be done before the Sabbath begins (such as cooking, cleaning, preparing our clothes and shoes, bathing, etc.).

"On Friday let the **preparation** for the Sabbath **be completed**. See that all the clothing is in readiness and that all the cooking is done. Let the boots be blacked and the baths be taken. It is possible to do this. **If you make it a rule you can do it**. The Sabbath is not to be given to the repairing of garments, to the cooking of food, to pleasure seeking, or to any other worldly employment. **Before the setting of the sun** let all secular work be laid aside and all secular papers be put out of sight. Parents, explain your work and its purpose to your children, and let them share in your preparation to keep the Sabbath according to the commandment." 6T 355.3

12. What else do we need to prepare? We need to prepare our \_\_\_\_\_.  
Job 11:13-14 "If thou prepare thine \_\_\_\_\_, and stretch out thine hands toward him;  
If \_\_\_\_\_ be in thine hand, put it \_\_\_\_\_, and let \_\_\_\_\_  
\_\_\_\_\_ dwell in thy tabernacles."

**Note:** We should put away all differences between us and others. All bitterness, wrath, and malice should be expelled from the soul.

James 5:16 tells us "C \_\_\_\_\_ your faults one to another, and \_\_\_\_\_ one for another, that ye may be \_\_\_\_\_. The effectual \_\_\_\_\_ prayer of a righteous man availeth \_\_\_\_\_."

**Note:** "Before the Sabbath begins, the mind as well as the body should be **withdrawn** from worldly business. God has set His Sabbath at the end of the six working days, that men may **stop and consider** what they have **gained** during the week in **preparation for the pure kingdom** which admits no transgressor. We should each Sabbath **reckon with our souls** to see whether the week that has ended has brought **spiritual gain or loss**. 6T 356.3

"It means **eternal salvation** to keep the Sabbath holy unto the Lord. God says: 'Them that honor Me I will honor.' 1 Samuel 2:30." 6T 356.4

13. We need to ask God to remove all evil from our hearts. Psalm 51:2,3,7,9  
"Wash me \_\_\_\_\_ from mine \_\_\_\_\_,  
and \_\_\_\_\_ me from my \_\_\_\_\_.  
For I \_\_\_\_\_ my transgressions: and my sin is ever before me."  
P \_\_\_\_\_ me with hyssop, and I shall be \_\_\_\_\_:  
\_\_\_\_\_ me, and I shall be \_\_\_\_\_ than snow."  
"Hide thy face from my sins, and \_\_\_\_\_ all mine \_\_\_\_\_."

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14. Of what is the Sabbath a sign? Ezekiel 20:12 "Moreover also I gave them my \_\_\_\_\_, to be a \_\_\_\_\_ between \_\_\_\_\_ and them, that they might \_\_\_\_\_ that I am the \_\_\_\_\_ that \_\_\_\_\_ them."

The Sabbath is a sign that God S\_\_\_\_\_ us, or makes us holy.

If it is a sign that God makes us holy, then we must let Him **really** make us holy in order to **really** keep the Sabbath holy.

**Note: "We are not merely to observe the Sabbath as a legal matter.** We are to understand its spiritual bearing upon **all** the transactions of life. All who regard the Sabbath as a sign between them and God, showing that He is the God who sanctifies them, will **represent the principles of His government.** They will bring into **daily practice** the laws of His kingdom. **Daily** it will be their prayer that the sanctification of the Sabbath may rest upon them. **Every day** they will have the companionship of Christ and will **exemplify** the perfection of His character. **Every day their light will shine forth to others in good works.**" 6T 353.4

15. Read Nehemiah 13:15-19:

? What were the people doing on the Sabbath in Nehemiah's day?

Some were \_\_\_\_\_ wine presses

Some were \_\_\_\_\_ in sheaves

Some were \_\_\_\_\_ asses

with wine, grapes, and figs, and all manner of \_\_\_\_\_,

They were bringing these burdens \_\_\_\_\_ Jerusalem on the Sabbath day

They also \_\_\_\_\_ victuals.

Not only that, but men of \_\_\_\_\_ also came therein,

which brought \_\_\_\_\_, and all \_\_\_\_\_ of ware,

and \_\_\_\_\_ on the \_\_\_\_\_

unto the children of \_\_\_\_\_, and in \_\_\_\_\_.

They were working and buying and S\_\_\_\_\_.

? What were they doing to the Sabbath day? They were P\_\_\_\_\_ it.

*Strong's concordance* tells us that this means "to wound, to dissolve, to break".

The dictionary says that the word "profane" means "to violate anything sacred, or treat it with abuse, irreverence, or contempt; to apply to temporal uses, to use as base or common; to pollute, to debase, to put to a wrong use."

? What did Nehemiah call what they were doing? He called it an \_\_\_\_\_ thing.

? Of what did Nehemiah remind them? That their \_\_\_\_\_ had done the same thing and as a result God brought all this \_\_\_\_\_ upon them and upon the \_\_\_\_\_.

This is what it talks about in Jeremiah 17:21-27. Read it.

? Were they doing the very same things in Nehemiah's day as they were doing in Jeremiah's day? YES NO

? Was the warning of Jeremiah 17:27 fulfilled? YES NO Read 2 Kings 25:9.

? Had the people listened to Jeremiah's warning? YES NO

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? How do you know? Because Jerusalem was B\_\_\_\_\_ with F\_\_\_\_\_. This is what Jeremiah said would happen if they did not stop profaning the Sabbath. In Nehemiah's day they had come back from Babylon and were rebuilding Jerusalem.

? What did he warn them about? Nehemiah 13:18  
He warned them that if they did like their F\_\_\_\_\_ had done, then they would "B\_\_\_\_\_ more \_\_\_\_\_ upon Israel."

? What did Nehemiah do to stop the buying and selling in Jerusalem? Nehemiah 13:19  
He \_\_\_\_\_ the gates when it began to be \_\_\_\_\_ before the S\_\_\_\_\_ began [on Friday evening] and did not \_\_\_\_\_ them until \_\_\_\_\_ the Sabbath.

? What lesson is there in this for us? We should S\_\_\_\_\_ the gates of our minds to worldly things before the Sabbath B\_\_\_\_\_ and not O\_\_\_\_\_ them until after the \_\_\_\_\_ is past. We should not allow worldly things to occupy our time or our thoughts on Sabbath.

**Note:** "To keep the Sabbath holy, **we should not even allow our minds to dwell upon things of a worldly character.** Yet it is not necessary that we shut ourselves away from nature, and deprive ourselves of the free, invigorating air of heaven. The Sabbath was made to be a blessing to man, **by calling his mind from secular labor to contemplate the goodness and glory of God.** It is necessary that the people of God assemble statedly for his worship, to interchange thoughts in regard to the truths of his word, and to devote a portion of time to prayer. But these seasons, even upon the Sabbath, should not be made tedious by their length and lack of interest. **During a portion of the day, all should have an opportunity to be out-of-doors.**

"Parents, why not make use of the **precious lessons God has given you in the book of nature** to give your children a correct idea of his character? Go and sit with them in the groves or bright sunshine, and give their restless minds something to feed upon by **conversing with them on the wonderful works of God.** Call their attention to the **tokens of God's love to man** as seen in his creative works, and their young minds will be attracted and interested, and their hearts will be inspired with love and reverence.

"All who love God should do what they can to make the Sabbath a delight, holy and honorable. **They cannot do this by seeking their own pleasure in sinful, forbidden amusements.** But by exalting the Sabbath in the family, it may be made the most interesting day in the week, so that its weekly return will be hailed with joy by every member of the family. **In no better way** can parents exalt and honor the Sabbath than by devising means to impart **proper instruction** to their children and to **interest them in spiritual things**, giving them **correct views** of the character of God and what he requires of them in order to attain to eternal life. Parents, make the Sabbath a delight, that your children may look forward to it, and have a welcome for it in their hearts. Thus will God be honored in the home."

ST, May 20, 1886 par. 10-12

16. Should we engage in our worldly business on the Sabbath? Deuteronomy 5:12-14  
"Keep the \_\_\_\_\_ day to sanctify it, as the Lord thy God hath commanded thee. \_\_\_\_\_ days thou shalt \_\_\_\_\_, and do \_\_\_\_\_ thy \_\_\_\_\_: But the \_\_\_\_\_ day is the sabbath of the Lord thy God: in it thou shalt \_\_\_\_\_ do \_\_\_\_\_ work, thou, nor thy son, nor thy daughter, nor thy manservant, nor thy

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maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that is within thy gates; that thy manservant and thy maidservant may \_\_\_\_\_ as well as thou."

**Note:** "I was shown that there has been **too much slackness** in regard to the observance of the Sabbath. There has not been **promptness** to fulfill the secular duties within the six working days which God has given to man and **carefulness** not to infringe upon one hour of the holy, sacred time which He has reserved to Himself. **There is no business of man's that should be considered of sufficient importance to cause him to transgress the fourth precept of Jehovah.**" 1T 531.2

"God requires that His holy day be as sacredly observed now as in the time of Israel. The command given to the Hebrews should be regarded by all Christians as an injunction from Jehovah to them. **The day before the Sabbath should be made a day of preparation, that everything may be in readiness for its sacred hours.** In **no case** should our own business be allowed to encroach upon holy time. God has directed that the sick and suffering be cared for; the labor required to make them comfortable is a work of mercy, and no violation of the Sabbath; but **all unnecessary work should be avoided.** Many **carelessly** put off till the beginning of the Sabbath **little things** that might have been done on the day of preparation. This should not be. Work that is neglected until the beginning of the Sabbath should remain undone until it is past. This course might help the memory of these thoughtless ones, and **make them careful to do their own work on the six working days.**" PP 296.1

17. Should we talk about our business on the Sabbath? Isa. 58:13 says that we honor Him by not speaking our \_\_\_\_\_ words.

**Note:** We should not talk about matters of business or engage in any common, worldly conversation.

"Those who are **not fully converted** to the truth, frequently **let their minds run freely upon worldly business**, and although they may rest from physical toil upon the Sabbath, their tongues speak out what is in their minds; hence these words concerning cattle, crops, losses, and gains. All this is Sabbath-breaking. **If the mind is running upon worldly matters, the tongue will reveal it;** for out of the abundance of the heart the mouth speaketh." 2T 703.2

**"The words and thoughts should be guarded.** Those who discuss business matters and lay plans on the Sabbath, are regarded of God as though they engaged in the actual transaction of business. **To keep the Sabbath holy, we should not even allow our minds to dwell upon things of a worldly character.** HS 218.1

**"Sunday is generally made a day of feasting and pleasure-seeking;** [by Sunday -keepers] but the Lord would have his people give the world a higher, holier example [in their Sabbath-keeping].

**Upon the Sabbath** there should be **a solemn dedication of the family to God.** The commandment includes all within our gates; all the inmates of the house are to lay aside their worldly business, and employ the sacred hours in devotion. Let all unite to **honor God by cheerful service** upon his holy day." HS 218.2

18. What should we talk about on the Sabbath?

☞ Psalm 77:12 "I will \_\_\_\_\_ also of all \_\_\_\_\_ work, and **talk** of \_\_\_\_\_." We can talk about what God does!

☞ Psalm 105:2 "Sing unto him, sing psalms unto him: **talk** ye of \_\_\_\_\_ his \_\_\_\_\_ works." We can talk about the wonderful things God does.

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☞ Psalm 119:27 "Make me to \_\_\_\_\_ the way of thy \_\_\_\_\_:  
so shall I **talk** of thy \_\_\_\_\_ works."

When we learn to understand His ways, we have something to talk about!

☞ Psalm 145:11 "They shall **speak** of the \_\_\_\_\_ of thy \_\_\_\_\_,  
and **talk** of thy \_\_\_\_\_." We can talk about His glorious kingdom  
and the power of His grace and love.

19. What else should we guard on the Sabbath besides what we talk about? Isa. 58:13  
We should guard against doing our own \_\_\_\_\_ and finding our own  
\_\_\_\_\_.

20. What should we do on the Sabbath?

☺ Psalm 92:4-5 "For thou, Lord, hast made me \_\_\_\_\_ through thy  
\_\_\_\_\_: I will \_\_\_\_\_ in the works of thy \_\_\_\_\_. O Lord, how  
\_\_\_\_\_ are thy \_\_\_\_\_! and thy \_\_\_\_\_ are very deep."

What are the works of God's hands? Isaiah 45:12 "I have made the \_\_\_\_\_, and  
created \_\_\_\_\_ upon it: I, even my \_\_\_\_\_, have \_\_\_\_\_ out the  
\_\_\_\_\_, and all their \_\_\_\_\_ have I commanded."

Every created thing in earth and heaven is included in the works of His hands.

**Note:** "In His teaching from nature, Christ was speaking of the things which His own hands had made, and which had qualities and powers that He Himself had imparted. In their original perfection all created things were an expression of the **thought of God**. To Adam and Eve in their Eden home **nature was full of the knowledge of God**, teeming with divine instruction. **Wisdom spoke to the eye and was received into the heart**; for they communed with God in His created works. As soon as the holy pair transgressed the law of the Most High, the brightness from the face of God departed from the face of nature. The earth is now marred and defiled by sin. Yet even in its blighted state much that is beautiful remains. **God's object lessons are not obliterated; rightly understood, nature speaks of her Creator.**" COL 18.1 In the things that God has created we can read lessons of His wisdom, love, and power. We can learn of His thoughts which are very deep.

☺ Psalm 104:24 "O Lord, how \_\_\_\_\_ are thy works! in  
\_\_\_\_\_ hast thou made them all: the earth is \_\_\_\_\_ of thy \_\_\_\_\_."

☺ Psalm 107:8,15,21,31 "Oh that men would \_\_\_\_\_ the Lord for his  
\_\_\_\_\_, and for his \_\_\_\_\_ works to the children of men!"

☺ Psalm 143:5 "I \_\_\_\_\_ the days of \_\_\_\_\_; I \_\_\_\_\_  
on \_\_\_\_\_ thy works; I \_\_\_\_\_ on the work of thy \_\_\_\_\_."

**Note:** "The Sabbath school and the meeting for worship occupy only a part of the Sabbath. **The portion remaining to the family may be made the most sacred and precious season of all the Sabbath hours.** Much of this time **parents should spend with their children.** In many families the younger children are left to themselves to find entertainment as best they can. Left alone, the children soon become restless and begin to play or engage in some kind of mischief. **Thus the Sabbath has to them no sacred significance.** 6T 358.1

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"In pleasant weather **let parents walk with their children in the fields and groves**. Amid the beautiful things of nature **tell them the reason** for the institution of the Sabbath. Describe to them God's great work of creation. Tell them that when the earth came from His hand, it was **holy and beautiful**. Every flower, every shrub, every tree, **answered the purpose of its Creator**. Everything upon which the eye rested was **lovely and filled the mind with thoughts of the love of God**. Every sound was music in **harmony** with the voice of God. Show that it was **sin which marred God's perfect work**; that thorns and thistles, sorrow and pain and death, are all the **result of disobedience to God**. Bid them see how the earth, though marred with the curse of sin, still reveals God's goodness. The green fields, the lofty trees, the glad sunshine, the clouds, the dew, the solemn stillness of the night, the glory of the starry heavens, and the moon in its beauty all bear witness of the Creator. Not a drop of rain falls, not a ray of light is shed on our unthankful world, but it testifies to the forbearance and love of God. 6T 358.2

"Tell them of the **way of salvation**; how 'God so loved the world, that He gave His only-begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.' John 3:16. Let the **sweet story of Bethlehem** be repeated. Present before the children **Jesus, as a child** obedient to His parents, **as a youth** faithful and industrious, helping to support the family. Thus you can teach them that the Saviour knows the trials, perplexities, and temptations, the hopes and joys, of the young, and that He can give them sympathy and help. From time to time **read** with them the interesting stories in Bible history. **Question** as to what they have learned in the Sabbath school, and **study with them** the next Sabbath's lesson." 6T 358.3

21. Should children be taught about the Sabbath? Deuteronomy 6:6-7

"And these \_\_\_\_\_, which I command thee this day, shall be in thine \_\_\_\_\_:  
And thou shalt \_\_\_\_\_ them \_\_\_\_\_ unto thy \_\_\_\_\_,  
and shalt \_\_\_\_\_ of them  
when thou \_\_\_\_\_ in thine house,  
and when thou \_\_\_\_\_ by the way,  
and when thou \_\_\_\_\_ down,  
and when thou \_\_\_\_\_ up."

**Note:** "I counsel you, my brethren and sisters: 'Remember the Sabbath day, to keep it holy.' If you desire your children to observe the Sabbath according to the commandment, **you must teach them by both precept and example**. The deep engraving of truth in the heart is never wholly effaced. It may be obscured, but can never be obliterated. The **impressions made in early life will be seen in afteryears**. Circumstances may occur to separate the children from their parents and their home, but as long as they live the **instruction given in childhood and youth will be a blessing**." 6T 359.3

22. When does the Sabbath begin?

According to God when does each day begin? Genesis 1:5 "And God called the light Day, and the darkness he called Night. And the \_\_\_\_\_ and the morning were the first day." The evening comes first, then the morning.

When does the evening start? Mark 1:32 tells us that evening is when the \_\_\_\_\_  
\_\_\_\_\_. "And at \_\_\_\_\_, when the \_\_\_\_\_ did \_\_\_\_\_ ... ."

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Leviticus 23:32 tells us to celebrate the Sabbath "from \_\_\_\_\_ unto \_\_\_\_\_."

So the Sabbath begins when the \_\_\_\_\_ on what we call Friday and lasts until the \_\_\_\_\_ on what we call Saturday.

**Note:** "Before the setting of the sun let the members of the family assemble to read God's word, to sing and pray. **There is need of reform here**, for many have been remiss. We need to confess to God and to one another. **We should begin anew to make special arrangements that every member of the family may be prepared to honor the day which God has blessed and sanctified.**" 6T 356.5

"At **family worship** let the children take a part. Let all bring their Bibles and each read a verse or two. Then let some familiar hymn be sung, followed by prayer. For this, Christ has given a model. The Lord's Prayer was not intended to be repeated merely as a form, but it is **an illustration of what our prayers should be** -- simple, earnest, and comprehensive. In a simple petition tell the Lord your needs and express gratitude for His mercies. Thus you **invite Jesus as a welcome guest into your home and heart**. In the family long prayers concerning remote objects are not in place. They make the hour of prayer a weariness, when it should be regarded as a privilege and blessing. Make the season one of interest and joy." 6T 357.4

"**As the sun goes down**, let the **voice of prayer** and the **hymn of praise** mark the **close of the sacred hours** and **invite God's presence through the cares of the week of labor.**" 6T 359.1

"We should **jealously guard the edges** of the Sabbath. Remember that **every moment is consecrated, holy time.**" 6T 356.1

"Thus parents can **make the Sabbath**, as it should be, **the most joyful day of the week**. They can **lead their children to regard it as a delight**, the day of days, the **holy of the Lord, honorable.**" 6T 359.2

Read the whole section on "**The Sabbath in the Home**", 6T 356-359