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Memory Verse: "The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly." John 10:10

I. To get the most out of the Sabbath:

Keep Christ and Him crucified right at the center.

Keep Him at the center of **everything** that you think about and do.

1. Who is Lord of the Sabbath? Mark 2:28

"Therefore the _____ of _____ is Lord also of the _____."

Who is the Son of man? Matthew 16:13 "When _____ came into the coasts of Caesarea Philippi, he asked his disciples, saying, Whom do men say that _____ the _____ of _____ am?" So _____ said that He is the Son of man.

This means that Jesus is the Lord of the _____.

Read Acts 10:36: "The word which God sent unto the children of Israel, preaching _____ by _____ Christ: (he is _____ of _____:)"

Jesus is Lord of the Sabbath, and, really He is Lord of _____. When He is Lord of ALL our life, we will have P_____ in our hearts.

2. What is the great theme of the Bible, the center of everything? 1 Corinthians 2:2

"For I determined not to know any thing among you, save _____, and him _____."

Note: This is the great theme of the Bible in Old and New Testaments. It runs all the way through the Bible. This is the reason the Bible was written. Nothing else matters apart from this. This is the central theme. It is at the center of every doctrine and it is at the center of the Sabbath. The message of the cross is that **God loves YOU**. He gave his life for YOU and He suffered for YOU and He wants YOU for eternity. He wants to be with YOU for eternity. Christ and Him crucified is at the center of everything. Make Him the center of everything YOU do.

3. What does this mean in our lives? Galatians 2:20

"_____ am crucified _____ Christ: nevertheless I _____; yet _____ I, but _____ liveth _____ me: and the _____ which I _____ live in the flesh I live by the _____ of the Son of God, who _____ me, and _____ himself for me." Christ crucified includes **our daily dying with Him** that we might be **raised daily to a new life with Christ living in us and through us.**

In 1 Corinthians 15:31 Paul says: "I protest by your rejoicing which I have in Christ Jesus our Lord, _____." It is an on-going choice.

4. Jesus tells us that He is the good _____. The good _____ giveth his _____ for the _____. John 10:11 The reason that Jesus gave His life for you and me is because He wants to give us new life in Him. He said in John 10:10 "The _____ cometh not, but for to _____, and to _____, and to _____: **I am come** that they might have _____, and that they might have it _____ abundantly.

Note: Satan, the thief, wants to rob you of eternal life. He wants to kill and destroy anything good in you and steal you away from Jesus who loves you and wants only the best for you. Jesus came to give

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us a more abundant life. The only way to get this abundant life is to first die to our own way and surrender all to Him. Death to self comes before the resurrection to a new life.

5. Paul tells us in 2 Corinthians 4:10 "A _____ bearing about in the body the _____ of the Lord Jesus, _____ the _____ also of _____ might be made _____ in our _____."

Note: This is talking about dying to self, the surrender of our will to Him. This should be a way of life for us – always surrendering our will to Him. Then when we do that, the life of Jesus will be manifest in our body. When our will is surrendered to His will, THEN we will be able to live the way He lived and become Christ-like in our character. Before we can experience the life of Jesus, the power of the living Lord on a daily basis, we have to enter into His death and experience His death in a continual experience of dying to self. Death comes before resurrection.

2 Corinthians 4:11 says "For we which _____ are _____ delivered unto _____ for Jesus' sake, that the _____ also of _____ might be made _____ in our mortal flesh."

In God's plan to save us, He doesn't operate us like robots. We don't just say "yes" to Him once, but because He gives us freedom of choice, we need to say "yes" to Him continually, and "no" to self. This is how we continually die that His life might be evidenced in our mortal body. When we die to self and say "yes" to Jesus, He lives His life in us and we become changed into His image, or His character.

6. The whole chapter of Romans 6 tells us about this experience of dying to sin, self, and Satan and living to obedience, righteousness, and Christ.

Romans 6:6 "our _____ man is _____ with him, ...
that _____ we should _____ serve sin."

Romans 6:7 "For he that is _____ is _____ from sin."

Romans 6:8 "Now if we be _____ with Christ," – we die to sin
"we believe that we shall also _____ with him:" – we live His life of righteousness

Romans 6:10 "For in that he died, he _____ unto _____ once:
but in that he liveth, he _____ unto _____."

Romans 6:11 "Likewise reckon ye also yourselves to be _____ indeed unto _____,
but _____ unto _____ through Jesus Christ our Lord."

Note: Likewise, in the same way that Jesus died, so we die to sin, self, and Satan spiritually. We **choose** not to live according to the demands of self anymore. And as Jesus lives, by the power of His life, we **choose** to live according to the instructions of Jesus in His word.

7. How do we do this? Romans 6:12 "L_____ not _____ therefore _____ in your mortal body, that ye should _____ it in the lusts thereof."

Don't **let** sin be the ruler of your life.

Romans 6:13 "Neither _____ ye your members as _____ of unrighteousness unto _____: but _____ yourselves unto _____, as those that are _____ from the dead, and your members as _____ of _____ unto God."

Note: Your members are your hands, your feet, your mouth, your eyes, your brain, your stomach, your ears, every part of your mortal body. Every day we have to choose to whom we will yield our members.

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Will we **choose** to yield these members to God to be instruments of righteousness instead of yielding them to Satan to be instruments of sin? When we choose to yield our members to God, we do this by being dead to, or ignoring, the clamorings of our wrong desires, and being alive to, or paying attention to, the new desires that God puts in us to live righteous and godly lives. When we choose to enter into this experience with Jesus, sin loses its power over us.

Romans 6:14 "For _____ shall _____ have _____ over you: for ye are not under the law, but under grace."

Note: God has made it possible for us to be freed from the power of sin in our lives through the death and resurrection of Jesus. This power which He gives to us is called grace. It is because Christ died for us that we can **choose** to be free from Satan's power over us in our lives. This is the power of the cross. **This is the power of the resurrection.** Grace gives us the inner power to choose God and His way instead of Satan and his way. **This is the good news of the gospel.** This is what the Sabbath is designed to remind us of. When we enter into this experience with Christ, we will truly experience the blessing of the Sabbath in a much greater way than ever before.

8. Romans 6:15 "What then? shall we _____, because we are not under the _____, but under _____? God _____."

Note: Paul is not saying that the law is done away with and that we don't have to keep the law because we are under grace. Grace is our power source. The law is not our power source. You see, the purpose of grace is to bring our lives and our hearts into **harmony** with God's law and give us **overcoming power**. That is one of the themes in the book of Revelation:

Revelation 2:7 "... To him that _____ will I give to eat of the _____ of life, which is in the midst of the paradise of God."

Revelation 2:11 "... He that _____ shall not be hurt of the 2nd _____."

Revelation 3:5 "He that _____, the same shall be clothed in _____ raiment; and I will not _____ out his _____ out of the book of _____, but I will confess his _____ before my Father, and before his angels."

Revelation 3:21 "To him that _____ will I grant to _____ with me in my _____, even as I also _____, and am set down with my _____ in his _____."

Revelation 21:7 "He that _____ shall inherit _____ things; and I will be his _____, and he shall be my _____."

Note: These promises are not for just a few people. God has provided grace for **all** who will accept it. This is **good news** today because we have a powerful and a living Lord who not only has provided for the forgiveness of sin but has provided **overcoming power for victory over sin in our lives**.

9. Romans 6:16 "Know ye not, that to whom ye _____ yourselves servants to _____, his servants ye are to whom ye _____; whether of _____ unto _____, or of _____ unto righteousness?"

That's powerful, isn't it? This is the Great Controversy going on. **The Great Controversy is being fought over people.** The rest of the universe have already made their decision. They have all chosen to be loyal to God and have voted against Satan. But the people on this earth are still deciding. Satan is trying to get them to yield obedience to him so that they will be his servants and vote on his side of the Great Controversy. God is also trying to win the loyalty of the people to choose His side of the

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Great Controversy and to yield obedience to Him. **God's honor is involved in our spiritual experience.** To whom do you yield yourself to obey? Whose servant are you in your actual life?

The true gospel teaches us that Jesus died to forgive us our sins and to cleanse us from all unrighteousness. It teaches us that **grace is provided to give us the power in our lives to choose obedience to God and to empower us to actually do it. This is righteousness by faith.**

10. The good news is that servants of sin can be changed by God's grace to become servants of righteousness if they _____ their members to God to obey His word. Romans 6:17-19 "But God be _____, that ye _____ the servants of _____, [but now you are not anymore, you have been changed to become servants of God] but ye have _____ from the _____ that form of doctrine which was delivered you. Being then made _____ from _____, ye _____ the servants of _____. I speak after the manner of men because of the infirmity of your flesh: for _____ ye have _____ your _____ servants to _____ and to iniquity unto iniquity; even _____ **now** _____ your _____ servants to _____ unto holiness."

Note: What is the **standard** of holiness in the Bible? It is the **law** of God.

And where do we see that standard most lived out? It is in the life of Jesus.

Jesus is the **example** of holiness. The law of God is the **standard** of holiness.

Romans 6:20-23 "For _____ ye were the servants of _____, ye were _____ from _____. What _____ had ye then in _____ things whereof ye are now _____? for the _____ of _____ things is _____. But **now** being made _____ from _____, and _____ servants to _____, ye have your _____ unto _____, and the _____ everlasting _____. For the _____ of _____ is _____; but the _____ of _____ is eternal _____ through Jesus Christ our _____."

Note: So because of Jesus' death and resurrection, **He gives us grace which is the power to choose to yield ourselves to be servants of God.** We are then no longer slaves to sin. When we yield our members as instruments of righteousness, we have the fruit of holiness and the end of that choice is **eternal life**. **This is a powerful promise.** It is a strong encouragement to us to exercise our power of **choice** to yield our members to God to **obey Him** instead of yielding them to sin to obey Satan. So the gift of God of eternal life through Jesus Christ our Lord is not something separate from this **experience** of having fruit unto holiness and the end everlasting life. We need to be clear that the law of God is the **standard** of righteousness. It is a standard that is attainable through the grace and mercy of God and because of the sacrifice of Christ. Thank God for the gift of Jesus which makes it possible for us to get away from the power of Satan!! **All this is what the Sabbath reminds us of each week.**

11. Now here's an important principle. 2 Corinthians 5:14-15 "For the _____ of Christ _____ us; because we thus judge, that if one _____ for _____, then were all _____: And that he _____ for all, that they which _____ should _____ henceforth live unto _____, but unto _____ which _____ for them, and _____ again."

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Note: What does constrain mean? It means to control. It impels us forward. It empowers us. **The love of Jesus is the motive or force that empowers everything we do when we yield ourselves to that love.** When we really accept the sacrifice of Christ in our lives by faith, then we enter into the death of Christ, for "if one died for all, then were all dead". **When we enter into the death of Christ, we are crucified with Him.** This goes deep. This is the life-long pursuit. **When we look at the cross of Jesus and really consider His sacrifice for us, it does something to us.** That is why the cross of Christ is at the center of everything. We must remember the cross. There the love of Christ is revealed in its deepest level. When we realize this tremendous love of Christ for us, we are "constrained" to yield ourselves and all our members to Him.

To get the most out of the Sabbath, keep Christ and Him crucified right at the center. Keep Him at the center of **everything** that you think about and do.

II. To get the most out of the Sabbath:

Keep it from love to God because He first loved you,

Instead of doing it because you are afraid of the judgment.

12. 1 John 4:17-19 "Herein is our _____ made _____, that we may have boldness in the day of _____: because as _____ is, so are _____ in this world. There is no _____ in love; but _____ love casteth out _____: because fear hath torment. He that _____ is not made perfect in _____. We _____ him, _____ he _____ loved us."

Note: If we're afraid of the judgment, what are we lacking? **We need more of the love of Christ in our experience.** We need to look at the love of God and accept it in our hearts personally and let it transform our experience. So if we have fear, we need to look more at the love of Jesus. We need to spend more time on contemplating the love of Jesus and letting it sink deep into our hearts and minds. Sabbath-keeping that is based on the fear of being lost is worth nothing to God and it is miserable to us.

To get the most out of the Sabbath, keep it from **love to God** because He first loved you, instead of doing it because you are **afraid** of the judgment.

III. To get the most out of the Sabbath:

Act out of real conviction.

13. We need to have a conviction about the Sabbath for it to be important to us. Why do we keep the seventh-day Sabbath? Let us review the Scriptural evidence.

a. The Lord has a day. Revelation 1:10 "I was in the Spirit on the _____, and heard behind me a great voice, as of a trumpet,"

b. The Lord's day is the Sabbath, the 7th day of the week. Exodus 20:8-11 "Remember the _____ day, to keep it _____. Six days shalt thou labour, and do all thy work: But the _____ day is the _____ of the _____ thy God: in it thou shalt not do any _____, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in _____ days the _____ made heaven and earth, the sea, and all that in them is, and

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_____ the _____ day: wherefore the _____ blessed the _____ day, and _____ it."

c. The Sabbath was made **for** man, not against man. Mark 2:27-28 "And he said unto them, The _____ was made _____ man, and not _____ for the sabbath: Therefore the Son of man is _____ also of the _____."

Note: The way that you hear some Christians talk about the Sabbath is amazing. They say that it is some kind of a yoke of bondage and now we're delivered from it. They talk like the Sabbath was made against man. That's not true at all. Jesus said the Sabbath was made for man, not against man. It was made for our **benefit**. So we need to look at the Sabbath as a day of **benefit** that God gives to us.

d. God blessed and sanctified the Sabbath day. Genesis 2:2-3 "And on the _____ day God ended his work which he had made; and he _____ on the _____ day from all his work which he had made. And God _____ the _____ day, and _____ it: because that in it he had _____ from all his work which God created and made."

To get the most out of the Sabbath, act out of real conviction.

IV. To get the most out of the Sabbath: Give God the companionship that He desires, out of love, not out of obligation.

14. What does Acts 20:35 tell us at the end? "I have showed you all things, how that so labouring ye ought to support the weak, and to _____ the words of the Lord _____, how he said, It is more _____ to _____ than to _____."

Note: This is the way of love. That is the attitude of love. Now let's apply that to the Sabbath. The **greatest blessing** of the Sabbath is **what we can give to God on the Sabbath**. Did you ever think of it that way? Why did God create us? He created us because He loved us, He wanted us, He wanted our **companionship**. That's why He created Adam and Eve. God is love. Have you ever thought about the fact that **God really desires to hear from you**? You matter to Him and you have something very important that you can give to God. You can give God your worship. You can give God your love.

How can we possibly give God anything on the Sabbath? He owns the universe and everything in it. He made the Sabbath for OUR benefit and blessing. What can we possibly give Him? We can give Him our **companionship**. When you love someone, you crave companionship with them. This takes **time**. That's **why** God gave us the Sabbath. He gave it to us because love takes **time**. HE wants our companionship. HE wants to spend **quality time** with us and **we can give it to Him if we want to**. HE wants our love on the Sabbath. He deserves our worship because He is our Creator and if our hearts have been touched by His love, this should bring us **more joy** than the blessings we receive from Him on the Sabbath. We experience this joy when we realize in our own life that it is more blessed to give than to receive. So in the context of love, the **greatest blessing and joy** on the Sabbath is not in what we receive but in what **we give**.

To get the most out of the Sabbath, Give God the companionship that He desires, out of love, not out of obligation.

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V. To get the most out of the Sabbath:

Place it in the setting of the Great Controversy where it belongs.

We can take **God's side** in the Great Controversy between Christ and Satan.

15. Malachi 3:18 "Then shall ye return, and _____ between the _____ and the _____, between him that serveth _____ and him that serveth him _____."

Note: The **first test** that God gave to mankind was over a tree. God had a tree in the Garden and that was a **test of the worship and the loyalty of Adam and Eve**. And they failed that test. The **last test** which God gives to mankind will be over a day. Who will receive our loyalty? We are in a Great Controversy and **the day we keep shows who receives our loyalty**.

"**The Sabbath will be the great test of loyalty**, for it is the point of truth especially controverted. When the final test shall be brought to bear upon men, then the **line of distinction** will be drawn between those who serve God and those who serve Him not. While the observance of the false sabbath in compliance with the law of the state, contrary to the fourth commandment, will be an avowal of allegiance to a power that is in opposition to God, **the keeping of the true Sabbath, in obedience to God's law, is an evidence of loyalty to the Creator**. While one class, by accepting the sign of submission to earthly powers, receive the mark of the beast, the other, choosing the token of allegiance to divine authority, receive the seal of God." GC 605.2

"God has a test for us, and if we come up to the standard we shall be a peculiar people. **The Sabbath draws a separating line between us and the world, not faintly but in plain, distinct colors**. To those who have received the light of this truth the Sabbath is a test; it is not a human requirement, but God's test. It is what will distinguish between those who serve God and those who serve Him not, and upon this point will come the last great conflict between truth and error. All who profess to keep God's law should stand united in the sacred observance of His holy Sabbath." HP 150.2

"Some will urge that the Lord is not so particular in his requirements; that it is not their duty to keep the Sabbath strictly at so great loss, or to place themselves where they will be brought in conflict with the laws of the land. **But here is just where the test is coming, whether we will honor the law of God above the requirements of men**. This is what will distinguish between those who honor God and those who dishonor him. Here is where we are to prove our loyalty. The history of God's dealings with his people in all ages shows that he demands exact obedience." HS 216.4

"The season of distress before God's people will call for a faith that will not falter. **His children must make it manifest that He is the only object of their worship, and that no consideration, not even that of life itself, can induce them to make the least concession to false worship**. To the loyal heart the commands of sinful, finite men will sink into **insignificance** beside the word of the eternal God. Truth will be obeyed though the result be imprisonment or exile or death." Mar 214.6

"As the tree of knowledge was placed in the midst of the Garden of Eden, so the Sabbath command is placed in the midst of the Decalogue. In regard to the fruit of the tree of knowledge, the restriction was made, 'Ye shall not eat of it, ... lest ye die.' Gen. 3:3. Of the Sabbath God said, 'Ye shall not defile it, but keep it holy. 'Remember the sabbath day, to keep it holy.' Ex. 20:8. **As the tree of knowledge was the test of Adam's obedience, so the fourth command is the test that God has given to prove the loyalty of all His people**." OHC 343.3

The Sabbath is a **token** between God and His people. It is a **holy day**, given by the Creator to man as a **day upon which to rest, and reflect upon sacred things**. God designed it to be observed

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through every age as a perpetual covenant. It was to be regarded as a **peculiar treasure, a trust to be carefully cherished.** OHC 343.4

"Sanctified and blessed by God, the Sabbath was designed to be the great memorial of creation, and a blessing to mankind. But men are trampling it underfoot. **It is the test of today, as Christ was the test when he was in our world in human form.** It will ever stand unmoved, a rock of offense to the Christian world, as was Christ to the Jewish nation. As the rejection of Christ decided the eternal destiny of the Jews, so the rejection of God's holy memorial will decide the fate of many professing Christians." RH, December 20, 1898 par. 16

"There was nothing poisonous in the fruit of the tree of knowledge itself, nothing that would cause death in partaking of it. **The tree had been placed in the garden to test their loyalty to God.** The Lord designs that we shall contemplate the lesson that Adam failed to learn in his first experience, and would have us realize that the claims of God in this age are no less than they were in the Garden of Eden. The Gospel, first given to Adam in Eden, has lost none of its high claims since that time. We are required to obey all the commandments of God. The Sabbath commandment is placed in the midst of the Decalogue, and it was instituted in Eden. ... He made its observance obligatory upon man, in order that he might contemplate the works of God, dwell upon his goodness, his mercy, and love, and through nature look up to nature's God. If man had always observed the Sabbath, there would never have been an unbeliever, and infidel, or an atheist in the world. If Adam and Eve had **contemplated** the works of God in creating the world, if they had **considered** the reason that God had in giving them the Sabbath, if they had **looked** upon the beautiful tokens he had given them in withholding nothing that would add to their happiness, **they would have been safe,** they would have adored him for his goodness and love toward them, and in place of listening to the sophistries of Satan in casting blame upon God, in ascribing to him motives of selfishness, they would have considered the works of his hands, and songs of melody and thanksgiving and praise would have burst forth from their lips in adoration of him who had bountifully supplied them with every good thing. If they had considered how he had made them the object of his overflowing love, they would not have fallen; but they forgot the presence of God. They forgot that angels surrounded them to guard them from every danger, and **they looked away from their great Benefactor.**" ST, February 13, 1896 par. 7

"The Sabbath is a test to this generation. **In obeying the fourth commandment in spirit and truth, men will obey all the precepts of the Decalogue.** To fulfill this commandment one must love God supremely, and exercise love toward all the creatures that he has made." ST, February 13, 1896 par. 8

"What does the Lord require of us? – The observance of his Sabbath, 'as a perpetual covenant.' **God wishes every family to bear this sign.** Thus we may show that we are loyal and true to his commandments." RH, April 17, 1900 par. 9

16. Ezekiel 20:20 "And hallow my _____; and they shall be a _____ between me and you, that ye may _____ that I _____ the _____ your God."

Note: The core issue of the Sabbath is who is your God? It's not quibbling about which day it is. It is who is your God? Who do you worship? The Sabbath is a sign that the Creator of heaven and earth is our God. Which day we keep shows which God we are serving, as long as we have knowledge. Not everyone has knowledge and God doesn't hold us accountable for what we have not had opportunity to know.

It says in Acts 17:30 "And the times of this _____ God _____ at; but _____ commandeth _____ men every _____ to repent:"

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Note: "That institution which points to God as the Creator is a sign of his rightful authority over the beings he has made. The change of the Sabbath is the sign, or **mark, of the authority of the Romish Church**. Those who, understanding the claims of the fourth commandment, choose to observe the false in place of the true Sabbath, are thereby paying homage to that power by which alone it is commanded. The change in the fourth commandment is the change pointed out in the prophecy, and the keeping of the counterfeit Sabbath is the reception of the mark. But Christians of past generations observed the first day, supposing that they were keeping the Bible Sabbath, and there are in the churches of today many who honestly believe that Sunday is the Sabbath of divine appointment. None of these have received the mark of the beast. There are true Christians in every church, not excepting the Roman Catholic communion. **The test upon this question does not come until Sunday observance is enforced by law, and the world is enlightened concerning the obligation of the true Sabbath.** Not until the issue is thus plainly set before the people, and they are brought to choose between the commandments of God and the commandments of men, will those who continue in transgression receive the mark of the beast." SP 281.2

"This is an age of unrest, and the youth drink deeply of its spirit. Would that they could be made to realize the importance and the peril of the position they occupy! Would that parents and Sabbath school teachers could be led to see their duty to guide them wisely! **Never before have there been so many important interests at stake.** Never were such momentous issues before any generation as await the one now coming upon the stage of action. **Never were the youth of any age or country so earnestly observed by the angels of God as are the youth today.** All heaven is watching with intense interest for every indication of the characters they are forming – **whether, when brought to the test, they will stand firmly for God and the right, or be swayed by worldly influences.**" LHU 127.2

"At this time a very decided work in character building should be going forward among our people. We are to develop before the world the characteristics of the Saviour. It is impossible to please God without the exercise of genuine, sanctifying faith. We are individually responsible for our faith. **True faith is not a faith that will fail under test and trial; it is the gift of God to His people.**" 2 SM 375.2

"If ever we needed to manifest kindness and true courtesy, it is now. We may have to plead most earnestly before legislative councils for the right to worship God according to the dictates of conscience. Thus in His providence God has designed that the claims of His law shall be brought before men in positions of highest authority. But as we stand before these men, we are to show no bitterness of feeling. Constantly we are to **pray** for divine aid. It is God alone who can hold the four winds until His servants shall be sealed in their foreheads." 2SM 375.3

To get the most out of the Sabbath, place it in the setting of the Great Controversy where it belongs. We can take God's side in the Great Controversy between Christ and Satan.

VI. To get the most out of the Sabbath:

Realize that it is a gift of time to build your relationship with God.

17. Isaiah 43:1 "But now thus saith the _____ that _____ thee, O Jacob, and he that _____ thee, O Israel, Fear not: for I have _____ thee, I have called thee by thy _____; thou art _____."

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Ephesians 3:9 "And to make all men see what is the _____ of the mystery, which from the _____ of the world hath been hid in God, who _____ all things by _____ Christ:"

1 John 1:3 "That which we have _____ and _____ declare we unto you, that ye also may have _____ with us: and _____ our fellowship is with the _____, and with his _____ Jesus Christ."

Psalms 135:4 "For the _____ hath _____ Jacob unto _____, and Israel for his peculiar _____."

Titus 2:14 "Who _____ himself for us, that he might _____ us from all _____, and _____ unto himself a _____ [beyond the usual, special, one's own] people, zealous of _____ works."

Note: God created us to be His peculiar **treasure**, His **special** people, His **own**. He calls us by **name**. We are **His**. He **wants** to have **fellowship** with us. This is His **longing desire**. When God created the Sabbath, He created it as a **day** set aside for **fellowship with us**. The Sabbath tells us what God thinks of us. He **wants** our companionship. He **desires** to spend time with us. That's what the Sabbath tells us about God. It tells us that **He values us**. When you really value someone, you want to spend time with that person. This is what God desires. This is **why** He gave us the Sabbath. Now **what we do with the Sabbath shows what we think of God**. Have you thought of it that way? How do we treat the Sabbath? How much do we really **value** companionship with Him? The Sabbath shows **how much we want Him**. It shows **how much we want to spend time with Him**. It shows **how much we value the great sacrifice** God made in giving us His Son to die for us. The Sabbath shows that we are valuable to God. What we do with the Sabbath shows how valuable God is to us.

18. John 15:4,5 "Abide in _____, and I _____ you. As the _____ cannot bear _____ of itself, except it _____ in the _____; no more can _____, except ye _____ in _____. I am the _____, ye are the _____: He that _____ in me, and I _____ him, the same bringeth forth _____ fruit: for _____ me ye can do _____."

Note: Every Sabbath reminds us that **God is the Creator** and **we are His creatures**. We are **totally dependent** on Him for everything we are and everything we believe and everything we experience.

John 15:6-8 If a man abide _____ in _____, he is cast forth as a _____, and is _____; and men gather them, and cast them into the _____, and they are _____. If ye _____ in me, and my _____ abide _____ you, ye shall _____ what ye will, and it shall be _____ unto you. Herein is my Father _____, that ye bear _____ fruit; so shall ye be my _____."

Note: **Don't miss this important point:** Everything in our spiritual life depends on whether we **abide** in Christ and He **abides** in us. He wants to abide in us, but the **only** way He can do that is for us to **choose** to **abide** in Him. Without Him we can do **NOTHING**. This is the message that the Sabbath wants to impress on our minds. The Sabbath is to **strengthen** and **deepen** our relationship with Jesus. When we spend time with **Him** on this day, we will get to know Him better and desire Him more in our lives. The Sabbath gives us **time** to nurture our relationship. The Sabbath is a day of **restoration**, for nurturing our relationship with God. When we use the Sabbath **only** as a day of **recreation** and **social**

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time with our friends, we **miss** the **real purpose** of the Sabbath. We **miss** the **most valuable** relationship which we can ever have – **our relationship with God**. Then we go back to our week without the **strength** that **time** with God in deepening our relationship with Him can give us. Our lives go on in the same way week after week and **we wonder why the Christian life doesn't work for us**. **We need time to be still** and **know** that **HE is GOD**.

19. According to Jesus, why did God make the Sabbath? Mark 2:27-28 "And he said unto them, The _____ was made _____ man, and not _____ for the sabbath: Therefore the Son of man is _____ also of the _____."

When was the Sabbath made? Genesis 2:2 "And on the _____ day God _____ his work which he had _____; and he _____ on the seventh day from all his work which he had made."

Note: God made the Sabbath at the end of Creation week. He made the Sabbath for mankind even **before** there was any sin in the world. The Sabbath shows that **even before** sin man needed a special **time** to **connect** with God. Do you think you need that any less **now**, in a world full of sin? I don't think so. We need it 1000's of times **more** now! The Sabbath was a day of restoration, a day to get your batteries recharged, to receive new life from the Creator, spiritually. You need it to survive in the Christian life.

To get the most out of the Sabbath, realize that it is a **gift of time** to build your relationship with God.

VII. To get the most out of the Sabbath:

Recognize Him as the **Creator** and yourself as His creature

And **worship Him** in the **beauty of holiness**.

20. Revelation 4:11 "Thou art _____, O Lord, to receive _____ and _____ and power: for thou hast _____ all things, and for thy _____ they are and were _____."

Revelation 14:6-7 "And I saw another angel fly in the midst of heaven, having the _____ gospel to preach unto them that dwell on the earth, and to _____ nation, and kindred, and tongue, and people, Saying with a loud voice, Fear _____, and give _____ to him; for the _____ of his judgment is come: and _____ him that _____ heaven, and earth, and the sea, and the fountains of waters."

Psalms 100:3 "K_____ ye that the _____ he is _____: it is he that hath _____ us, and not _____ ourselves; we are his _____, and the _____ of his pasture."

Note: The basis of all **true worship** is the **distinction** between the Creator and the creature. The 7th day Sabbath is at the heart of this distinction as no other day. **It is at the heart of true worship**. The last message of mercy to be given to the world before Jesus comes is found in Revelation 14:6-12. We call it the 3 Angel's Messages. These are the messages that we are to give to the world. In the first angel's message we find a **call to worship the Creator**. This message is given in a time when the

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people of the earth have chosen to believe the theory of evolution rather than the Biblical account of creation in Genesis 1 and 2. **The Sabbath clearly points to the Creator of heaven and earth as the One worthy of our worship.** It was established as the memorial of creation. When we worship Him on His day, **we acknowledge that He is our Creator and we are His creatures.**

21. Matthew 15:9 "But in _____ they do _____ me, teaching for _____ the commandments of _____."

Revelation 14:12 "Here is the patience of the _____: here are they that _____ the commandments of _____, and the _____ of Jesus."

Psalms 29:2 "Give unto the _____ the glory _____ unto his name; _____ the _____ in the beauty of _____."

Note: When we acknowledge Him as our Creator and ourselves as His creatures and the sheep of His pasture, we acknowledge Him as our Shepherd. We will keep the commandments of God and not the commandments of men. We worship Him in the way we conduct our lives, living by His standards, in the **beauty of holiness**, not by the standards of men.

To get the most out of the Sabbath, recognize Him as the Creator and yourself as His creature and **worship Him in the beauty of holiness.**