

# The Lost Day (Part 4)

## Does Anyone Keep the Sabbath Anymore?

### *Study Guide*

- Ellen White, “By what means, then, shall we determine whose side we are on? Who has the \_\_\_\_\_? With whom are our thoughts? Of whom do we love to converse? Who has our warmest \_\_\_\_\_ and our best energies? If we are Christ’s, our thoughts are with Him, and our sweetest thoughts are of Him. All we have and are is \_\_\_\_\_ to Him. We long to bear His image, breathe His spirit, do His will, and please Him in all things” (*Steps to Christ*, 58).
- Sigve Tonstad, “The seventh day tells of the \_\_\_\_\_ of human beings to God, and its primary purpose is not human duty but divine commitment” (*The Lost Meaning of the Seventh Day*, 38).
- Seven Sabbath Principles
  1. \_\_\_\_\_ (Deut 5:15)
  2. \_\_\_\_\_ (Exod 16:28-30; Luke 23:54-56)
    - David Asscherick: “My house is a mess, but my soul is at \_\_\_\_\_.”
  3. \_\_\_\_\_ (Exod 20:8-11; Mark 6:31)
  4. \_\_\_\_\_ (Neh 13:15-22)
    - “We could all stand to take a ‘day of rest’ from commercialism to get some perspective on what

makes us truly happy, whether we consider ourselves religious or not” (Emily Main, “How Shopping Makes You Depressed”)

5. \_\_\_\_\_ (Isa 58:13-14)
  - “Every working of Christ in miracles was \_\_\_\_\_, and was to reveal to the world that there was a great work to be done on the Sabbath day for the relief of suffering humanity, but the common work was not to be done. Pleasure seeking, \_\_\_\_\_ playing, swimming, was not a necessity, but a sinful neglect of the sacred day sanctified by Jehovah. Christ did not perform miracles merely to display His power, but always to meet Satan in afflicting \_\_\_\_\_ humanity” (White, *Selected Messages*, vol. 3, 258).
6. \_\_\_\_\_ (Heb 10:25)
  - “The Sabbath . . . means \_\_\_\_\_ instead of separation, permanence instead of transience, continuity instead of disruption, and \_\_\_\_\_ instead of absence” (Tonstad, xi).
7. \_\_\_\_\_ (Matt 12:12)
  - a. “He will not be held \_\_\_\_\_ who neglects to relieve suffering on the Sabbath” (White, *The Desire of Ages*, 207).

“Moreover, I also gave them My Sabbaths to be a sign between them and Me, that they might know that I am the Lord who sanctifies them.”

**Answers: heart, affections, consecrated, importance, remember, ready, rest, rest, refrain, re-create, essential, ball, suffering, relate, togetherness, presence, restore, guiltless**