

Sabbath Readings for the Home Circle, E. G. White, Compiler (V. Roman, Nashville, Tennessee)

As can be seen, there is no end to the delightful, joyful things that can be done on the Sabbath, but it takes time and careful planning. With proper preparation, people will be able to fulfill Isaiah 58 to make the Sabbath a delight and joy in the Lord.

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**PROPHECY
SEMINAR**

TIME FOR HOLY LIVING

The book of Daniel has revealed to us some fantastic events. We have discovered the tremendous truth that the judgment has been going on in heaven since 1844. What a solemn and yet joyful hour to be alive! The time when the closing scenes of the earth's history are transpiring!

Is the news of the judgment in heaven simply good news for the Christian to know intellectually, or does the truth of the judgment have any implication on how the Christian ought to be living today? Should Christians who have the hope of the soon return of the Lord be living differently from those without this hope? In this lesson, we will explore some of the practical ramifications of what it means to be living in the time of the end, while the judgment is going on in heaven.

THE JUDGMENT HOUR

1. When did the judgment In heaven begin? Daniel 8:14

(See Lessons 13-15)

At the end of the _____ days, or in _____.

2. What Old Testament feast day symbolized the cleansing of the sanctuary? Leviticus 16:29, 30

"In the _____ month, on the _____ day of the month. . . for on that day the priest shall make _____ for you, to _____ you."

NOTE: The cleansing of the sanctuary took place on the Day of Atonement in the Old Testament, which was on the tenth day of the seventh month of the Jewish year.

3. When the cleansing of the sanctuary was taking place in Israel, what were the people to do? Leviticus 16:29, 30

"You shall _____ your souls, and do no _____ at all."

NOTE: The cleansing of the sanctuary on the Day of Atonement was the most solemn event in the Jewish year. On other days they feasted and rejoiced, but on the Day of Atonement, they afflicted their souls and spent their time seeking God. They realized that as the priest performed the cleansing of the sanctuary, so God's people must have sin cleansed from their lives. This can only be accomplished by the power of Jesus Christ. Since we today are living in the time that fulfils the Day of Atonement, the time of the cleansing of the heavenly sanctuary, shouldn't God's people today be afflicting their souls and seeking God as never before? If there ever was a time when God's people ought to heed the call for holy living, that time is now, for we are living in the judgment hour.

educated and trained. The use of object lessons, blackboards, maps, felt boards and pictures will be an aid in explaining these lessons and fixing them in the memory. Following are some suggestions for children and adults to make Sabbath afternoon a joyful time in the Lord:

1. Special toy box for small children
2. Nature and Bible games
3. Flannel board pictures
4. Sabbath reading
5. Bible map making
6. Bible quizzes
7. Memory verse games
8. Bible nature hunt
9. Bible verse guessing
10. A Sabbath book
11. Bible pantomime
12. Scrapbooks for shut-ins
13. Sunshine bands
14. Bible study
15. Bible treasure hunt
16. Visitation of shut-ins
17. Songfests
18. Prayer bands
19. Sabbath music
20. Family group discussion and Bible study
21. Sabbath nature walks
22. Flower collecting
23. Bird watching and feeding

For further study, the following books may be of help:

A Family Guide to Sabbath Nature Activities by Eileen E. Lantry, (Pacific Press, Boise, Idaho)

52 Things to Do on Sabbath by Glen Robinson (Review & Herald, Hagerstown, Maryland)

appropriate for children.

Friday evening is also a good time for a review of the Sabbath School lesson or extra time for reading and study of the Word. It is a good idea to go to bed early, to be refreshed and able to enjoy the worship services and other activities on the morrow.

On Sabbath morning, arise early and allow plenty of time for family worship before leaving for the church. Families that are in such a hurry trying to get ready for church usually arrive there in a frenzy and unfit to enjoy the blessings of the Sabbath. How much better to go to bed early Friday night, awake early Sabbath morning, and be early for Sabbath school. The mind then is much more open to enjoy the celebration that comes from attending Sabbath school and church.

Many parents with young children wonder how to make the Sabbath service a delight for their children. Sabbath school is usually geared for the young people, and usually they enjoy this. The worship service provides a real challenge for some parents, and yet with proper preparation it, too, can be made special even for children. One person said:

"I used to have quite a problem with my youngest boy in church until I tried a Sabbath treat after dinner on Sabbath when he had been especially good in church. He always looked forward to his treat, and I had much less trouble keeping him quiet. These treats did not always include something to eat. Sometimes it was a little toy or a Sabbath book."

Another person gives this advice for young children who find it hard to listen to a Sabbath sermon:

"Let them at the first of the sermon, with the help of mother or daddy, decide the main theme or trend of the sermon. Then on a sheet of paper write down certain key words, such as Jesus, heaven, cross, that will likely be used repeatedly in the course of the sermon. The child can listen, and each time the word is mentioned, make a mark under the word he has written. At the end he can count up the number of times the speaker used each word. The older children may use the same idea, only with Bible references, or they may copy down each reference used in a single sermon. All of this will help the children keep their minds on the sermon. You will be amazed at how much the children will grasp from the pastor's sermon."

Sabbath meals, if properly prepared, can also be a real delight. Extra treats and surprises enhance the Sabbath meal and make it special.

Sabbath afternoon should be a special time for individual or family celebration of the Sabbath. The Sabbath should be the sweetest, most blessed day of the week. Parents can and should give attention to their children, reading to them the most attractive portions of Bible history, educating them to reverence the Sabbath day, keeping it according to the commandment. This cannot be done if the parents feel no burden to interest their children, but they can make the Sabbath a delight if they will take the proper course. The children can be interested in good reading or in conversation about the salvation of their souls. But they will have to be

THE CALL TO HOLY LIVING

4. What are believers called who have accepted Christ as Saviour and Lord? 1 John 3:1

They are "called _____ of God".

NOTE: What an exalted privilege! Christians are called sons and daughters of God. If we have assumed the name "son or daughter of God", then we should begin living like God's children.

5. Are Christians like the world? 1 John 3:1

"The world does not _____ us."

NOTE: The Bible indicates that there is a clear distinction between Christians and worldlings.

6. Even though Christians are now children of God, what will they be when Jesus comes? 1 John 3:2

"We shall be like _____."

NOTE: Christians are already the children of God. But they are always growing in their relationship with God. When Jesus appears the second time, Christians will be ready to meet Him. They will be like Him, since they daily have been bringing their lives into harmony with the life of Christ.

7. What will Christians be doing who have the advent hope burning in their hearts? 1 John 3:3

"And everyone who has this hope in Him _____ himself, just as He is pure."

NOTE: The apostle John makes it clear that those who are hoping to be like Christ at His second coming will be purifying their lives now through a relationship with Jesus. There will not be a sudden preparation for the coming of Christ made at the time of the advent. John's point is that the time just before the second coming of Christ is to be used just as the Day of Atonement was used in the Old Testament, as a time for holy living, a time for God's people to get ready to meet Jesus when He comes. The serious times in which we live demand that Christians live holy lives.

8. When Jesus comes, will people's character be changed? Revelation 22:11

"He who is unjust, let him be unjust _____, ... he who is holy, let him be holy _____."

9. What counsel does the apostle John give to Christians who are preparing for the second coming? 1 John 2:15

"Do not love the _____, or the _____ in the world."

NOTE: Christians have set their attention on heaven. They are not interested in the things of this world. Jesus' prayer was that while they are in the world, they not be of the world (John 17:15).



10. What are the "things of this world" that the Christian does not look upon? 1 John 2:16

- a. "the lust of the _____."
- b. "the lust of the _____."
- c. "the _____ of life."

NOTE: The lust of the flesh and the lust of the eyes certainly describe activities that God's children ought to avoid today. In an age of sexual permissiveness and lax morals, Christians maintain the high moral standards of God's Word. While the world lauds and features sex appeal, pornographic literature, sex outside of marriage, live-in arrangements, etc., the Christian will resist these appeals to the lust of the flesh and eyes by keeping his eyes on Jesus, the One who is absolutely pure. As a result, "many shall be purified, made white" (Daniel 12:10).

11. What is going to happen to all these things of the world? 1 John 2:17

PROPHETCY SEMINAR **EXHIBIT 1**
For Daniel Lesson 27

JOYFUL SABBATHS

"If thou turn away thy foot from the Sabbath, from doing thy pleasure on my holy day; and call the Sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it" (Isaiah 58:13, 14)

Sabbath is the most exciting, joyful, happy day of the week. God never intended the Sabbath to be a burden to people. It is His plan that it be a day of joy and delight. One of the tragedies of Sabbath keeping through the years has been that individuals have attempted to make the Sabbath a burden instead of a delight. It is the purpose of this exhibit to show how Sabbath keeping can be a real delight and joy in the Lord. May God grant you joyful Sabbaths.

Proper, joyful Sabbath keeping begins with adequate preparation for the Sabbath. If the Sabbath is to be a delight and a joy in the home, then Sabbath preparation must begin on Sunday. In other words, the whole week is geared toward preparing for this great day of celebration. The Bible speaks of Friday being the "preparation day." Yet if the Sabbath is to be a delight in the home, one cannot leave all Sabbath preparation until Friday. Friday should only care for the last-minute preparations. Otherwise, Friday preparations can leave people exhausted so that they will not enjoy the Sabbath when it comes.

In order to free the Sabbath for celebration, people should plan the week so that their house is cleaned, the automobile filled with fuel, food prepared, clothing cleaned and pressed, and all is in readiness when the sun sets on Friday evening. Friday evening can then be a wonderful time for the family to spend together. If a person is single, it can be a nice quiet time to spend in reflection upon the Creator or to join with other singles in a Bible study fellowship group.

At least an hour before the sun sets on Friday evening, try playing sacred music to set the mood for Sabbath. Then at sunset, gather the family together for special worship to welcome in the Sabbath. It would be well to develop some family traditions around the way the Sabbath is begun each week, maybe a special song that is sung. If there are children in the home, make certain that family worship is conducted according to their age level. Friday evening can then be a time to spend sharing with the children, perhaps playing Bible games or other activities

day of the LORD _____.”

NOTE: The Sabbath is not a burden; rather, it is a delight. Why? Because we have a whole day to spend with God, who is our best friend. Certainly, there could be no more joyful, happy experience that could come to anyone.

24. Whose pleasure do we seek on the Sabbath? Isaiah 58:13, 14

"Nor finding your own _____, nor speaking your own _____, then you shall _____ yourself in the Lord."

NOTE: The principle to remember in Sabbath-keeping is that the Sabbath has been given to us as a day for God and His people to get better acquainted, to build a relationship with each other. To use the Sabbath for our pleasure and activities is to detract from the purpose for which God gave this sacred day. Instead of listing a lot of do's and don'ts for Sabbath-keeping, God has given a basic principle for guidance. We should do those things on the Sabbath that will enhance our relationship with God, and forego those things that in any way detract. For example, watching television, doing housework and yard work, or going shopping would not be enhancing a relationship with God, but instead would be seeking one's own pleasure and desires. Therefore, these activities would be out of keeping with true Sabbath observance. As people begin to keep God's Sabbath, they begin to apply the principle and gradually bring their lives into harmony with the sacred purpose of this holy day. What a delight it is when people come to the place where they keep the Sabbath as a delight in the Lord. What a wonderful relationship they then have with Jesus Christ (see Exhibit 1).

25. Is it your desire to heed God's call for holy living by taking time to build a relationship with God through daily Bible study, prayer and weekly Sabbath-keeping?

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"The world is passing _____, and the lust of it."

NOTE: If our attention is riveted to these things in the world, and these worldly things are always clamoring for our attention, then we will pass away with the world. John is concerned that Christians put their attention on the things that really matter; that is, on heavenly things, rather than on the glamour and the glitter of this life.

12. What standards of conduct should control the mind of the Christian who is preparing for the coming of his Lord? Philippians 4:8

He should think on those things that are: _____, noble, _____, pure, _____ and of _____ report.

NOTE: Here are the standards that God has given for the Christian. Since his mind is no longer controlled by the world, but by the divine Son of God, his thoughts now are only upon those things that are holy and elevated. In his recreational habits and leisure activities, he will choose that which meets the standards found here in Philippians 4:8. Any book, TV program, movie or music that does not meet the standards of Philippians 4:8 should not be a part of the Christian's life. Since everything we see and hear makes an indelible impression upon the mind, the Christian will choose carefully what is allowed to enter the mind. If Christians pour into the mind the junk of the world, eventually the world will control them. In contrast, if Christians pour into the mind that which meets the standards of Philippians 4:8, they will be elevated, refined and prepared to meet the Lord. That's why the apostle John says "And everyone who has this hope in Him purifies himself, just as He is pure" (1 John 3:3). The time before the end is a time for holy living.

13. What controls people who have accepted Jesus Christ? Romans 8:1

"Do not walk according to the flesh, but according to the _____.”

NOTE: The Bible indicates that people have two natures: the carnal and the spiritual. These two natures are warring against each other. To fill the carnal, or fleshly desires, is to put oneself against God. But to fill the mind with spiritual desires is to put oneself in harmony with God. A person who feeds the mind with all the trash of the world is feeding the carnal, fleshly nature. If one continues to feed that nature, it will prevail in the life. That's why God is so concerned that Christians walk after the Spirit, filling their minds with that which will elevate and ennoble them and prepare them for the coming of the Lord.

14. How does Paul indicate that people should dress who are preparing for the advent? 1 Timothy 2:9, 10

"That the women adorn themselves in _____ apparel, ... not with braided hair or _____ or _____ or costly clothing."

NOTE: Here it is shown that modesty is a principle of Christian dress.

15. How does Peter say that Christians ought to dress? 1 Peter 3:3, 4

"Do not let your adornment be merely _____ arranging the hair, wearing _____."

NOTE: Both Peter and Paul indicate that Christian women (and by implication, men as well) should dress simply, without ornamentation. The beauty of Christians is to come from within, not through ornamentation. Christians are to call attention to the Saviour by their appearance. Jesus lived a very simple life-style; therefore, Christians will leave off those things that call attention to self, such as rings, earrings, necklaces, bracelets, etc. Christians will be known for who they are rather than what they wear.

16. When God's ancient people Israel sinned, what did He ask them to do as a sign of repentance? Exodus 33:1-6

'Take off your _____ .. So the children of Israel stripped themselves of their _____ by Mount Horeb."

NOTE: As soon as revival came to Israel, the first thing that God asked them to do was to take off their ornamentation, or their jewellery, as a sign of their recommitment to Him. In Scripture, jewellery seems to be a symbol of backsliding. Whenever God's people go into apostasy, they always put on ornamentation. When they come back to God, He asks them to take it off.

17. What Is one of the characteristics of Babylon? Revelation 17:3-6

The woman is pictured as "adorned with _____ and Precious _____ and _____."

NOTE: The false system of religion is pictured as a harlot woman who is bedecked with all kinds of jewels and precious stones. Here again, we see jewellery used as a symbol of apostasy from God. As God calls His modern-day people back to Him in earth's last vital hours, He invites them to do the same thing that ancient Israel did when they came out of apostasy—to take off their ornamentation.

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HOW TO LIVE A HOLY LIFE

God asks His people at the end time to come up to the highest standard possible because they are living just before the coming of the Lord. God's people cannot reach this high standard by their own merit. These are not works that God asks His people to perform to merit salvation. They have already been given salvation. This is a part of their loving response to what God has done for them in Jesus Christ. They want to live in harmony with God. The only way they can live holy lives is to have a relationship with God.

18. What practice of Daniel should Christians today imitate? Daniel 6:10

He _____ three times a day.

NOTE: The reason for Daniel's extraordinary relationship with God was his regular prayer experience. If Christians today are to have a deep relationship with God, they need to spend time in prayer every day.

19. What else can Christians do to build a relationship with God? 2 Timothy 3:15

"You have known the Holy _____."

NOTE: Not only must Christians spend time in prayer, but they must develop a regular period of Bible study. They must study the Word of God to discover God's message for them each day. They must know Scripture. A studying Christian is the only one who will make it in the end time.

20. In addition to daily Bible study and prayer, what other vital ingredient is necessary for this deep personal relationship? Exodus 20:8-11

"Remember the _____ day, to keep it _____."

NOTE: Not only must a Christian spend time daily with God, but Scripture also indicates that a Christian needs God's special day each week to spend strengthening this relationship with God. Relationships take time; that's why the Sabbath is so important for the last days. If Christians are going to reach these high standards, be ready to meet Jesus when He comes, and be at peace during the troublous end time, then they need this deep personal relationship with God that is developed through daily Bible study, prayer and weekly Sabbath-keeping.

21. What Is not to be done on the Sabbath? Exodus 20:9, 10

NOTE: God asks us to cease from our secular labours on the Sabbath day in order that we will have time to build a relationship with Him. People who use God's sacred Sabbath time for their own secular work are declaring that a relationship with God is not as important as their work. God is not being legalistic; He is trying to help us get our priorities straight. A relationship with God is more important than our secular employment.

22. When does the Sabbath begin? Leviticus 23:32; Mark 1:32

"From _____ to _____, you shall celebrate your Sabbath."

"At evening, when the sun had _____."

NOTE: The Bible Sabbath begins at sundown Friday night and ends at sundown on Saturday night. The Biblical day began at sunset (Genesis 1:5).

23. How should God's people regard the Sabbath? Isaiah 58:13

"Call the Sabbath a _____, the _____"