

WHY THE SABBATH?

Notes for the Instructor

Purpose of lesson 22: This is the "how to keep the Sabbath" lesson, emphasizing the positive aspects rather than the "don'ts." Attempt to clarify the Sabbath as a day of spiritual maturity, the high day of the week for becoming more like our Lord. It is taken for granted that the student has previously accepted the Lord of the Sabbath, and now we help him to see the purpose and value of the Sabbath of his Lord. Keep the Sabbath always as a means to an end, never an end in itself. Thus, the Christian will understand that we are not saved by keeping a day, but by using the day in such a way as to become more like Christ--the true end of all doctrine.

During the study itself: Explain carefully the significance of the three terms in question 1. The idea of God and man "resting" means that they ceased from something. God ceased from creating the world, man ceases from his daily labor to meet with his Creator. God made the Sabbath His day by blessing it--a day from then on of very special significance, when all created beings could enter into a very close relationship with Him. Finally, He sanctified it, setting it apart for holy use, just as He sets men apart--sanctifies them for holy purposes.

The points of question 3 include both personal and group learning. Explain the idea of "worship," which includes the elements of (1) God's revelation of Himself, through His Word, in prayer, singing, etc.; (2) man's response to God's being revealed, and (3) going out to serve and represent Him. In connection with question 5, supply ideas on how to have sundown worship. Show how it can serve to make us careful about the edges of the Sabbath, thus leading to our careful and profitable use of all of the Sabbath hours. Emphasize that our prayer at the close of the Sabbath should include praise for what God has accomplished in us that day, with a plea that we will use the next Sabbath even more effectively and creatively for the accomplishment of God's purposes in us.

Appeal: This lesson is the strong point of appeal to keep the Sabbath. The decision can not be long delayed, or the appeal of the Lord to keep this memorial day, this learning day, this sanctifying day, will wear away.

Illustration: Use to strengthen both the purpose of the Sabbath, and the appeal to keep it.

