

# *My Sabbath Guidebook*



*How to get the most out of God's favorite day*

**By Rebekah Willis**

2010 2<sup>nd</sup> Edition



## **My Sabbath Guidebook: How to get the most out of God's favorite day**

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Scripture texts are taken from the KJV, NIV or NKJV.

*Quotes taken from Child Guidance, Testimonies, Selected Messages, Desire of Ages & Review & Herald were written by Ellen White. Searchable database: [ellenwhiteestate.org](http://ellenwhiteestate.org)*

Men's Ministry Supplemental Seminar  
March 19 & 20, 2010

This book is dedicated to my daughter.

***“We should jealously guard the edges of the Sabbath. Remember that every moment is consecrated, holy time.*”**

*Whenever it is possible, employers should give their workers the hours from Friday noon until the beginning of the Sabbath. Give them time for preparation, that they may welcome the Lord's day with quietness of mind. By such a course you will suffer no loss even in temporal things.*

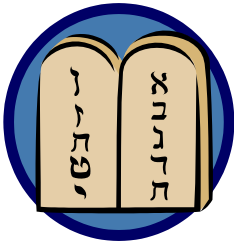
*Before the Sabbath begins, the mind as well as the body should be withdrawn from worldly business. God has set His Sabbath at the end of the six working days, that men may stop and consider what they have gained during the week in preparation for the pure kingdom which admits no transgressor. We should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

***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.*”**

Ellen White  
Testimonies for the Church, Volume 6, page 356

The Sabbath is our recognition of the unique, Super Powerful Creator and an acknowledgment from God of our humanity. The Sabbath was also the first gift God gave us. It was a celebration of God's power and His transformation of emptiness into life. (Genesis 2:1-3)

The Sabbath was made for people, and is a day of happiness, peace and security. When we honor God's wishes choosing to approach the Sabbath day differently than the work days, we receive special blessings. (Isaiah 58:13,14)



At Mount Sinai, God asked us to 'remember to keep the Sabbath day set apart' at the very center of His most important list of guidelines. (The Ten Commandments, Exodus 20) He then proceeded to offer details on how to do so. The community rules in Leviticus forbade manual labor and transformative work, like lighting or putting out fires, gathering food or doing business.

Jesus kept the Sabbath. He went to synagogue, mounted the bema and read from the Torah. He told those who were making it an unhappy day that it was made for people. (Mark 2:27) The Sabbath is blessed and a blessing. Jesus 'slept' in death over the Sabbath and arose very early after its close on the first day. (Luke 23:54, Luke 24:1-8)

Some say that the Sabbath day is no longer important to God and they happily substitute Sunday to fill the void they create. However, the Bible shows that the disciples and Paul continued to keep the Sabbath after Jesus returned to Heaven.

In fact, a good part of the book of Hebrews is written specifically to some who wondered if the Sabbath should be kept. Chapter four begins "since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it." Paul later says, "So there still remains the Sabbath rest for God's people. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience." (check out Hebrews 4:1-11)



***God calls the Sabbath “My Holy Day”. He wants us to remember it, enjoy it and benefit from all His works and gifts.***

**Didn't Paul say gentiles didn't have to keep the Sabbath?**

No. He once said this of ceremonial holidays. Paul kept the Sabbath and wrote in Hebrews 4 that the Sabbath was still for God's people. Paul would not have the authority to change God's law. No one has that power.

**When does Sabbath begin?**

Sabbath begins at sundown every Friday. Notice, the days are marked by sundown in Genesis.

**When does Sabbath end?**

Sabbath ends at sundown on Saturday. When the sun sets, another day begins.



**What can I do to ‘keep Sabbath holy’?**

The word ‘holy’ means ‘having a divine quality, exalted or perfect in goodness’. Holy things are different and we treat them differently for our health and out of respect.

So, to keep the Sabbath ‘holy’ we do not live in the same way we do during the average work day. God even rested, blessed, sanctified and honors it. It is a time when all creation calms a bit (even your heartbeat slows).

- **Prepare.**

It's not an ordinary day. So, clean your space. Clean your pets & yourself. Get your best clothes together, clean and neat *before* Sabbath. Pre-cook and set aside meals that can be warmed and enjoyed cold during Sabbath hours.

- **Rest.**

During this special time *banish* business, at home or outside work, studying, every-day media/music & negative, stressful conversations. According to the Ten Commandments, God does not want us to work on the Sabbath. He also does not want others to work for us or on our property on the Sabbath. This

rest means that all maids, butlers, attendants, waiters, chefs, cashiers, working animals, strangers, friends, children and visitors get the day off every week from sundown Friday until sundown Saturday. When we are fully prepared for the Sabbath, we can pull this off pretty easily.



- **Point your satellite at God.**  
Think about, talk to, and share the love and coolness of the Creator.
- **Think like God**  
Jesus said it is good to do good on the Sabbath (Matthew 12:12), so if an emergency comes up, be thankful and do what you can to help. However, plan to do everyday-type work during work days and not on the Sabbath.
- **Celebrate!**  
The Sabbath is a world-wide holiday. We reserve our best for the Lord's day. Praise the Creator. Wear your best clothes. Eat your best foods. Do not waste time with pointless entertainments and negative activities. Instead, plan fun activities, like nature walks, or Bible games.
- **Make it stick.**  
One important thing about God's day is that it comes like cosmic clockwork, once a week and with ultimate predictability. This plays to our human need for ritual. It gives us a sense of stability and helps us make memories. It also gives us a rich culture and lets us identify ourselves with God in a really special way. Once you learn to keep the Sabbath like God planned you will want to do it all the time!

So, how do you 'make it stick'? Create rituals which activate your 5 senses— taste, touch, sight, smell and sound— that are consistent with God's law.

**For instance—**

- Welcome the Sabbath! Be ready and relaxed *a good hour* before sunset. Let your brain register the coming of the day as a ***big deal*** by going to a special place in the home, with family and friends, and singing songs, praying and reading from God's word.
- Reserve you best food and ***special items of food*** for the Sabbath. Some people always have pasta on Sabbath, or eat special, creamy deserts and stews only on Sabbath. Not only is this good for teaching your mind to taste Sabbath, the smell and texture of these foods will become a part of your memory map.
- Keep your ***best clothes*** aside for Sabbath use. If it is your favorite, give it to God!
- Have a special ***Sabbath light***, or light Sabbath candles to visually involve your senses. Only use them on Sabbath. Light the candles/Sabbath light each week at the same time (before sundown or dinner, or during worship).
- ***Listen only*** to God-centered music, bible stories or sermons. You can get portable, Sabbath-friendly stories ahead of time from  
Your Story Hour - [yourstoryhour.org/podcast.php](http://yourstoryhour.org/podcast.php), CDs, downloads: [yourstoryhour.org](http://yourstoryhour.org),  
Paws and Tales -podcast: [feeds.feedburner.com/97/kkvs](http://feeds.feedburner.com/97/kkvs)  
Or you may choose to listen online -[wjou.org](http://wjou.org),  
[oneplace.com/Kids/](http://oneplace.com/Kids/), [3abnradio.org/listen\\_options.cfm](http://3abnradio.org/listen_options.cfm),  
[praisevision.org](http://praisevision.org), [churchpond.com](http://churchpond.com), [whitsend.org](http://whitsend.org)
- Honor God by ***showing kindness***.

### **What do I do when the Sabbath ends?**

Close the Sabbath with joyful song, taking time to thank God for the blessing of the day and inviting Him into your heart and mind for the new week.

## To Do or Not to Do -- Inspired Sabbath Quotes:

Every working of Christ in miracles was essential, 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, ball 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 suffering humanity. Christ came to our world to meet the needs of the suffering, whom Satan was torturing.--Letter 252, 1906. ...

We would charge all *not to wash their dishes on the Sabbath* if this can possibly be avoided. God is dishonored by any unnecessary work done on His holy day. It is not inconsistent, but proper, that the *dishes should be left unwashed* till the close of the Sabbath, if this can be managed.--Letter 104, 1901. Selected Messages, volume 3 p 258.



The priests in the temple performed greater labor on the Sabbath than upon other days. The same labor in secular business would be sinful; but the work of the priests was in the service of God.--*The Desire of Ages*, p. 285.

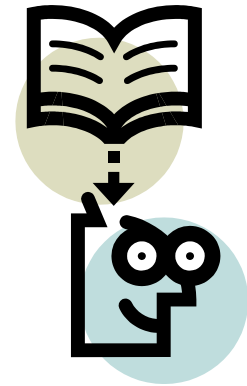
Yesterday [August 10, 1851], which was Sabbath, we had a sweet, glorious time. The Lord met with us and the glory of God was shed upon us and we were made to rejoice and glorify God for His exceeding goodness unto us. . . . I was taken off in vision. . . . I saw that *we sensed and realized but little of the importance of the Sabbath, to what we yet should realize and know of its importance and glory*. I saw we knew not what it was yet to ride upon the high places of the earth and to be fed with the heritage of Jacob. But when the refreshing and latter rain shall come from the presence of the Lord and the glory of His power we shall know what it is... Then shall we see the Sabbath more in its importance and glory. But . . .not...until the covenant of peace is made with us at the voice of God, and the pearly gates of the New Jerusalem are thrown open...on their glittering hinges and the glad and joyful voice of the lovely Jesus is heard richer than any music that ever fell on mortal ear bidding us enter. [I saw] that *we had a perfect right in the city for we had kept the commandments of God, and heaven, sweet heaven is our home, for we have kept the commandments of God*.--Letter 3, 1851. Selected Messages, volume 3 p 260.

We told our friends that in the matter of keeping the Sabbath, we studied the example and teachings of *Christ whose Sabbaths were often spent in earnest effort to heal and to teach*; that we believed that one of our sisters who was nursing a sick family was keeping the Sabbath as much as the one who was leading a division in the Sabbath school...--*The Review and Herald*, Oct. 18, 1898.

### **Genesis 2:1-3 (New International Version)**

<sup>1</sup> Thus the heavens and the earth were completed in all their vast array.

<sup>2</sup> By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. <sup>3</sup> And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.



### **Exodus 20:8-11 (New International Version)**

<sup>8</sup> "Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. <sup>11</sup> For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

### **Isaiah 58:13-14 (New International Version)**

<sup>13</sup> "If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, <sup>14</sup> then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob." The mouth of the LORD has spoken.

## **More good advice taken from Child Guidance**

... **Many of the parents** who profess to believe the solemn message for this time have not trained their children for God. They have not restrained themselves and have been irritated with anyone who attempted to restrain them. They have not by living faith daily bound their children upon the altar of the Lord. Many of these youth have been allowed to transgress the Fourth Commandment, by seeking their own pleasure upon God's holy day. They have felt no compunctions of conscience in going about the streets on the Sabbath for their own amusement. *Many go where they please, and do what they please; and their parents are so fearful of displeasing them that, imitating the management of Eli, they lay no commands upon them.* These youth finally lose all respect for the Sabbath and have no relish for religious meetings or for sacred and eternal things. - p 527

**Make Friday the Preparation Day.**--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. {CG 528.2} There is another work that should receive attention on the preparation day. *On this day all differences between brethren, whether in the family or in the church, should be put away.* -p 528

**The happiest day.** -- The Sabbath should be made so interesting to our families that its weekly return will be *hailed with joy.* --p 536 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. p 537

**Lay Activities?** *Let not the precious hours of the Sabbath be wasted in bed.* On Sabbath morning the family should be astir early. --p 530

*Do not weary [the children] with long prayers and tedious exhortations,* but through nature's object lessons teach them obedience to the law of God. --p 534

We are not to teach our children that they must not be happy on the Sabbath, that it is wrong to walk out-of-doors. Oh, no. Christ led His disciples out by the lakeside on the Sabbath day and taught them. *His sermons on the Sabbath were not always preached within enclosed walls.* --p 533

**A Day to Live the Life of Eden.**--*The value of the Sabbath as a means of education is beyond estimate.* Whatever of ours God claims from us, He returns again, enriched, transfigured, with His own glory. . . . --p 535

***Sabbath Checklist:***

|          |  |   |
|----------|--|---|
| Time:    |  |   |
|          |  | Set Aside (no classes, inappropriate events or work scheduled)              |
|          |  |   |
| Clothes: |  |   |
|          |  | Best  |
|          |  | Clean   |
|          |  | Ironed  |
|          |  | Shoes shined or cleaned   |
|          |  |   |
| Food:    |  |   |
|          |  | Special   |
|          |  | Pre-cooked  |
|          |  | Enough prepared for the 24h period  |
|          |  |   |
| Mind:    |  |   |
|          |  | Determined to enjoy the day   |
|          |  | Activities planned (church, games, walks, God centered stories/books, etc.) |
|          |  | Music   |
|          |  | Action plan for positive talk   |
|          |  | Scheduled quiet time for meditation & conversation w God                    |
|          |  |   |
| Special: |  |   |
|          |  | Sabbath Light/candles (other similar)                                       |
|          |  | Sabbath welcoming event   |
|          |  | <i>Add your own:</i>  |
|          |  |   |
|          |  |   |
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### ***Sabbath Menu Ideas:***

Cooking for the Sabbath can offer us some challenges at first, since we need to create items that are delicious and very special, but that need very little or no preparation on the ‘work-free’ Sabbath. So, for the Sabbath period (about 24h) you’ll need about three meals depending on the season (and sunset time): dinner, breakfast & lunch.

Since God’s commandments are not burdensome, remember that He has a thousand different paths you can take to enjoy the best day of the week! When in doubt, let Him know what your problem is and then search the scriptures. As the chef said in the old spaghetti sauce commercial –“It’s in there!” Every answer is in God’s word.

Preparation is a big part of the blessing. Boil eggs and pasta before the Sabbath begins. If it has to be cooked to be eaten and it isn’t cooked before the Sabbath, wait until after the Sabbath to cook it. Try connecting some of the ideas below to your style and see what happens.

#### **Tip #1:** Item- Slow cook or Crockpot entrees

This has been used for generations and makes a yummy, nutritious Sabbath dish idea. All the work is done before the Sabbath and the pot cooks slowly and safely (without interference). When you are ready to eat, the food will be warm.

#### **Tip #2:** Item- Casseroles and twice baked pasta

These filling dishes can be prepared several days in advance, are relatively simple chop and dump recipes and are often tastier when re-warmed. Be sure to cook them before the Sabbath.

#### **Tip #3:** Prep.- Fresh or cold salad

Fresh salad is a wonderful addition to the Sabbath meal. You can choose to use pre-washed/mixed greens or create a cold salad like the Savory Pea Salad you can find here: <http://www.chooseye.com/veggieme/savorysalad.html> (This salad should be prepared Friday for use on Sabbath.)

#### **Tip #4:** Friday Night

This first, welcoming meal is an important one. A legume or pasta with special, fresh bread, is nice. (Enchiladas, flat bread)Some like something light (during the summer months) Or perhaps you can bring home something warm from your favorite restaurant. If you pick it up before Sabbath, it will be warm and ready after worship.

#### **Tip #5:** Sabbath Morning and Afternoon

Cold cereals, muffins, bagels, fruit variety... Instant cereal is acceptable, but no traditional hot cereals that must be cooked. Dinner should be pleasant, tasty, not too heavy or with too many courses/menu items. Sabbath prep should not be laborious or stressful. Again- pastas, stews, rice dishes, beans, salads, greens, cake or a creamy desert.

**Times given are for the Chicago area. You may check your zip code [sunrisesunset.com](http://sunrisesunset.com) for more specific times.**

*“We should jealously guard the edges of the Sabbath. Remember that every moment is consecrated, holy time.”*

| <b>Friday – Open the Sabbath</b>                                 | <b>Sabbath – Sabbath Ends</b>        |
|--|--------------------------------------|
| <b>March 19, 2010</b><br>Worship Ready: 6:00pm<br>Sunset: 7:00pm | 20<br>Sunset: 7:01pm                 |
| 26<br>Worship Ready: 6:08pm<br>Sunset: 7:08pm                    | 27<br>Sunset: 7:09pm                 |
| <b>April 2, 2010</b><br>Worship Ready: 6:15pm<br>Sunset: 7:15pm  | 3<br>Sunset: 7:17pm                  |
| 9<br>Worship Ready: 6:23pm<br>Sunset: 7:23pm                     | 10<br>Sunset: 7:24pm                 |
| 16<br>Worship Ready: 6:31pm<br>Sunset: 7:31pm                    | 17<br>Sunset: 7:32pm                 |
| 23<br>Worship Ready: 6:39pm<br>Sunset: 7:39pm                    | 24<br>Sunset: 7:40pm                 |
| 30<br>Worship Ready: 6:46pm<br>Sunset: 7:46pm                    | <b>May 1, 2010</b><br>Sunset: 7:47pm |
| 7<br>Worship Ready: 6:54pm<br>Sunset: 7:54pm                     | 8<br>Sunset: 7:55pm                  |

