

Sabbath Commands

The Food We Eat

The Lord would guard his people from indulging in **gluttony** upon the Sabbath, which he has set apart for sacred meditation and worship. (*ISP* 225.2)

The Sabbath of the Lord is a day of rest from labor; and the diet upon that day should be more simple, and partaken of in less quantities, than upon the six laboring days, because we do not have that exercise upon the Sabbath that we have upon the other days of the week. (*Ibid.*, 226)

Many have erred in not practicing self-denial upon the Sabbath. By partaking of full meals, as on the six laboring days, their minds are beclouded; they are stupid, and often drowsy; some suffer with headache. Such have no truly-devotional feelings upon the Sabbath, and the blessing resting upon the Sabbath does not prove a blessing to them. (*Ibid.*)

