

Sabbath Commands

Clean and Neat

- ✦ Baking and boiling our foods before Sabbath (Ex. 16:23)
- ✦ Eating moderately on the Sabbath (Eccl. 10:17)
- ✦ Not doing our own pleasure and our own ways or speaking our own words (Is. 58:13)
- ✦ Being cleanly in person and neat and orderly in dress (Ex. 19:10)

Especially have I been shown that those who profess present truth should have a special care to appear before God upon the Sabbath in a manner which would show that we respect the Creator who has sanctified and placed special honors upon that day. All who have any regard for the Sabbath should be **cleanly in person, neat and orderly in dress**; for they are to appear before the jealous God, who is offended at uncleanness and disorder, and who **marks every token of disrespect.** (*IT* 275.2)