

Sabbath Commands

Clean and Neat

- ✦ Baking and boiling our foods before Sabbath
- ✦ Eating moderately on the Sabbath
- ✦ Being cleanly in person and neat and orderly in dress

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 uncleanliness and disorder, and who **marks every token of disrespect.** (*IT* 275.2)