

Can You Defend?

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Can You Defend? The Sabbath

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⁸ Remember the sabbath day, to keep it holy. ⁹ Six days shalt thou labour, and do all thy work: ¹⁰ But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that *is* within thy gates: ¹¹ For *in* six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

Exodus 20:8–11 KJV

¹² Keep the sabbath day to sanctify it, as the LORD thy God hath commanded thee. ¹³ Six days thou shalt labour, and do all thy work:
¹⁴ But the seventh day *is* the sabbath of the LORD thy God: *in it* thou shalt not do any work, thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that *is* within thy gates; that thy manservant and thy maidservant may rest as well as thou. ¹⁵ And remember that thou wast a servant in the land of Egypt , and *that the LORD thy God brought thee out* thence through a mighty hand and by a stretched out arm: therefore the LORD thy God commanded thee to keep the sabbath day. Tie to slavery of sin?

Deuteronomy 5:12–15 KJV

Those who hold that Christ abolished the law teach that He broke the Sabbath and justified His disciples in doing the same. Thus they are really taking the same ground as did the caviling Jews. In this they contradict the testimony of Christ Himself, who declared, “I have kept My Father’s commandments, and abide in His love.” John 15:10. Neither the Saviour nor His followers broke the law of the Sabbath. Christ was a living representative of the law. No violation of its holy precepts was found in His life. DA 287.3

Ellen G. White, The Desire of Ages (1898)

As persons become convinced from the Scriptures that the claims of the fourth commandment are still binding, the question is often raised, Is it necessary in order to secure salvation that we keep the Sabbath? This is a question of grave importance. If the light has shone from the word of God, if the message has been presented to men, as it was to Pharaoh, and they refuse to heed that message, if they reject the light, they refuse to obey God, and cannot be saved in their disobedience. RH January 5, 1886, par. 2

Ellen G. White, The Review and Herald

The people of God everywhere are to be aroused to cooperate in the great, grand work represented by the first, second, and third angel's messages. This last warning to the inhabitants of the earth is to make men see the importance God attaches to his holy law. So plainly is the truth to be presented, that no transgressor, hearing it, shall fail to discern the importance of obedience to the Sabbath commandment. RH March 26, 1908, par. 3

Ellen G. White, The Review and Herald

In the autumn of 1846 we began to observe the Bible Sabbath, and to teach and defend it. My attention was first called to the Sabbath while I was on a visit to New Bedford, Massachusetts, earlier in the same year. I there became acquainted with Elder Joseph Bates, who had early embraced the advent faith, and was an active laborer in the cause. Elder B. was keeping the Sabbath, and urged its importance. I did not feel its importance, and thought that Elder B. erred in dwelling upon the fourth commandment more than upon the other nine. But the Lord gave me a view of the heavenly sanctuary. The temple of God was opened in heaven, and I was shown the ark of God covered with the mercy seat. Two angels stood, one at each end of the ark, with their wings spread over the mercy seat, and their faces turned toward it. 1T 75.4

Ellen G. White, Testimonies for the Church, Vol. 1 (1885)

My accompanying angel informed me that these represented all the heavenly host looking with reverential awe toward the holy law which had been written by the finger of God. Jesus raised the cover of the ark, and I beheld the tables of stone on which the Ten Commandments were written. I was amazed as I saw the fourth commandment in the very center of the ten precepts, with a soft halo of light encircling it. Said the angel: “It is the only one of the ten which defines the living God who created the heavens and the earth and all things that are therein. When the foundations of the earth were laid, then was laid the foundation of the Sabbath also.” 1T 75.4

Ellen G. White, Testimonies for the Church, Vol. 1 (1885)

I was shown that if the true Sabbath had always been kept, there would never have been an infidel or an atheist. The observance of the Sabbath would have preserved the world from idolatry. The fourth commandment has been trampled upon; therefore we are called upon to repair the breach in the law, and plead for the downtrodden Sabbath. The man of sin, who exalted himself above God, and thought to change times and laws, brought about the change of the Sabbath from the seventh to the first day of the week. In doing this, he made a breach in the law of God. 1T 76.1

Ellen G. White, Testimonies for the Church, Vol. 1 (1885)

Just prior to the great day of God, a message is sent forth to warn the people to come back to their allegiance to the law of God which antichrist has broken down. By precept and example, attention must be called to the breach in the law. I was shown that the third angel, proclaiming the commandments of God and the faith of Jesus, represents the people who receive this message and raise the voice of warning to the world, to keep the commandments of God as the apple of the eye, and that in response to this warning many would embrace the Sabbath of the Lord. 1T 76.1

Ellen G. White, Testimonies for the Church, Vol. 1 (1885)

⁹ Whom shall he teach knowledge? And whom shall he make to understand doctrine? Them that are weaned from the milk, And drawn from the breasts. ¹⁰ For precept must be upon precept, precept upon precept; Line upon line, line upon line; Here a little, and there a little:

Isaiah 28:9–10 KJV

The truths most plainly revealed in the Bible have been involved in doubt and darkness by learned men, who, with a pretense of great wisdom, teach that the Scriptures have a mystical, a secret, spiritual meaning not apparent in the language employed. These men are false teachers. It was to such a class that Jesus declared: “Ye know not the Scriptures, neither the power of God.” Mark 12:24. The language of the Bible should be explained according to its obvious meaning, unless a symbol or figure is employed. Christ has given the promise: “If any man will do His will, he shall know of the doctrine.” John 7:17. If men would but take the Bible as it reads, if there were no false teachers to mislead and confuse their minds, a work would be accomplished that would make angels glad and that would bring into the fold of Christ thousands upon thousands who are now wandering in error. GC 598.3

Ellen G. White, The Great Controversy (1911)

The Sabbath is the Seventh-Day of the Week

⁶² Now the next day, that followed the day of the preparation, the chief priests and Pharisees came together unto Pilate, ⁶³ Saying, Sir, we remember that that deceiver said, while he was yet alive, After three days I will rise again.

⁶⁴ Command therefore that the sepulchre be made sure until the third day, lest his disciples come by night, and steal him away, and say unto the people, He is risen from the dead: so the last error shall be worse than the first.

¹ In the end of the sabbath, as it began to dawn toward the first *day* of the week, came Mary Magdalene and the other Mary to see the sepulchre.

Matthew 27:62–64; 28:1 KJV

The Sabbath is the Seventh-Day of the Week

⁴² And now when the even was come, because it was the preparation, that is, the day before the sabbath,

¹ And when the sabbath was past, Mary Magdalene, and Mary the *mother* of James, and Salome, had bought sweet spices, that they might come and anoint him. ² And very early in the morning the first *day* of the week, they came unto the sepulchre at the rising of the sun.

Mark 15:42; 16:1–2 KJV

The Sabbath is the Seventh-Day of the Week

⁵³ And he took it down, and wrapped it in linen, and laid it in a sepulchre that was hewn in stone, wherein never man before was laid. ⁵⁴ And that day was the preparation, and the sabbath drew on. ⁵⁵ And the women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. ⁵⁶ And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment.

¹ Now upon the first *day* of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain *others* with them.

Luke 23:53–24:1 KJV

The Sabbath is the Seventh-Day of the Week

³¹ The Jews therefore, because it was the preparation, that the bodies should not remain upon the cross on the sabbath day, (for that sabbath day was an high day,) besought Pilate that their legs might be broken, and *that* they might be taken away.

¹ The first *day* of the week cometh Mary Magdalene early, when it was yet dark, unto the sepulchre, and seeth the stone taken away from the sepulchre.

John 19:31; 20:1 KJV

The Sabbath Made Holy, Memorial Proving Creation

¹ Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. ³ And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

Genesis 2:1–3 KJV

¹¹ For in six days the LORD made heaven and earth, the sea, and all that in them *is*, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

Exodus 20:11 KJV

See also Lev 23:3; Heb 4:4

The Sabbath in Existence before Ten Commandments

²² And it came to pass, *that* on the sixth day they gathered twice as much bread, two omers for one *man*: and all the rulers of the congregation came and told Moses. ²³ And he said unto them, This *is that* which the LORD hath said, To morrow *is* the rest of the holy sabbath unto the LORD: bake *that* which ye will bake *to day*, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning. ²⁴ And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein. ²⁵ And Moses said, Eat that to day; for to day *is* a sabbath unto the LORD: to day ye shall not find it in the field. ²⁶ Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none. ²⁷ And it came to pass, *that there went out some of the people on the seventh day for to gather*, and they found none. ²⁸ And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws? ²⁹ See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day. ³⁰ So the people rested on the seventh day.

Exodus 16:22–30 KJV

The Sabbath is Perpetual (Forever)

²⁰ But pray ye that your flight be not in the winter, neither on the sabbath day:
²¹ For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be.

Matthew 24:20–21 KJV

²² For as the new heavens and the new earth, which I will make, Shall remain before me, saith the LORD, So shall your seed and your name remain. ²³ And it shall come to pass, *that* from one new moon to another, And from one sabbath to another, Shall all flesh come to worship before me, saith the LORD.

Isaiah 66:22–23 KJV

The Sabbath is Perpetual (Forever)

¹⁶ Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, *for* a perpetual covenant. ¹⁷ It *is* a sign between me and the children of Israel for ever: for *in* six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.

Exodus 31:16–17 KJV

For Christians being grafted into God's covenant people, see Rom 11:17; Eph 3:5–6

The Sabbath is the Sign of Obedience

¹³ Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the LORD that doth sanctify you.

Exodus 31:13 KJV

¹¹ And I gave them my statutes, and shewed them my judgments, which *if* a man do, he shall even live in them. ¹² Moreover also I gave them my sabbaths, to be a sign between me and them, that they might know that I am the LORD that sanctify them.

Ezekiel 20:11–12 KJV

See also Lev 19:1-4

The Sabbath is for Doing Good

¹² How much then is a man better than a sheep? Wherefore it is lawful to do well on the sabbath days. ¹³ Then saith he to the man, **Stretch forth thine hand**. And he stretched *it* forth; and it was restored whole, like as the other.

Matthew 12:12–13 KJV

¹⁵ The Lord then answered him, and said, ***Thou hypocrite, doth not each one of you on the sabbath loose his ox or his ass from the stall, and lead him away to watering?*** ¹⁶ And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day? ¹⁷ And when he had said these things, all his adversaries were ashamed: and all the people rejoiced for all the glorious things that were done by him.

Luke 13:15–17 KJV

See also Mark 3:4-5; Luke 6:9-10; Luke 14:3-6; John 5:8-9; John 9:14

Paul Kept the Sabbath (His Pattern)

¹³ Now when Paul and his company loosed from Paphos, they came to Perga in Pamphylia: and John departing from them returned to Jerusalem. ¹⁴ But when they departed from Perga, they came to Antioch in Pisidia, and went into the synagogue on the sabbath day, and sat down. ¹⁵ And after the reading of the law and the prophets the rulers of the synagogue sent unto them, saying, *Ye men and* brethren, if ye have any word of exhortation for the people, say on.

⁴² And when the Jews were gone out of the synagogue, the Gentiles besought that these words might be preached to them the next sabbath. ⁴³ Now when the congregation was broken up, many of the Jews and religious proselytes followed Paul and Barnabas: who, speaking to them, persuaded them to continue in the grace of God. ⁴⁴ And the next sabbath day came almost the whole city together to hear the word of God.

Acts 13:13–15, 42–44 KJV

Paul Kept the Sabbath (His Pattern)

¹ Now when they had passed through Amphipolis and Apollonia, they came to Thessalonica, where was a synagogue of the Jews: ² And Paul, as his manner was, went in unto them, and three sabbath days reasoned with them out of the scriptures

Acts 17:1–2 KJV

See also Acts 16:13; Acts 18:1-4

Jesus Kept the Sabbath (His Pattern)

¹⁶ And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read.

Luke 4:16 KJV

⁶ And it came to pass also on another sabbath, that he entered into the synagogue and taught: and there was a man whose right hand was withered.

Luke 6:6 KJV

See also Mark 1:21; Mark 6:2; Luke 4:31; Luke 13:10

Jesus is the Lord of the Sabbath

⁸ For the Son of man is Lord even of the sabbath day.

Matthew 12:8 KJV

²⁷ And he said unto them, The sabbath was made for man, and not man for the sabbath: ²⁸ Therefore the Son of man is Lord also of the sabbath.

Mark 2:27–28 KJV

⁵ And he said unto them, That the Son of man is Lord also of the sabbath.

Luke 6:5 KJV

Jesus is the Lord of the Sabbath

¹³ If thou turn away thy foot from the sabbath, From doing thy pleasure on my holy day; And call the sabbath a delight, The holy of the LORD, honourable; And shalt honour him, not doing thine own ways, Nor finding thine own pleasure, nor speaking thine own words: ¹⁴ Then shalt thou delight thyself in the LORD; And I will cause thee to ride upon the high places of the earth, And feed thee with the heritage of Jacob thy father: For the mouth of the LORD hath spoken it.

Isaiah 58:13–14 KJV

15 If ye love me, keep my commandments.

John 14:15 KJV

¹ I am the true vine, and my Father is the husbandman. ² Every branch in me that beareth not fruit he taketh away: and every *branch* that beareth fruit, he purgeth it, that it may bring forth more fruit. ³ Now ye are clean through the word which I have spoken unto you. ⁴ Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. ⁵ I am the vine, *ye are* the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

John 15:1–5 KJV