



The Sabbath Sentinel

Jan-Feb

2020

**600th
Special
Edition!**

BSA—The Bible Sabbath Association

"Moreover also I gave them my sabbaths, ... that they might know that I am the LORD that doth sanctify them.."

The Sabbath Sentinel January-February, 2020

Volume 74, No. 1, Issue 600

FEATURES

- 3 Editorial "Sabbath—the Very Beginning"
by Dr. Royce Mitchell
- 5 The President's Corner—"Sabbath Keeping in the 300s-400s A.D."
by Kelly McDonald, Jr.
- 7 "How God's Remarkable Sabbaths Have Changed My Life"
by Aimee Zahora
- 8 "The Sabbath—A Day Created Out of Love"
by Jessica Warr
- 9 "The Blessed Day"
by Jason Overman
- 12 "How Keeping the Sabbath Has Changed My Life"
by John Lemley
- 13 "How Keeping God's Sabbath Has Affected My Life"
by Darl Arbogast
- 15 "Understanding Him Led to Understanding HIM!"
by DJ Wellington
- 16 "My Journey to Becoming a Sabbath Keeper"
By Brian Sargent
- 17 "My Sabbath Story"
By Lanice Shults
- 19 "A Glorious Day"
By Diane McDonnell
- 20 "The Sabbath"
By Jacquie Chippeaux
- 21 "How I Discovered the Sabbath"
By David Baxter

DEPARTMENTS

- 23 BSA Literature Store

Images on the cover courtesy of: blogspot.com.

The Sabbath Sentinel is published bimonthly by The Bible Sabbath Association, PO Box 7707, Bonney Lake, WA 98391. Copyright © 2020 by the Bible Sabbath Association. Printed in the U.S.A. All rights reserved. Reproduction in any form without written permission is prohibited. Nonprofit bulk rate postage paid at San Dimas, California.

Editor: Dr. Royce Mitchell, Jr., royce.mitchell@rocketmail.com.

BSA's Board of Directors for 2016-2019:

President: Kelly McDonald, Jr., kellymcdonald_lu08@hotmail.com

Vice President: June Narber, junenarber@icloud.com

Secretary: Calvin Burrell, calvin.burrell@cog7.org

Treasurer: Bryan Burrell, bsmburrell@gmail.com

Office Manager—Bonney Lake, WA, Office: Barbara Parada

Directors at Large: Marsha Basner, Dr. Royce Mitchell, Dr. John Merritt

Subscriptions: Call toll-free (888) 687-5191 or write to: The Bible Sabbath Association, PO Box 7707, Bonney Lake, WA 98391. The Sabbath Sentinel is sent free of charge to all who request it in the U.S. If you live outside of the U.S., please send us a donation of \$25 (US) to cover overseas postage. **Voluntary contributions to the Bible Sabbath Association make publication of The Sabbath Sentinel possible.**

Donations are gratefully accepted and are tax deductible in the United States. Those who choose to voluntarily support this international work to promote the Sabbath and proclaim gospel of the kingdom of God are welcomed as contributors.

Annual membership contributions: **General memberships**—individual membership is \$35/year (or \$5/month); Family Membership is \$60/year (or \$7/month); Institutional membership is \$100/year (or \$10/month); International (non-US) membership is \$50; Life Membership is \$700 in any one year. **Participating memberships**—Bridge Builder Membership is \$100/year (or \$10/month); Pillar Membership is \$200/year (or \$20/month). Participating members may also directly assist the BSA in its direct outreach programs related to the BSA mission. All memberships include an annual subscription to *The Sabbath Sentinel*. Make all checks, drafts and money orders payable to **The Bible Sabbath Association**. (Visa and MasterCard accepted).

The Bible Sabbath Association is dedicated to promoting the seventh day Sabbath. As a nonsectarian association for Sabbath-observing Christians, BSA accepts members who acknowledge Jesus Christ (Yeshua the Messiah) as their Savior, believe the Bible to be the Word of the Eternal God, and uphold the seventh day Sabbath. BSA takes no official position on other theological issues, and publishes *The Sabbath Sentinel* as a forum to promote understanding and to share items of interest with Sabbath observing groups and individuals.

Opinions expressed in *The Sabbath Sentinel* are those of the writers and do not necessarily reflect the opinions of the Editorial Staff or of The Bible Sabbath Association.

BSA Worldwide Web Site: www.biblesabbath.org.

Correspondence and manuscript submissions: Address all inquiries to: *The Sabbath Sentinel*, PO Box 7707, Bonney Lake, WA 98391. Phone: (888) 687-5191, E-mail: biblesabbath@comcast.net.

Address Service Requested: If moving, please update your address.

Please come visit us on our Facebook

page which is located at: <https://www.facebook.com/groups/biblesabbathassociation>

and www.facebook.com/SabbathSentinel.

Don't forget to LIKE us!

If you'd like more information on the Sabbath Day, please visit

www.biblesabbath.org.

Also, visit our new blog at:

www.sabbathsentinel.org!



Sabbath—the Very Beginning

Dr. Royce Mitchell

“Why aren’t the preachers today telling their people the truth?” I heard blasting from my radio. I was on the way home after finishing my shift as a maintenance electrician at a well-known oil tool products plant when I was forever changed by those words.

In my less-than-completely-sober state, I remember shouting back at my radio, “Yeah, buddy! Let them have it!” And, just what was the topic over which the radio personality was lambasting preachers? It was the commandment to keep the Sabbath holy as stated in Exodus 20.

To be honest, the beginning of the change in my life happened when I was in the 7th grade at Good Shepherd School in my hometown, a long-time Catholic educational facility. It was some time during that year that the nun who taught the class explained to us how to look up scriptures in the Bible. Of course, it was the Imprimatur version authorized by the Church in Rome, but it contained a reliable version of Exodus 20.

“I want to show you how to find the commandments in the Bible” she had told the class. All of us were told to find the book of Exodus and then to find the 20th chapter.

As we read aloud in class, working our way through the scriptures, we came across the commandment that did not read the same as the Catholic catechism, which states that the 4th commandment was to keep the Lord’s Day holy.

I spoke up in class, asking the obvious question, “Why does the bible say Sabbath Day instead of Lord’s Day like the catechism does?” The nun responded honestly stating, “The Sabbath Day is Saturday but our Holy Father has changed it to Sunday. We are still supposed to not work, except on Sunday now.”

I remember thinking to myself, “Who is a man that can change the law of God?” Even then I understood that it did not make sense that God would make a command, call failure to keep it “sin,” and then just let some man change it.

It was then that I recognized the hypocrisy of the Catholic Church, which I transferred to all other churches which kept that same day. It was almost immediately a consequence of that question that I was removed from being an altar boy at any service time, an honor that had become a symbol of the hypocrisy I was quickly coming to be disgusted over.

I managed to finish the 8 years at that school, but when given the opportunity to exit that system I jumped onto it.

My disdain for all churches continued until that fateful night in the spring of 1982 when I heard that voice from the radio lambasting today’s preachers. His topic, God’s Sabbath Day, grabbed my attention and when I arrived at our home, I sat in my car listening to his message. My wife, wondering why I had not come into the house, went out to find me sitting and listening. She joined me and it was then that we both began the changes in our lives leading us to today.

The initial change in our lives was the opening of our minds to understand that God was still present, and that He had His Church continuing to keep His Sabbath Days as He had commanded so long ago. I had long ago forgotten that day in the classroom when I first read about keeping the Sabbath holy, but now the memory came rushing back, reminding me that I’d seen the lie so long ago. It was with praise for God that I considered that I had been right so long ago, and yet with sadness that I further realized that I had also abandoned the rest of the admonitions of Exodus 20 in my disgust over the hypocrisy.

As I said, that was the beginning of the changes in our, my wife and myself, lives. As I learned more about the Way of God, it became clear that there was a lot more to obeying God than the letter of the law found in Exodus 20.

One of the scriptures that stuck with me early on was in Matthew 6:33, *“But seek first the kingdom of God and His righteousness; and all these things shall be added to you.”* I had been laid off from that same job due to the oil crash of the early 80s. I needed a job and worried about how we would make ends meet, but that scripture told me where my priority should lie. We always were able to pay the bills and provide enough food for the family—and we were able to dive deeply into a course of study that led us to a greater understanding of God’s law.

Still, we had some understanding, but were continuing to do the things that we had been doing, except that we began trying to keep the commandments as best we could. One funny thing that we did, in our poor understanding of the command against idols, was to gather up bowling trophies, animal-image curios and even pictures in our Catholic bible (given to us by a well-meaning priest at our marriage) and then to destroy them. We laugh at that now, but it led to our greater understanding of this scripture, found in Acts 5:32, *“And we are His witnesses of these things. And so also is the Holy Spirit, whom God has given to those who obey Him.”*

We were obeying in a naïve way, but we were trying to obey—and God honored that, as He has done in so many other ways over the years, patiently waiting for us to come to a greater understanding and then to do that which is pleasing in His sight.

Eventually, I found a job. We were blessed in that my wife had a job that only required her presence during the normal work week. But, when I found a job, the Sabbath immediately became an issue. This new job was at a 7 day a week establishment. When I interviewed for the position, I was led to be honest about the fact that I would not be available from Friday sunset until Saturday sunset, but that I was willing to work any other hours that they wanted me to work. I was given a job and a location to which I was to report. I was doing the best possible

job I could do when, after a few weeks, the management of that location decreed that I should work Friday night. After explaining that I’d explained during my interview that I could not work on God’s Sabbath, and when those hours were, it was reiterated to me that I was to work Friday night. God gave me the strength to say, “Then I guess I’m out of a job because I’m not going to work on the Sabbath.”

But, almost immediately the manager said “I guess you are serious about it then.” The schedule was changed and as long as I worked there the schedule no longer listed me for the hours of the Sabbath.

God has led us to greater and greater understanding as we have continued in His Church. One great trial in which He was faithful to keep us safe from deception was the collapse of the Worldwide Church of God (WCG) due to the decision by the heretic Tkach father and son duo to adopt the idea that we are not actually required to keep God’s Sabbaths anymore. Knowing what you now know about my disgust for hypocrisy in churches, you can imagine our reaction to the Tkach announcements. God continued to lead us, this time out of the WCG and into the United Church of God (UCG). However, the seeds of mistrust were sown, and when it became clear that UCG intended to continue in some of the erroneous dogma of WCG, we bid that organization adieu, also.

Now, we pastor a small local congregation that remains faithful to the faith once delivered, and which studies to find that which is good, holding it fast. Are we perfect even now in our understanding? I think not, but I’m content to study, meditate, pray and fast while God continues to open our understanding to ways to rightly divide the word of truth.

One thing we will not be is deceived by “ministers” who serve their own bellies first, or who deny the scriptures with their pretzel logic surrounding the sacrifice of Christ having done away with any of God’s Laws.

And, to think that this all started with God’s showing me His Sabbath so very long ago. Praise Him!

§



The President's Corner

Sabbath Keeping in the 300s-400s AD

Kelly McDonald

Among the predominant myths about the Sabbath is that its practice ceased in early Church history. Interestingly enough, no primary sources from the time period hint at this. There is actually very little discussion about the Sabbath in the first two centuries after the first Apostles.

As we arrive in the fourth and fifth centuries AD, the Sabbath becomes a more common subject discussed in primary source documents. During these centuries, the Roman Church argued against Sabbath observance while most of the Christian world still honored it. The Roman Church advocated fasting on Sabbath as a way to denigrate it.

In the May-June 2019 edition of *The Sabbath Sentinel*, I discussed that a significant number of Christians during these centuries tried to keep the Sabbath in addition to Sunday. This was unfortunate; in that article I also explained the events that lead to this development. Despite it, the Sabbath was still highly esteemed among most of Christendom. Below, I have listed quotes from these two centuries which clarify that the majority of Christians still honored the seventh-day Sabbath.

363/364 AD – Council of Laodicea

Canon 16: On Sabbath [Saturday], the Gospels and other portions of the Scripture shall be read aloud. Canon 29: Christians shall not Judaize and be idle on Saturday, but shall work on that day; but the Lord's day they shall especially honour, and, as being Christians, shall if possible, do no work on that day. If, however, they are found Judaizing, they shall be shut out from Christ. (Quoted from: Hefele, pp 302-319)

This Roman Church Council was held at a time

when a Christian group called Arians was a strong political and religious entity in the Eastern Roman Empire. Arians had Sabbath keeping tendencies. In this Council, seventh-day observance was condemned, but the Sabbath still retained some significance as the Scriptures were encouraged to be read on it. Despite its canons, the council did not change the strong Sabbath keeping tendencies of the times. Most continued its practice.

360s AD - Pseudo-Athanasius

"They met on the Sabbath, not that they were infected with Judaism, but to worship Jesus, the Lord of the Sabbath..." (Homilia de Semente, quoted by Bingham, 1138). This work was composed either by Athanasius or someone close to the same time period.

360s AD – Epiphanius

He wrote that the Apostles set services for the fourth day of the week, the evening of Sabbath and the Lord's Day (De fide, sec. 22, 24). It should be noted that no assemblies for teaching or exhortation were commanded by the Apostles for the fourth day and first day of the week. Epiphanius cites no Scriptures to support this view.

Late 300s AD

The *Apostolic Constitutions* was a series of books written to describe the practices of some Christians. The seventh and eighth books were composed in the later part of the fourth century. We have some quotes from it below. The Sabbath was honored as a day of rest and sacred convocation. Fasting on the day was forbidden.

"O Lord Almighty You have created the world by Christ, and hast appointed the Sabbath in memory thereof, be-

cause that on that day You have made us rest from our works, for the meditation upon Your laws... On this account He permitted men every Sabbath to rest, that so no one might be willing to send one word out of his mouth in anger on the day of the Sabbath. For the Sabbath is the ceasing of the creation, the completion of the world, the inquiry after laws, and the grateful praise to God for the blessings He has bestowed upon men" (Book 7, sec. 36).

380-390s AD – John Chrysostom

"There are many among us now, who fast on the same day as the Jews, and keep the Sabbaths in the same manner..." (Commentary on Galatians, 1:7).

405 AD – Letter from Augustine to Jerome

"For if we say that it is wrong to fast on the seventh day, we shall condemn not only the Church of Rome, but also many other churches, both neighbouring and more remote, in which the same custom continues to be observed. If, on the other hand, we pronounce it wrong not to fast on the seventh day, how great is our presumption in censuring so many churches in the East, and by far the greater part of the Christian world!" (Letter 82, sec. 14).

The greater part of the Christian world still considered the Sabbath a day of rest and enjoyment, whereas some of the Western Churches considered it a fast day.

Sozomen (late 300s-420s AD)

"Likewise some meet both upon the Sabbath and upon the day after the Sabbath, as at Constantinople, and among almost all others. At Rome and Alexandria they do not. Among the Egyptians, likewise, in many cities and villages, there is also a sacred custom among all of meeting on the evening of the Sabbath, when the sacred mysteries are partaken of" (Church History, bk 7, ch 19).

Socrates Scholasticus (late 300s-430s AD)

"The Arians, as we have said, held their meetings without the city. As often therefore as the festal days oc-

curred — I mean Saturday and Lord's day—in each week, on which assemblies are usually held in the churches, they congregated within the city gates about the public squares..." (Church History, bk 6, ch 8).

"For although almost all churches throughout the world celebrate the sacred mysteries on the Sabbath of every week, yet the Christians of Alexandria and at Rome, on account of some ancient tradition, have ceased to do this..." (ibid, bk 5, ch 22).

Socrates recorded important details. First, nearly all churches honored the Sabbath. Secondly, Rome and Alexandria were the first two cities that ceased to gather every Sabbath. He recorded that Rome and Alexandria ceased to honor the Sabbath; this means at one time they honored it. They stopped honoring it because of a tradition, not Scripture. Jesus warned us about the traditions of man that contradict the commandments of God (Matt. 15:1-20).

John Cassian (420-429 AD)

"And throughout the whole of the East it has been settled, ever since the time of the preaching of the Apostles, when the Christian faith and religion was founded, that these Vigils should be celebrated as the Sabbath dawns... And so, after the exertion of the Vigil, a dispensation from fasting, appointed in like manner for the Sabbath by apostolic men, is not without reason enjoined in all the churches of the East... .." (Institutes, 3:9).

Though Sunday observance gradually crept in, the Sabbath still retained great influence. These primary sources indicate the obvious truth that Sabbath keeping remained the majority practice among Christians in the fourth and fifth centuries. In the Eastern Churches, some degree of Sabbath keeping would remain the majority practice for hundreds of years into the future. In Western Europe, Sabbath keeping gradually became a minority practice among Christians.

Look for more articles in the future on this exciting topic!

§

How God's Remarkable Sabbaths Have Changed My Life

Aimee Zahora

I was born and raised in a Sabbath-keeping family, which I consider a phenomenal blessing. It's a blessing that I did not earn. Instead, by the grace of God, Sabbath-observance infiltrated my entire life. I thank God for this gift that keeps on giving!

Here are a handful of reasons for how God's remarkable Sabbaths have altered my life for the better.

I Value My Strong Family Relationships

My nuclear family consists of Sabbath-keepers. This bond that we share strengthens our family relationships. We spend time together on the Sabbath, which solidifies us. Sabbath-keeping provides our family with similar values. It encourages us to engage in meaningful discussions that strengthen and sharpen our faith. My family is strong as a direct result of honoring the Sabbath.

My Best, Most Wonderful Friends and Advocates Are Believers

I've met inspiring believers, who are some of my closest friends and advocates. Many of these individuals and I would have never crossed paths, except that the Sabbath brought us together.

We often take on the attributes of the five people we surround ourselves with most frequently. When we tap into the positive energy and stability of those people, it quickly becomes evident that who we are due to the association is far greater than who we would have been without it.

Complete and Restoring Rest for All Our Needs

The complexity and stress we encounter daily are difficult to quantify. Suffice to say our regular encounters deplete us. The Sabbath is a multi-dimensional blessing. It offers complete rest: men-

tally, spiritually, emotionally and physically.

Humanly we find success in addressing these needs individually. If we get a break, perhaps we identify something that will benefit two of the needs at the same time. But, attempting to address all the needs at once generally results in diminishing returns. However, God's Sabbaths are perfectly designed to replenish all our needs so we can return to functioning as our best selves.

The Sabbath Is the Backbone to My Spiritual DNA

Because I was raised in a Sabbath-keep family, a weekly tradition was established early-on. Friday night dinners together were a highlight. Not only did we enjoy a delicious meal with one another, but also we shared stories, laughter, and connection. We attended Sabbath services every week, not just when it was convenient or when nothing else was on the calendar. Incidentally, nothing else made it on the calendar on Saturdays because the Sabbath was the first and only priority for our family on the seventh day of the week. After Sabbath services, my dad regularly read Bible stories to my brother and me. Today, my brother carries on that custom with his two boys.

Each of these activities contributed to a habit, a Sabbath-keeping behavior that I still honor today. This way of life and pattern of living is so deeply ingrained in me. It's part of my spiritual DNA. In short, keeping God's remarkable Sabbaths have changed my life.

§

The Sabbath—A Day Created Out of Love!

Jessica Warr

The Sabbath is a period in time that God sanctified and made Holy not just for His own rest at the end of creation week but because of the intense love He felt for His newly created man and woman.

This human race was made for worship and in order to thrive completely in happiness would need time to give and receive love with their God. That means holy time to have a one on one date with Him alone without worldly distractions.

God is love and love is not selfish; it gives and takes time with the one it loves. Sabbath has the word ABBA right in its center. A loving word meaning daddy.

To make sabbath keeping a cold ritual of do nothing secular from sundown to sundown is missing the reason for the sabbath. That time is made holy only because Jesus is suppose to be in it to spend personal time with you.

I can go back in history and show you when Sabbath was changed from the seventh day to the first by the Catholic Church, which they admit doing. But, does it really matter if you don't know how to spend intimate time in that holy time with God anyway?

Just saying the seventh day Saturday is a day to remember or stop working doesn't make it the Sabbath of the fourth commandment. If you don't spend time personally with Jesus on that day then

its like making a date with your loved one and not showing up.

God blessed and sanctified those hours because He wants to be invited into your company with Him alone.

Every week we are reminded of a commandment that tells us to remember because we wouldn't want to miss the blessing that comes with that day alone. God bless as you keep His day holy with Him.

§

CHRISTIAN EDUCATIONAL MINISTRIES

DOWNLOAD OUR **FREE APP** WITH THOUSANDS OF MESSAGES AND OUR **DAILY RADIO BROADCAST COVERING THE SABBATH, GOD'S HIGH HOLY DAYS, AND THE NEW COVENANT.**

Available in App Stores

Born To Win with Ronald L. Dart

P.O. Box 560 WHITEHOUSE, TX 75791
WWW.BORNTOWIN.NET ADMIN@BORNTOWIN.NET
(903) 839-9300 1-888-BIBLE-44

Facebook, YouTube, Instagram, Pinterest, Twitter

The Blessed Day

One writer's delight in Sabbath practice means delight for readers too.

Jason Overman

The week has passed. My work is done. Sun has set; Sabbath is here. I'm so ready.

Another busy workweek wore me out, as usual. I've leaned toward this moment all day. Walking through the front door, I sigh audibly, bodily. The best day of the week arrives in the nick of time, greeting me like an old friend. I smile.

I can't explain it, but in that instant, space shifts, time tips, and I let go. It's Sabbath.

So here I am writing these thoughts with my family sleeping, the lights low, and my feet kicked up.

I love the Sabbath. I have for as long as I can remember. I can't imagine living without it or why anyone would want to try. A well-meaning Christian once told me I didn't have to keep Sabbath because I wasn't under the law. My defense wasn't theologically well formed, although I think it could've been. All that came out then was "Can I keep it if I want?"

Now it's a running joke in my family. Dragging myself home on Friday evening, I'll often quip with a wink to my wife, while I'm flopping onto the couch, "Thank God I'm under the law."

I just turned 48, and my workweek takes a bigger toll as the years pile up. Yes, I was one of the weird church kids who actually liked Sabbath p.m. naps. I enjoy them now even more, along with what "church" can really be and how Sabbath makes that possible.

If real life has taught me anything, it's that I need Sabbath and that Sabbath is there for me.

For all of us. It's not just about the law, important as that is; it's about delight. Sabbath is the best day of the week simply because it's the blessed day of the week. A delight. Why would anyone want to miss out on that?

Lord of Sabbath

The more I experience Sabbath as a blessing, the more I realize how much it's entangled in Jesus. I learned long ago that I can't fully know God's Sabbath by starting at creation and moving toward Christ through the law. Jesus is the first, the last, and the center. Beginning with Him, I discover that which-ever way I go, He's waiting for me there, illuminating the text in wonderful ways.

Mark 2:23-28 illustrates this profoundly. It tells how Jesus' hungry disciples picked grain to eat while walking through a field on the Sabbath and were accused by the Pharisees of breaking the command. Jesus, more concerned about human need than defining work, replies, "*The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath*" (vv. 27, 28).

I love the simplicity in which Jesus corrects the misguided Pharisees who, in professing the day, had missed its blessing: Don't take what God made for us and turn it against us. Jesus can say this because He is "Lord of the Sabbath." That's it in a nutshell.

As simple as Jesus' reply is in this situation, it blows my mind how far-reaching it is. Jesus addresses the origin ("made"), the intent ("for"), and the scope ("man"/humanity) of the Sabbath.

As in a later argument over marriage and di-

voice (10:2-12), you can almost hear Jesus saying, "But from the beginning of the creation, God 'made'" (v. 6). Christ can take us back to creation and claim lordship over it because as the Word of God, He was there (John 1:1-3). He made it all and knows its purpose as only the Creator can. Let's head back to the beginning now and find the Lord of the Sabbath there.

Then God blessed

"Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made" (Genesis 2:1-3).

If this were all the Bible ever said about Sabbath, I'd be asking, "How do I get in on this blessed day?"

The first thing declared "holy" in Scripture isn't a thing at all but the day in which God ceased from His creative work, having declared it all "very good." The "holy" points us away from things made and the labors by which they are made, to what transcends and enriches it all: God. By His example we sense the call to let go and trust Him.

Further, the blessing of the seventh day is not the first "blessing" of creation week. By the time God "rested" (shabath, root of Sabbath), He'd already blessed the living creatures created on the fifth day (1:20-23) and man (adam, or "humanity"), created "in His image" (vv. 26-28) on the sixth. The sixth day was God's creative peak, and His blessing the seventh indicates that creation's goal is our final rest in God.

When God blesses humanity, He addresses them personally (v. 28). On the heels of this intimate blessing of those shaped in His image and called to flourish, God ends His work and blesses the seventh day, resting with His creation. These two blessings interrelate and cor-

relate. The final touch, Sabbath, was not blessed for its own sake but for the sake of the blessed — those who would labor after God, imitating Him.

The blessed man followed by the blessed day establishes the priority to which Jesus spoke in Mark 2:27, 28. The one precedes the other, the latter enriches the former, and God, who blesses both, is Lord over all.

Like marriage, another divine institution woven into the created order prior to man's fall, Sabbath is neither named nor commanded in Genesis 2. Like that first marriage, it is simply, sublimely modeled by Divine initiative, its invitation extended to the first Adam and all who follow.

Delight in the Lord

Beyond Eden, sin distorts and robs people of God's best gifts, as we saw in Mark 2 and 10 with Sabbath and marriage. Our God-given "dominion" has been subverted by pride so that Sabbath is either overlooked or oppressive, its blessing lost. We need a change of heart.

God's creatures may forget or resist this blessed day, ignore it, or resent it, but to no avail. It remains. Sabbath is blessed and holy however I may choose to acknowledge it, or not. It's just the way the world is, the way God the Word made it. Sabbath continues to witness to the truth that our Creator and Redeemer is, relentlessly, for us:

- He offered Sabbath rest to a mixed multitude of former slaves just out of Egypt (Exodus 16).
- He commanded them to follow His Sabbath example, remembering to share this blessed day with male/female, slave/free, citizen/foreigner — even domestic animals (Exodus 20).
- He gave Israel a Sabbath song to celebrate His faithfulness and our flourishing (Psalm 92).

- He promised a coming covenant, Sabbath rest, and the ingathering of all peoples (Isaiah 56).

This biblical witness anticipates Christ's words that the Sabbath was made for us — God's work in Christ — and the new covenant written on the hearts of all who trust Him (Jeremiah 31:33; Hebrews 8:10). Jesus embodied Sabbath when He went about working miracles of restoration, especially on Sabbath. This kingdom, now and not yet, this King, come and coming, are Sabbath-shaped — a blessing of rest and restoration for the world (Hebrews 4:9; Matthew 11:28-30).

It does indeed take more than Divine example and command to live Sabbath-shaped lives. Our proud, restless hearts resist God's blessing. It takes the full operation of God in Christ through the Spirit to embody Isaiah's vision of lives set free from their own works and pursuits in order to call Sabbath a delight and to delight in Sabbath's Lord (58:13, 14).

Reading the stories of gospel, of creation, and of law and prophets, it's impossible for me to evade the scriptural weight of Sabbath-as-blessing-for-us.

Sabbath blessing

Now the night is far past. I'm still sitting here, pecking away, lost in my Sabbath thoughts on the best and blessed day of the week.

I'm praying for us all to find that blessed delight this Sabbath and the next and the one after that. To delightfully model Sabbath blessing just as God the Father and His Son have shown us.

§

Did you know...?

that you can aid the BSA effort to promote the Sabbath and a Spirit of brother-hood among all who keep God's Sabbath by becoming a **BRIDGE BUILDER** or a **PILLAR** with the BSA? Besides the monthly or annual membership dues which you can find inside the front cover, you can also help with various functions designed to help bring a fellowship of brethren across denominational lines. Some of the opportunities are: Advise and/or consult with the BSA Board of Directors; visiting and interacting with other Sabbatarian fellowships; speaking on behalf of the BSA; Promotion and/or distribution of BSA materials and services; and assisting with this magazine, the BSA Facebook page, Twitter and other social media on projects defined by the Board of Directors.

How Keeping Sabbath Has Changed My Life

John Lemley

I am blessed to have grown up in a Sabbath-observing family. So, there was never a time when the Sabbath was not a weekly event. For the first eighteen years of my life my parents were searching for a church which believed and practiced the teachings of the Bible, including the teaching to remember the Sabbath day to keep it holy. My mother wrote to the headquarters of numerous denominations asking for a list of their doctrinal beliefs. My father took multiple Bible correspondence courses.

The Sabbath has been precious in different way at various stages of my life. As a child it was a special time of closeness to my parents and brothers without interruption by the unending chores that filled the other days of the week. It was a day without school work, sports and clubs. It was a restful day to focus on the things of God together as a family.

During my teen years the Sabbath was a welcomed change from a busy routine. It also served as a common bond with other young people who shared a conviction about the Sabbath.

As a parent, and now a grandparent, I am much different than I would have been if I had not known about and practiced this gift that God blesses humanity with on the seventh day of each week.

I close with two quotes that I have adapted to the subject of the Sabbath. These words are adapted from Thom Rainer's book [Why I Attend Church](#) and applied to the Sabbath. Mr. Rainer is a former

president and CEO of LifeWay Christian Resources and author of a number of books on the church.

"In a culture that minimizes commitment and maximizes self-indulgence, I have learned the precious gift of the seventh-day Sabbath. I do not see resting on the Sabbath as a burden or legalistic commitment. I view it as joy—a time when I can give and serve, a time when I can focus more on others rather than myself. I observe the Sabbath to help others, to encourage others, to focus on priorities that are eternal in nature and to participate in worship. I remember the Sabbath to keep it holy because I love the Sabbath. I truly love the day God sanctified and made holy – His Sabbath. A big part of our union with Christ is following His example of obedience to His Father. The Sabbath provides precious time for serving and ministering to others and glorifying our Lord Jesus Christ. The idea of not following Jesus' custom of faithful Sabbath observance is quite foreign to my family and me."

"Growth is not more knowledge or increase of years; it is simply more of Him and less of me. He increases as I decrease."

The precious Sabbath hours provide the ideal environment for such spiritual growth.

§

HOW KEEPING GOD'S SABBATH HAS AFFECTED MY LIFE

Darl Arbogast

I consider it an honor and a privilege as well as an opportunity to testify on how obedience to God through observing the Sabbaths weekly and annually gains favor from God the Father and His Son Jesus the Christ.

When I was 12 years of age I noticed the weekly Sabbath while reading an old Bible my mother gave to me. While sitting at the kitchen table reading Genesis 2:1 thru 3 I asked my mom to listen and I read these verses to her. I was very excited about what I had discovered and felt a bit of betrayal as well.

Mom had been raised by a Mennonite family and saw things from that perspective. I was very inquisitive when I asked her why we and everyone in our community was going to church on the first day of the week instead of going when God commanded?

Mom did not have any knowledge of Constantine 1, Emperor of Rome and she didn't know anything about the Roman Catholic Church either. The reply mom gave to me was 'Well I don't know son, I guess that's all been changed over the years'. At 12 years of age this was my first encounter regarding the Sabbath.

I began reading the Bible more and more and eventually came to Exodus 20 and encountered the Ten Commandments. I was jolted again when I read the fourth commandment, Exodus 20:8 thru 11. I may have squirmed a little but I suffered in silence as I pushed this to the back of my mind.

The more I read the Bible the more I wanted to read so as I continued reading lo and behold I got jolted

again when I read Deuteronomy 5:12 thru 15; the Ten Commandments. We were being taught and drilled on only nine commandments at Church; I was confused, perplexed and disturbed.

The community we lived in was as much of a Christian community as you could find. I was an active teenager in our little country church; no one spoke of the Sabbath, talked about it or practiced it, so I put the Sabbath out of my mind. We were a poor family living back in the mountains of W. VA. We never owned an automobile and the nearest store was five miles away so without any transportation available we had to walk.

After graduating from high school in 1959, I began working at a local woolen mill on the midnight shift. I bought a car and on my way to work I listened to the radio. I found the 'World Tomorrow' broadcast and became a regular listener.

Later along with my wife and children we moved to Ohio and I found employment at General Motors where I met another man that also listened to the 'World Tomorrow' broadcast. We became very close friends, we shared lots of biblical information and facts we learned from the Bible. We were both Sabbath observers and eventually we were baptized at the Worldwide Church of God.

At this time being married and having four children, my wife did not share my beliefs and moved out leaving me to raise our children alone; after I was baptized she left. I never knew what trials and being tested was all about until then.

My children and I moved to Georgia where I began working on construction. We attended a WCG in Atlanta and several of the ladies from church helped me some with my children and God gave me optimism that everything would work out. This was good to know because I was fired from many jobs for refusing to work on Friday night and Saturday. However, I always found a better job, praise be to God.

After a few years with all of this stress behind me believing God was with me I was finally set free from controversy so that I and my children could keep all of God's Sabbaths and could attend the Feast of Tabernacles. I never doubted God nor did I look back!

After the divorce and remarriage bylaws changed at WCG in 1974 I remarried again to a widow that also attended the same church. We were together happily until 2004 when she died of cancer.

I prayed diligently for her healing but she did not get well. I continued to serve in the Church and became a regular speaker at an independent Church of God for ten years.

I remarried in 2005 for the third time and we moved from Georgia to Tennessee.

I pastored an independent Church in Sevierville, TN for 1 ½ years and then retired. We now do 'Church at Home' and occasionally we visit with other brethren. Over all it has been a great life and I thank God for His many blessings. God meant it when He said 'I will never leave you nor forsake you'. I set my mind to trust and obey Him.

§

Interested in Membership?

BSA membership gives you the privilege of electing BSA Officers. Members are also entitled to free postage on all orders for literature.

Supporting the Bible Sabbath Association through your membership helps promote the Sabbath, and co-operation among Sabbath-keeping groups.

There are now more membership levels:

- (1) **Regular Members** (annual membership fee is \$35 for an individual or \$60 for a family),
- (2) **Institution membership**, (\$100 fee),
- (3) **Lifetime Members** (those who have contributed at least \$700 in one year and request a life membership),
- (4) **Bridge Builder Membership**, (\$100 fee),
- (5) **Pillar Membership**, (\$200 fee).

Bridge Builder and Pillar Membership bring with them the opportunity to participate in other of the Bible Sabbath Association's goals of promoting God's Sabbaths and fellowship between Sabbath Keeping Brethren.

Contact BSA at biblesabbath@comcast.net or 888-687-5191 for more information or to pay over the phone using a credit card. You can also pay for membership at our web site www.biblesabbath.org using PayPal or by writing to us at PO Box 7707, Bonney Lake, WA 98391.

Please join us by supporting our efforts to spread the message of God's Sabbath rest and mutual cooperation of the brethren to the rest of the world.

Understanding Him Led to Understanding HIM!

DJ Wellington

I first came to knowledge of truth roughly 35 years ago when my soon-to-be husband said I needed to read the Bible to understand his belief structure before getting married. (He observed Shabbat and the other set-apart times, did not observe the worldly days, etc. Sadly, he passed away years ago and I've since re-married but never forgetting my "roots.") As I read the Bible, starting in Genesis when I read the story of creation and how Yahuweh "blessed" the seventh day, it had a profound effect on me and I asked my fiancé what that meant, which led to realizing it truly is a day set apart for us to "renew" and strengthen our relationship with our Father. With all the concerns and distractions of the world, it was like Yahuweh knew that and gave us a day to re-focus on what's really important. It was at that moment I joined my fiancé in observing the 7th day Shabbat.

At first, even knowing it was right, it was tough at times. Not working physically wasn't that difficult but mentally I was working more oft than not. That was a mindset that took some time to change. The adversarial powers were always there to take my mind off Yahuweh and put it to the worldly "stuff." That aspect has never changed but now I usually recognize it before anything takes hold ("resist the devil and he will flee" —it works).

Over the years, my observance has changed and gotten stronger. For instance, for years I read over "do not bake and boil" and actually used to cook a big breakfast on Shabbat! But I was seeing things little by little and changing as I realized more truth of scripture. Most do not learn in a day and I pray I con-

tinue learning until the day I close my eyes.

Fast forward to the "here and now." I look forward to Shabbat every week. In fact, my entire week revolves AROUND Shabbat. It starts with the first day...a work day usually around the house and setting up the weekly schedule that changes frequently. Then Monday I prepare a grocery list and figure out what I'd like to make on Friday so I have sufficient food prepared for Friday and Shabbat. Now, if it is a relatively calm week, I'll consider what to do for Shabbat to see if I need to get any materials ready. If it is a busy, busy week, I'll start praying for Shabbat to come quickly (as early as Tuesday some weeks!). Then, Thursday gets here and I'll do some prep work for Shabbat, especially if I have commitments for Friday morning. I like to have the house cleaned, clothes washed, meals done and even the sink cleaned out. I strive to have everything ready for Shabbat at least an hour or so before sunset though that does not always happen. Finally, it's here and I'm elated! A full day of rest and rejuvenation! Though I'm basically retired now, that schedule hasn't changed since our children were young and I learned the value of preparation day, even adding Thursday as a "pre" preparation day!

I love the Shabbat and praise and thank our Heavenly Father every week for giving us such an awesome gift! Those not knowing, understanding, respecting and guarding His Shabbat truly do not know what they are missing!

May Yahuweh barak all who seek to do His will, His way! HalleluYAH!

§

My Journey to Becoming a

Sabbath Keeper

Brian Sargent

Some people are blessed to be raised knowing about the Sabbath and what is special about it. Me? Well, I was raised in a good Christian home. I understood the Sabbath to be a Jewish custom that was not for Christians anymore. It was never really an outwardly spoken lesson that I remember learning, but rather an unspoken lesson that you pick up over years of going to church on Sundays and reading in the Bible. To me, the Sabbath day was just something that Israel was instructed to keep, not me.

The question that must be addressed is: “Who is Israel?” God told His people that the Sabbath is a sign between them and God (Exodus 20:8-11, 31:12-17). Are the Jews the only ones that can claim to be “His people”? Are Christians not a part of “His people”? It is the “His people” part that throws everyone off. Ask anyone in most churches who “His people” are and they will tell you that it is “the Jews”. If you conduct a short investigation into the matter, you will find that the Jews are just a small subsection of Israel. The word “Jew” can actually be traced to the word “Judah”. To oversimplify things, the “Jews” are really only a small part of the whole...one-twelfth to be exact!

Paul tells us in Romans 11 that through belief in Jesus the Messiah, we non-Jews are grafted into Israel. This, in a nutshell, is the process that I went through close to 4 years ago now. I had to find out who God was actually giving these instructions to. I realized that they were given to all of Israel, both natural born and the ones who have come into the faith.

For us, it all started when my wife felt as if we should research the roots of Christmas. From there, we started watching videos from ministries like Passion for Truth and 119 Ministries who teach that the whole Word of God is applicable today if you believe in Messiah – specifically this part called the Torah.

I didn’t buy any of it to begin with. I knew better than to believe all that I was hearing. I had taken some Bible classes online and I knew my stuff. I knew every bit of this was wrong. The only problem was that the more I studied, the more I realized that I could not prove any of it wrong. God began to chip away at the false doctrines that had been laid as the foundations in my walk with God. According to Paul, I am part of Israel because of my faith in Messiah. I was no longer able to say that God’s instructions, Torah, or Law was for the Jews only. They were for me as well. It is no longer a question of whether I have to keep His Sabbath or not. Instead, I get to keep His Sabbath because I love Him and want to obey Him. He called His people to be set apart or holy. What better way to be set apart from the world by keeping His Sabbath, His feasts, and His commands? It has been a tremendous blessing to my family as we walk in this new light and learn as He continues to open our eyes. What a coincidence! It says exactly that in Deuteronomy 28!

§

My Sabbath Story

Lanice Shults

In the early 1980's I met my husband to be—Bill Shults. We were young and excited about living our lives with a bold independence. This was the beginning of a beautiful relationship. Both of us had a hunger for truth, and we weren't intimidated by opposition. In pursuit of truth, we were going to be divinely directed by the very hand of God.

My husband Bill was brought up in the Presbyterian Church and I was brought up Catholic. Bill had read about the true Saturday Sabbath before we met and was trying to honor it by not working on that day. He would tell me and show me in the Bible that Saturday was the seventh day that God had set apart for us to honor. I could see this was true and in my heart I knew that I needed to move toward Sabbath observance. He did what he thought was right with what he understood at that point.

I was watching television one Sunday morning and The World Tomorrow broadcast came on sponsored by the Worldwide Church of God (WWCG). This lovely gentleman named Herbert W. Armstrong was speaking about the Saturday Sabbath. He spoke the truth about the Sabbath being a command given by God with such intensity and passion that I became enthralled. He explained how mankind has rejected the commandments of God and changed them. He

offered free booklets that would go deeper into the subject. We ordered some booklets and were eager to dig deeper into the study of the Saturday Sabbath.

Together we continued to watch the World Tomorrow Broadcast and order literature from WWCG. We eventually read all available literature alongside of our Bible as God was pouring truth into our hearts. We were proving everything we read in our Bible. It was a very exciting venture that transformed our thinking. Eventually we contacted the headquarters of the WWCG and found a church in Orlando, FL about an hour away.

My boss said: "You are my best Stylist and you may have every Saturday off and any other time you need."

Saturday morning Bill was heading to Orlando and I was heading to work. I was a bit jealous and I really wanted to go also. This went on for some weeks. He would come home and tell me

about all the wonderful things he had learned and how friendly everyone was. He never pushed me to come with him. I just really wanted to be with him and be a part of what God was doing.

I decided that I had to make a commitment to God to observe the Sabbath. I prayed and asked God to give me strength to handle the outcome of whatever happens. I just told my boss I need off on Saturdays. I told her that I had come to a place in my life where I had to make a change in my religious beliefs which was going to require that I have Saturdays off. I explained that I believed that Saturday was the Sabbath and that I wasn't going to be able to work on that day. I was expecting the worst outcome and yet I received the best outcome. My boss said: "You are my best Stylist and you may have every Saturday off and any other time you need." Wow! I was so amazed at how well it went. I felt such a burden lifted off my chest. God had made a straight path for me. I thanked God and gave my commitment to Him to follow in His Commandments, Laws and Statutes.

Bill and I kept Sabbath together from then on. This way of life is a constant growing process as we are being transformed into the Body of Christ. As a child of God who seeks to be obedient to what the Bible says, I enjoy the wisdom and revelation that He provides so freely. Obedience to the Word is like walking in living color vs. black and white. You can feel His presence always with you guiding your steps as a lamp unto your feet. It makes you alive, aware and awake.

§

Support the BSA effort!

Did you know you can shop on Amazon and Amazon will give money to the BSA?

We have a new feature on the BSA website!

If you go to our homepage

www.biblesabbath.org and then locate and click the Amazon button, you can order items there just as you normally do.

The only difference between that and your normal purchasing is that when you purchase that way a percentage of your purchase price will be donated to the BSA! It doesn't cost you anything extra!

Give it a shot! It's for a great cause!

Do You Want to Learn More About the Sabbath?

Are You or is Someone You Know New To the Sabbath?

The BSA now offers some free resources to help you learn about the Sabbath.

We have short, 1 or 2 minute audio clips on topics such as:

"What is the Sabbath?" and

"When is the Sabbath and How Can We Know?"

Free booklet download "A Beginner's Guide to the Sabbath."

- 1. Go to our website: www.biblesabbath.org**
- 2. Click on the Products Menu**
- 3. Click on the "Free Resources" Link**

A GLORIOUS DAY

Dianne D. McDonnell

Is your Sabbath joyful? Do you look forward to it all week long? When you are in the middle of hard work—do you think, “Not much longer and it will be the Sabbath!”

When I first gave up Sunday to keep the seventh day as a holy Sabbath, I thought I was giving up the world. It seemed impossible to me to change that much. I described keeping the Sabbath as “swimming upstream” to the worried ministers counseling me. And since I was the only one in my family being called, I wondered how I could ever do it. I finally decided, “I know this is right. I have proven it to myself. I won’t think of all the Saturdays ahead of me. I’ll just take it one Sabbath at a time. I’ll try, with God’s help, to keep one Sabbath at a time the best way I possibly can.”

**On that day I glory
in the blessings He
has provided and
still provides...**

That was a very long time ago! I now have been keeping the Sabbath longer than I was alive before accepting it! Now I laugh at myself for beginning

with such a negative view of keeping such a glorious day! At sunset on Friday night I thank God for His Sabbath day. On Sabbath morning I wake up happy to rest up, draw closer to God, and just be joyful in the plans God has for me and for each of my brothers and sisters in Christ. He plans to give us Eternal Life! And on that Sabbath day I am one week closer to being inside God’s own Kingdom! And so I rest, as God did, finally understanding why we are told, “*There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from his own work, just as God did from his.*” (Refer to Hebrews 3:16-4:11, NIV.) On that day I glory in the blessings He has provided and still provides, and I am grateful for all the times He has helped me through hard trials. The Sabbath stands as weekly proof that we will finally be in the Messiah’s Kingdom, in His own glorious Rest. Yes, it is a glorious day!

A note to those who use only the King James Bible: Hebrews 4:9 is not accurately translated in the KJV. The word “rest” is from the Greek *sabbatismós* meaning “a keeping of the Sabbath or Sabbath rest”, and is correctly translated in the NASU, NIV, ASV, and RSV Bibles, as well as most Interlinears.

§

the Sabbath

Jacquie Chippeaux

My husband, Bob, and I were happily attending a traditional Sunday congregation with a lot of my family members back in the early 1990's. One day Bob approached me with a pamphlet that he had found on our front door. There was going to be a Bible Prophecy seminar in our area, and he wanted us to go and check it out. I was not thrilled with the idea, thinking it could be some type of cult, but I went while practically digging my heels into the ground.

When we arrived at the big convention center the parking lot, it was packed full of vehicles and church buses. We thought this must really be something. As we were walking up to the doors, several people were walking back saying that it was sold out. I was a bit relieved and we turned around to start leaving. Bob showed the pamphlet to a person and asked if that was what the people were being turned away from. The man answered no, and that it was a Christian concert that was sold out. So, my husband was excited and led me up to the front door where we found the room that we needed upstairs.

It ended up being a very interesting study that went on for at least a couple of days a week, for several weeks. A few days into it, they revealed the Sabbath to us. We could see it right away, and we were convicted. We couldn't understand how it seemed like the whole world was not keeping the Sab-

bath and had no idea of any Sabbath-keeping congregations. Dr. John Grosboll with Steps to Life, an offshoot of a Seventh Day Adventist congregation, was the Pastor teaching the seminar. Dr. Grosboll and some of the members in his congregation came over to our house a few times for more study after the seminar had concluded. We really enjoyed each of them.

Soon afterwards, Bob was in the break room at his work and there was a man speaking about one co-worker being a Baptist, another person being a Methodist, and another being Catholic, etc. Then he said, "And Max, I don't even know what he is, he keeps the Sabbath or something." And let me tell you, Bob's ears perked up! Bob saw Max down the hall later and called down the hall, "Max, are you a Sabbath keeper?" And Max, almost in slow motion, turned around and said, "Yes, I am." And we started attending church with him at Wichita Church of God Seventh Day, which came from a Church of God International background.

We attended there for about ten years and then met more of a Messianic congregation that we really enjoyed. My husband was gifted at blowing the shofar, and our two young daughters loved the music, banners, dancing, and teachings. Now they are both involved in ministry, mostly ministering to the youth and elderly.

§

How I discovered

The Sabbath

David Baxter

I've been a minister for almost 14 years now and have worked alongside staff in many denominational organizations. I helped rebuild programs, start new programs and counseled in many ways. What I learned during the first 11 years of that time comes nowhere close to the knowledge bomb that dropped in my life just only 3 years ago. My wife and I watched a video about the differences between traditional holidays and the Biblical Holy Days. From beginning to end of this 2 hour long video, I was captivated by the scripture and historical information that was being presented to me. In all my years of ministry how could I have not heard about these things? As much as I have studied how could this have slipped by me? As I watched and searched my heart, I realized that for years I had ministered under the umbrella of organized religion. I had preached, taught, and disciplined people from someone else's point of view and not the Father's. I felt like the Tin Man receiving his heart for the first time and it was clear to me that I needed to reprogram my mind, body, and soul to rededicate myself to Him.

Once I felt more clean and useable I focused on the issue at hand and began to dig deep into this information I had received. These Holy Days led me to study the Old Testament in depth and I began to unfold what would be a whole new world of Yahweh's word to me. Page after page, I would go from one subject to the next. One thing lead to another finding myself learning the foundation of what our entire lives were built on. I was rebuilding my life through Yahweh's word and it was nothing like what I had heard or been taught before. As I read these things that people called the Law, I remembered how I was taught that we no longer had to do them because the Messiah sup-

posedly abolished them with His sacrifice. It confused me so I found a new avenue of study and I had no clue as to what I was in for. I had never in my entire life read so much hate and anger over a topic. What made me upset was not that they were mad, but the fact that His people were fighting amongst themselves over this. As I prayed for clarity, I began to understand why unbelievers were so fed up with us. They couldn't see the Father's Word working in us, so why would they want it? It only caused confusion and arguments between us. I finally realized that the reason for so many unbelievers out there wasn't their fault, but ours. We shot ourselves in the foot and had no stability at all, with regards to the Father's Word.

As my study led me to the New Testament with my new knowledge, I began to see things that I never did before and realized things I had said and were taught were never in scripture. The one thing that got me was the whole food debate, clean versus unclean. I read and watched so many debates, my mind became like jelly. I decided to look up the animals myself to see what they told me. Did you know you can see a huge difference in the structure of these animals when you separate them by His list? I now realize why Yahweh used words like clean and unclean. Each animal has a sole purpose on earth once you know how their bodies work. Once I discovered this I had a thought, "If what they say is true and we can now eat these so called unclean animals, then why wouldn't Father Yahweh change their molecular structure to be more healthy for us?" I did a lot of research on them to find nothing has changed about them. People are dying all the time because of the disease and bacteria contained within them. I found that nowhere in scripture does it actually say that we could start eating them. If I was wrong about this, then what else could I be doing wrong?

With all the information I had gone through and put to the test like Yahweh said we should, I came to the conclusion that He is the creator of the entire universe and all that it contains. Because of this, He deserves our utmost attention in every avenue of our life. In everything we say and do we should represent Him. It should be known by all that are around me that I belong to a set apart people. I don't need to try and fit in with others to reach them. When the Father's love is truly represented, then they will see it and run to it.

What does all this have to do with the Sabbath? I now know that Yahweh put in His Law that the seventh day is a day for us to rest and recognize Him in our lives. A day for focus and reconciliation through Him so that we can continue in His will and be blessed. We were created in His image. He set the example for us from the very beginning when He took his own Sabbath rest after He created the

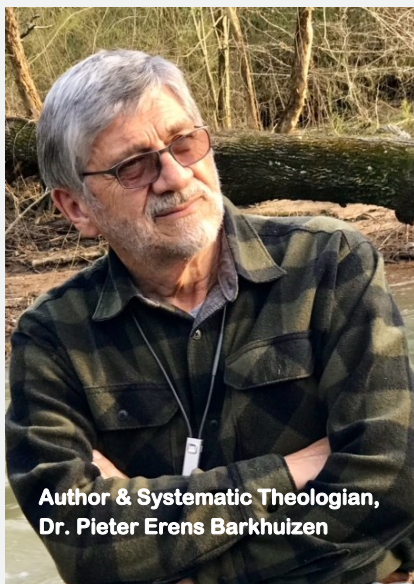
world. It was also important enough for Him to include it with the other laws He gave as the foundation of our lives. If I am to obey Him in one, then I should in all. I couldn't find any real evidence where we shouldn't obey His Law or that the laws were abolished. I understand that I can't do them all, as some are meant for certain people at certain times and places, but I will do what applies to me and to the best of my ability. Scripture never tells me to do otherwise and so I will keep on living my life in obedience to Him. For my obedience of keeping that Sabbath, my family is blessed in return with peaceful family time. For some reason He decided it was a good idea to place me on this earth for His purpose. Why? I don't know but I will spend the rest of my life finding out and putting it into practice. I will represent my creator and no one will ever stop me from doing so. If it takes my life then so be it. He's worth it. I pray that His ways find you where you are right now and that your eyes be opened to the truth as I've come to know it.

§

THE BOOK THAT HAS TAKEN THE PROTESTANT WORLD BY STORM

CHRISTIANS AROUND THE WORLD ARE STUNNED

THE SHOCKING TRUTH ABOUT GOD is one of the most provocative books any post modernist Christian or non-Christian could ever read! Questions about God are analyzed in detail.



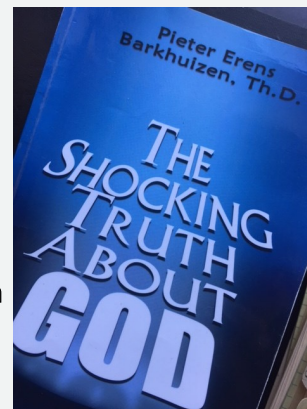
Author & Systematic Theologian,
Dr. Pieter Erens Barkhuizen

Without much reference to “Councils and Scholars,” a purely Biblical definition for the Godhead is submitted.

- Is God one in three, or three in one, or neither?
- Is the Holy Spirit a person?

A fresh approach to the question of salvation and God's judgment will keep you glued to every page—especially when the author discusses the great white throne judgment of the billions of people now alive and deceased, who never had an opportunity to hear the Gospel.

REQUEST A FREE E-BOOK FROM RADIOGOODHOPE@AOL.COM



Literature Order Form, Page 4

To purchase, contact P.O. Box 7707, Bonney Lake, WA 98391. Or, call (888) 687-5191. Non-members of the BSA: **Please add 10% to the suggested donation to cover mailing or shipping costs. Members do not pay shipping costs. Join today!**

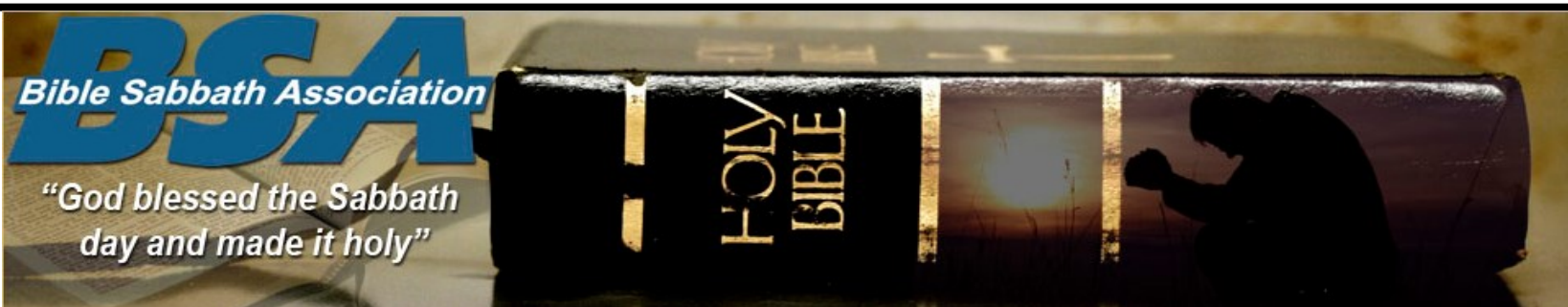
BOOKS, ARTICLES, PAMPHLETS & DVDS

	Item #	Suggested Donation
From Sabbath to Sabbath, Returning the Holy Sabbath to the Disciples of Jesus (Thomas). Approaches the question of the Sabbath from a completely new Messianic Jewish perspective and introduces the Sabbath, its observance, and the story of how the church transitioned from Sabbath to Sunday.	B255	\$12
OK, I'm a Christian, NOW WHAT? (Libbey). Becky is a new Christian looking for a home church. So, which church will she choose? The traditional main stream church or the unconventional home church?	B256	\$14
Israel of the Alps (LLT Productions). A stirring 3-part movie documenting the History of the Waldenses, who lived for over a thousand years, through intense sufferings, clung to the Word of God, many losing their lives. Many early Waldenses were Sabbath-keepers. <u>DVD.</u>	D201	\$18
The Seventh Day: Revelations from the Lost Pages of History (LLT Productions). Perfect for public evangelism or Sabbath enrichment. <u>DVD.</u>	D204	\$85
The Day God Rested (Manrick). Small pocket book proving the 4th Commandment is as important today as the day it was established.	P203	\$4
History of Sabbath in Asia, Africa, Europe, North America (Neumann). Study paper tracing the history of seventh day Sabbath observing Christians, to determine what they believed, and their reasons for those beliefs.	B235	\$3
Plato's Shadow: The Hellenizing of Christianity (Petty). If Jesus' apostles walked the earth today, would they recognize Christianity? This book looks at some foundational teachings of the earliest Christianity.	B242	\$15
The Truth About the Sabbath (Pinkoski). An illustrated study of the seventh day Sabbath, from Creation to today.	B254	\$5
The Truth Behind the Lord's Day (Prestol). Presents a thorough Bible study about the Sabbath, looking at the Old and New Testaments to discover its origin and its place in history before and after Jesus' death., and a historical overview of the early Christian church and the practices of the apostles regarding Sabbath observance.	B245	\$8
Nehemiah the Sabbath Reformer (Rasell). A devotional book which recounts the exciting story of Nehemiah and the rebuilding the walls of Jerusalem under intense opposition.	B244	\$8
In the Beginning: Creation According to Genesis (Rives). We must not settle for biblical interpretation conformed to current scientific thought. <u>DVD.</u>	D207	\$15
Too Long in the Sun ((Rives). Packed with details which relate to the apostasy of the "Last Days." Revealed are the astonishing facts about the ancient "Mysteries" and their Satanic influence upon present day thought.	B202	\$14
Time is the Ally of Deceit (Rives). Many aspects of traditional Christianity cannot be found in the Bible. They can be traced directly to the worship of pagan gods which predate Christianity by centuries. How did this happen? History reveals that there is one very good answer.	B203	\$16
Time is the Ally of Deceit (Rives). Includes the above book and a 5 part DVD study series which is based on and serves to complement the book. <u>DVD.</u>	D205	\$50

The Sabbath Sentinel

*A Bi-monthly Publication of
The Bible Sabbath Association
PO Box 7707, Bonney Lake, WA 98391 USA
Return Service Requested*

NON-PROFIT
ORGANIZATION
US POSTAGE PAID
SAN DIMAS, CA
PERMIT NO. 410



Advertise in The Sabbath Sentinel

Classified ads (20% discount for second time, 30% thereafter) are available at the rate of \$1.00 per word (including each word and each group of numbers in the address; telephone numbers count as one word) for each issue in which the ad is published.

Display ads are available at \$150 per quarter page, \$250 per half page and \$400 per whole page for each issue the ad is published. Where possible your camera-ready copy will be utilized, or we will design your display ad for you for a one-time charge of \$200. Send copy for all ads and payment to The Bible Sabbath Association, PO Box 7707, Bonney Lake, WA 98391, USA.

Discounts: Advertise in the TSS Classified Ads section for more than one issue and receive discounts: \$1.00 per word 1st issue, 20% off for 2nd issue, and 30% off for subsequent times.

Ad copy without payment will not be accepted for publication. Deadline is two months prior to publication (i.e. if you want your ad to appear in the September/October issue we must receive it before July). BSA reserves the right to reject or edit any ad copy.

Publication does not imply endorsement by the Bible Sabbath Association or The Sabbath Sentinel, its editor or staff.