

CORNERSTONECONNECTIONS

DECEMBER 28 2024

light rising in the darkness

Scripture Story: Isaiah 58; 60:1-3.
Commentary: *Prophets and Kings*, chapter 59.
Key Text: Ezekiel 20:20.

PREPARING TO TEACH

I. SYNOPSIS

The purpose of this lesson is to enhance understanding of the scope and true meaning of Sabbathkeeping. God Himself instituted the seventh-day Sabbath at Creation. God's day of rest was a gift to the human race as the memorial of Creation more than 2,500 years before the Jewish nation came into existence at the Exodus. The true object of our worship is the Creator. He rested on the Sabbath, blessed this day, and sanctified it (Genesis 2:3).

God has set apart the Sabbath as a special day when He invites everyone to spend time with Him and to know Him personally as our Creator, Savior, and Friend. The Sabbath is a taste of Eden. Sadly, over time the human family forgot the meaning and observance of the Sabbath as God's day of worship. This is why He needed to remind His people time and again to keep the Sabbath holy (Exodus 20:8-11).

By giving manna to the Israelites, God taught them how to prepare for the Sabbath that they may rest and worship Him (Exodus 16:22-24). Though the Israelites learned to keep the Sabbath, they often forgot. This is why God sent them repeated reminders and wake-up calls. During the time of the kings, God appointed prophets to call people to revival. The prophet Isaiah was one of the prophets called for this special mission. Through him God called His people to "rebuild the ancient ruins," to "raise up the age-old foundations," to be the "Repairer of Broken Walls," to "call the Sabbath a delight and the LORD's holy day honorable," to "arise, shine," and be a light to the nations (Isaiah 58:12-14, NIV; 60:1-3, NKJV).

Similarly when the Israelites returned from the Babylonian captivity to rebuild Jerusalem and the Temple, God called His people to make a reform in their Sabbathkeeping through Nehemiah's message (Nehemiah 13:15-22). Jesus Himself worshipped on the Sabbath and left an example for us (see Luke 4:16).

After Jesus secured our redemption by His death on the cross late on Friday afternoon, He rested in the grave on the Sabbath day. In keeping with the requirements of God's moral law, the women who were present at Jesus' burial also rested on the Sabbath day (Luke 23:55, 56; 24:1).

In His prophecy about the destruction of Jerusalem, more than 30 years before it happened, Jesus taught His disciples to pray that their flight would not take place on a Sabbath day. The apostles also kept the law and observed the Sabbath day, following their Master's example (Acts 17:2; 18:4).

At the end of our world's history the Sabbath will occupy a central role in the proclamation of the gospel message, and it will be a distinctive mark of God's people who "keep his commands and remain faithful to Jesus" (Revelation 14:6-12, NIV).

II. TARGET

The students will:

• Understand the central place of the sev-

enth-day Sabbath in the worship experience of God's people. *(Know)*
- Feel the desire to spend time with God and others on Sabbath, His holy day of rest. *(Feel)*
- Commit to becoming restorers of the breach and messengers of hope and of the light of God's truth, including the truth about the Sabbath. *(Respond)*

III. EXPLORE

The Sabbath, Seventh-day Adventist Fundamental Beliefs, no. 20: "The gracious Creator, after the six days of Creation, rested on the seventh day and instituted the Sabbath for all people as a memorial of Creation. The fourth commandment of God's unchangeable law requires the observance of this seventh-day Sabbath as the day of rest, worship, and ministry in harmony with the teaching and practice of Jesus, the Lord of the Sabbath. The Sabbath is a day of delightful communion with God and one another. It is a symbol of our redemption in Christ, a sign of our sanctification, a token of our allegiance, and a foretaste of our eternal future in God's kingdom. The Sabbath is God's perpetual sign of His eternal covenant between Him and His people. Joyful observance of this holy time from evening to evening, sunset to sunset, is a celebration of God's creative and redemptive acts." (Genesis 2:1-3; Exodus 20:8-11; 31:13-17; Leviticus 23:32; Deuteronomy 5:12-15; Isaiah 56:5, 6; 58:13, 14; Ezekiel 20:12, 20; Matthew 12:1-12; Mark 1:32; Luke 4:16; Hebrews 4:1-11.)

TEACHING

I. GETTING STARTED

Activity

Refer the students to the What Do You Think? section of their lesson. Discuss their responses and invite the students to share their understanding of the meaning and purpose of Sabbath observance.

The origin of the Sabbath as God's day of rest can be found as early as the Creation account (Genesis 2:1-3). He created us for relationship with Himself and with one another. This is why God is calling the attention of His people throughout history to the importance of observing His Sabbath and resting in Him (see Exodus 20:8-11).

- Just as the Sabbath reminded the Israelites of how God delivered them from the Egyptian captivity, so the Sabbath is a reminder to us of how God has brought about our deliverance from sin (Deuteronomy 5:15).
- The Sabbath is a sign of our identity as believers in the true God who sanctifies us (Exodus 31:13; Ezekiel 20:12, 20).
- The Sabbath as a day of worship is also a distinguishing mark of God's people who choose to remain faithful to God in the last days of this world (Revelation 14:12).
- The Sabbath is the day of communion with God and with one another (Leviticus 23:3). By putting aside our daily work and responsibilities, we can take time to worship God so that we might be refreshed and prepared to tackle the new week's responsibilities.
- The Sabbath is a symbol of resting in God (Hebrews 4:9, 10). Jesus invites us to come to Him and lay down the burdens of our hearts that He might give us rest (Matthew 11:28).

It is encouraging to know that on the new earth we will continue to worship God each Sabbath throughout eternity (Isaiah 66:23). So, it is our privilege to practice keeping the Sabbath already now and receive a foretaste of heaven as we spend time focusing on Jesus.

Illustration

Share the following in your own words:

In some parts of the world people observe the seventh-day Sabbath at great risk to themselves and their families. In other places, however, it is not at all an issue to worship on Sabbath. It happened a few years ago in one of the countries of Europe that an exam for students entering high school was scheduled on a Saturday. The news filled Adventist students who were preparing for the exam with great perplexity. The test scores on this exam would determine whether the candidates were prepared academically to enter high school.

Hundreds and thousands of Adventists united in prayer and petitioned the authorities on the basis of religious freedom to allow Adventist students to take the exam on another day of the week. However, the answer did not come as expected. Much more than being a test of academic competence, participation in that entrance examination soon became, for Adventist students in that country, a matter of

conscience and a test of faithfulness to God's fourth commandment. Some reasoned that they could not risk losing the opportunity to further their education for the sake of keeping the Sabbath. After all, they reasoned, it was a one-time occurrence and an exception from their regular worship practices on Sabbath. So they went and took the exam. Other students, however, chose to remain faithful to their commitment to God. They kept praying for a solution.

Later that summer the national board of education reconsidered the petitions of thousands of Adventists. All Seventh-day Adventists as well as non-Adventist students who failed the entrance exam the first time were given another chance to take the exam, this time on another day of the week, before the start of the new academic year. What a miraculous turn of events that was! The Adventist students along with the many people who had prayed for a solution praised God for His amazing intervention.

Meanwhile, those students who had failed the exam the first time were very happy for a chance to retake the exam. Notice the miraculous results of prayer for the united goal of honoring God on His holy day of rest and remaining faithful to Him.

What would you do in a similar situation that involves taking risks? Would you keep the Sabbath only when it is convenient to you? Would you take some minor risks to be able to keep the Sabbath holy? Or would you be willing to remain faithful to God even if it involved loss of comfort, well-being, future prospects, dreams, even your own health, family, or life?

What does it mean to you to be a part of Christ's end-time people who keep the commandments of God and remain loyal to the faith of Jesus? How is

Tips for Top-Notch Teaching

Graphic Organizers for Classifying Information

The use of graphic organizers is very useful when you ask the students to compare Bible passages and classify information according to specific criteria. There is a great variety of graphic organizers created for specific purposes. Perhaps one of the most widely known graphic organizers is the Venn diagram, used to display similarities, differences, and commonalities between items/concepts/phenomena. Other graphic organizers are for classifying information that is similar and equal in content. Yet others present a more or less hierarchical representation of concepts and illustrate principal categories with subcategories branching off from the main ones. For student-directed activities, encourage them to be creative in using diverse ways of representation. The use of graphic organizers is a visual tool that can facilitate student understanding of the Bible concepts under study.

Teaching From . . .

Refer your students to the other sections of their lesson.

- **Key Text**
  Invite the students to share the key text with the class if they have committed it to memory.
- **Flashlight**
  Read the Flashlight *statement, pointing out that most of the time it is from the commentary on this week's story found in the book* Prophets and Kings. *Ask what relationship they see between the statement and what they have just discussed from* Out of the Story.
- **Punch Lines**
  Point out to your students the verses listed in their lesson that relate to this week's story. Have them share the verse that speaks most directly to them and allow them to explain why they chose it.
- **Further Insight**
  Ask them how the quote in Further Insight *conveys the point of the story in this lesson.*

the seventh-day Sabbath a part of your identity?

II. TEACHING THE STORY

Bridge to the Story

Share the following in your own words:

In every time God had His faithful people who revealed His purposes and shared the light of His truth. Through the prophet Isaiah God revealed to His people events that would take place after the Jews would return from the Babylonian captivity and find the city in ruins.

While Isaiah's prophetic words would find literal fulfillment in the rebuilding of the city and of the Temple, God's message to the people had a more profound, spiritual significance. The people of Israel had lost sight of their calling as God's representatives to be a light to the surrounding nations.

So God called the people of Israel to the significant work of a revival of practical religion. "The work of restoration is to begin with a revival of true Sabbath observance, the essence of which is communion with God and remembrance of His creative power, on the day that He made holy. The fate of Israel as a nation was determined by its attitude toward God's holy day (see Jeremiah 17:24-27)" (*The Seventh-day Adventist Bible Commentary*, vol. 4, p. 307).

Out of the Story for Teachers

After you read the Into the Story *section of the lesson with your students, use the following in your own words to process it with them.*

- What key ideas did you learn or were reminded of about the Sabbath?
- According to Isaiah 56:1, 2, how does God call His people to live? What does He promise to His people who do what is right in His eyes? How does this passage compare with Micah 6:8?
- Have you heard people use the argument that the Sabbath was given only to the Jews? What does Isaiah 56:6, 7 teach about the universal nature of the Sabbath as God's gift to the human race? (God accepts everyone and grants the same spiritual privileges to all those who are willing to follow His instructions. "Genuine Sabbath observance is evidence that men recognize God as their Creator and Redeemer and that they are willing to render Him unquestioning obedience in all things. . . . Sabbath observance is no less important today than it was then" [*The Seventh-day Adventist Bible Commentary*, vol. 4, pp. 299, 300]).
- What does it mean that God's chosen people are appointed to be repairers of broken walls? (See Isaiah 58:12.) What are the spiritual implications of this statement? (See the *Bridge to the Story* section.)
- How is the work of reformation and restoration described in verse 12 related to the call to observe the Sabbath as described in verses 13 and 14?
- How did Jesus fulfill the words of Isaiah 60:1-3 in His ministry? How do we respond to His call to be a light in the midst of the moral darkness that prevails in our world?
- Are you willing to be a messenger of God's truth? In what practical ways can you share His light with the world around you?
- If you think about the atmosphere of heaven, what are some activities and experiences you would engage in on the Sabbath if you were in the presence of Jesus? What are some activities you engage in now that you know would not be welcome in God's kingdom? What are some examples of how we can start observing the Sabbath as we would in the new earth? (See Isaiah 66:23.)

Use the following as more teachable passages that relate to today's story: Deuteronomy 5:15; Ezekiel 20:12, 20; Matthew 12:8, 11, 12; Revelation 14:6-12.

Sharing Context and Background

Use the following information to shed more light on the story for your students. Share it in your own words.

As God called prophets in ancient times to proclaim His messages to the people and institute a work of revival and reform, so God has had His messengers of light and His truth in every age. In the early nineteenth century God raised up the Advent movement, a group of people who studied the Bible and eagerly sought to understand God's revealed truth for the end-time. To this initially small group of earnest seekers after truth God entrusted very significant Bible revelations. One of the main tenets of their faith was the belief in Jesus' imminent return. William Miller's discoveries through his study of Daniel's prophecies

led to a great revival. Christian believers started to study the Bible as never before and to proclaim the gospel message about Jesus' glorious return.

Frederick Wheeler was a preacher who accepted the Advent message in 1842 and started to preach it. On one occasion when Pastor Wheeler preached about the importance of keeping God's commandments, Rachel Oaks, a member of the Seventh Day Baptist Church, was present in the congregation. After the service she introduced Pastor Wheeler to the seventh-day Sabbath, the day God calls us to "remember" and "keep holy" in the Ten Commandments. Following the conversation, Pastor Wheeler started studying the Bible on this subject and consequently accepted the truth about the Sabbath.

In the years that followed, Pastor Wheeler preached about the biblical Sabbath, and many accepted this Bible truth. Some of the Adventist leaders who learned about the seventh-day Sabbath through Elder Wheeler were T. M. Preble, Captain Joseph Bates, and James White.

Thanks to an openness to receive the light from the Word of God, these early Adventist pioneers were instrumental in sharing the Sabbath truth along with the message about Jesus' second advent (www.whiteestate.org/pioneer/wheeler.asp).

The Lord blessed the efforts and earnest devotion of the visionaries of the Advent movement. Since then the Advent movement has grown into a worldwide denomination, known today as the Seventh-day Adventist Church.

God calls people today who are willing to be repairers of broken walls, and ambassadors of the light of His truth. God's message to His faithful followers is the same as it was in the time of the prophet Isaiah: "Then I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' "

The choice is ours. How will we respond? Would you be willing to say like Isaiah, "Here am I. Send me!" (Isaiah 6:8, NIV)?

III. CLOSING

Activity

Close with an activity and debrief it in your own words.

Divide students into groups of three or four. Distribute paper and pencils/pens and have the students create graphic organizers to classify into different categories what they learned from this week's lesson about Sabbath observance. They can refer to specific passages from the Bible, but the idea is for them to state in writing their understanding of the role of Sabbathkeeping in the context of a revival of practical Christianity. After the activity, read to the students the following quote and discuss it with them.

"The Sabbath day presents man with an opportunity to subdue selfishness and cultivate the habit of doing things that are pleasing to God (1 John 3:22) and that contribute to the well-being of others. Rightly understood and observed, the Sabbath is the key to man's happiness both here and in the hereafter. True Sabbath observance will lead to the work of reformation pictured in Isaiah 58:5-12. Those who do not enter into the spirit of the Sabbath as God ordained it, little realize what they are missing. The Sabbath is one of the greatest blessings bestowed upon men by a loving Creator. The mere form of Sabbath observance is of little value. Those who think of the Sabbath as a burden have not discovered its true meaning and value. . . . Those who make the Sabbath what God intended it to be, enter into a close fellowship with Him that others cannot know" (*The Seventh-day Adventist Bible Commentary*, vol. 4, p. 307).

Summary

Share the following thoughts in your own words:

God calls for a heart religion. He wants us to find delight in Him on the Sabbath day. He calls us into a relationship that is characterized by "joy" and "delight" (see Isaiah 58:13, 14).

Spending time with Him is incomparably more precious than receiving an invitation for a private visit with the king or queen of any country in the world. As God's end-time church we have been given a worldwide message to proclaim to everyone, and that message includes the seventh-day Sabbath.

What is your identity as a Seventh-day Adventist? Are you prepared to embrace God's Sabbath truth and stand firmly rooted in Bible truth and in a strong, intimate relationship with Jesus even in the face of great opposition and persecution?

It is through the decisions that we make on a daily basis both in small matters and in matters of greater importance that our character is being formed.

Let us choose to be faithful to God today, not forgetting who we are, what we believe, and whose global message we are to carry as messengers of light! Remember God's call to "arise, shine, for your light has come, and the glory of the LORD rises upon you" (Isaiah 60:1, NIV)!



Remind the students about the reading plan that will take them through the inspired commentary of the Bible, the Conflict of the Ages series. The reading that goes with this lesson is *Prophets and Kings* (or *Royalty and Ruin*),* chapter 59.

*A special adaptation of *Prophets and Kings* has been created by the Ellen G. White Estate and Pacific Press® Publishing Association. Get more info about it at www.cornerstoneconnections.net.

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STUDENT LESSON

Scripture Story: Isaiah 58; 60:1-3.
Commentary: *Prophets and Kings*, chapter 59.

light rising in the darkness



HEEJING KIM

key text

"Keep my Sabbaths holy, that they may be a sign between us. Then you will know that I am the LORD your God."

(Ezekiel 20:20, NIV)

flashlight

"The Sabbath was not for Israel merely, but for the world. It had been made known to man in Eden, and, like the other precepts of the Decalogue, it is of imperishable obligation. Of that law of which the fourth commandment forms a part, Christ declares, 'Till heaven and earth pass, one jot or one tittle shall in nowise pass from the law.' So long as the heavens and the earth endure, the Sabbath will continue as a sign of the Creator's power. And when Eden shall bloom on earth again, God's holy rest day will be honored by all beneath the sun" (see Matthew 5:18; Isaiah 66:23) (*The Desire of Ages*, p. 283).

what do you think?

Circle all the correct answers:

1. The Sabbath is the memorial of Creation. (Genesis 2:1-3; Exodus 20:11, 12)
2. The Sabbath is a symbol of deliverance from bondage and sin. (Deuteronomy 5:15)
3. The Sabbath is a sign of our relationship with God who sanctifies us. (Exodus 31:13; Ezekiel 20:12, 20)
4. The Sabbath is the sign of our faithfulness to God and obedience to His law. (Revelation 14:12)
5. The Sabbath is a day of delightful communion with God and one another. (Leviticus 23:3)
6. The Sabbath is the symbol of resting in Christ. (Hebrews 4:9)
7. The Sabbath will be God's day of worship for eternity in the new earth. (Isaiah 66:23)

How is the seventh-day Sabbath an important part of your relationship with Jesus?

did you know?

In Isaiah 56 and 58 God calls Israel to a Sabbath reform. . . . He associates the success of this mission of salvation with keeping the Sabbath holy (Isaiah 56:1, 2, 6, 7)." "God intended the Sabbath for humanity's spiritual enrichment. Activities that enhance communication with God are proper; those which distract from that purpose and turn the Sabbath into a holiday are improper. The Lord of the Sabbath invites all to follow His example. Those who accept His call experience the Sabbath as a delight and spiritual feast—a foretaste of heaven" (*Seventh-day Adventists Believe*, pp. 295, 297).

INTO THE STORY

"This is what the LORD says:

'Maintain justice and do what is right,
for my salvation is close at hand
and my righteousness will soon be revealed.
Blessed is the one who does this—
the person who holds it fast,
who keeps the Sabbath without desecrating it, and keeps their hands from doing any evil.' "

"And foreigners who bind themselves to the LORD to minister to him,
to love the name of the LORD,
and to be his servants,
all who keep the Sabbath without desecrating it and who hold fast to my covenant—
these I will bring to my holy mountain and give them joy in my house of prayer.
Their burnt offerings and sacrifices will be accepted on my altar;
for my house will be called a house of prayer for all nations."

"Your people will rebuild the ancient ruins and will raise up the age-old foundations;
you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.

" 'If you keep your feet from breaking the Sabbath and from doing as you please on my holy day,
if you call the Sabbath a delight and the LORD's holy day honorable,
and if you honor it by not going your own way and not doing as you please or speaking idle words,
then you will find your joy in the LORD, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.'
For the mouth of the LORD has spoken."

"Arise, shine, for your light has come, and the glory of the LORD rises upon you.
See, darkness covers the earth and thick darkness is over the peoples,
but the LORD rises upon you and his glory appears over you.
Nations will come to your light, and kings to the brightness of your dawn."

" 'As the new heavens and the new earth that I make will endure before me,' declares the LORD, 'so will your name and descendants endure. From one New Moon to another and from one Sabbath to another, all mankind will come and bow down before me,' says the LORD."

(Isaiah 56:1, 2, 6, 7; 58:12-14; 60:1-3; 66:22, 23, NIV)

OUT OF THE STORY

1. According to Isaiah 56:1 and 2, how does God honor the person who maintains justice, does what is right, and observes the Sabbath?

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2. What is God's promise to the foreigners who choose to follow Him and observe the Sabbath as God's holy day of rest?

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3. How does Isaiah summarize the work of reform that God's people have to accomplish? (Isaiah 58:12)

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4. What are the secrets of finding delight and joy in our relationship with God on His Sabbath? (Isaiah 58:13, 14)

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5. Compare Isaiah 60:1-3 with Matthew 5:14-17. What is the mission of the church in harmony within these Bible passages? Are you willing to accept Jesus' invitation to be a light bearer?

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6. What are some practical examples of being a light bearer? How do you live out and share with others the light of God's truth?

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7. What are ways we can learn to delight in God on the Sabbath, knowing that we will continue to worship Him for eternity in the new earth? (Isaiah 66:22, 23)

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punch lines

"Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done" **(Genesis 2:1-3, NIV).**

"Also I gave them my Sabbaths as a sign between us, so they would know that I the LORD made them holy" **(Ezekiel 20:12, NIV).**

"Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. He was teaching in their synagogues, and everyone praised him. He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read" **(Luke 4:14-16, NIV).**

"Jesus Christ is the same yesterday and today and forever" **(Hebrews 13:8, NIV).**

further insight

"To all who receive the Sabbath as a sign of Christ's creative and redeeming power, it will be a delight. Seeing Christ in it, they delight themselves in Him. The Sabbath points them to the works of creation as an evidence of His mighty power in redemption."—Ellen G. White, *The Desire of Ages*, p. 289

Sabbath

Read Isaiah 58:12-14; Matthew 12:1-13; Luke 14:1-6; John 5:1-15; and John 9:1-12.

The gracious Creator, after the six days of Creation, rested on the seventh day and instituted the Sabbath for all people as a memorial of Creation. The fourth commandment of God's unchangeable law requires the observance of this seventh-day Sabbath as the day of rest, worship, and ministry in harmony with the teaching and practice of Jesus, the Lord of the Sabbath. . . . Joyful observance of this holy time from evening to evening, sunset to sunset, is a celebration of God's creative and redemptive acts" (Fundamental Belief 20, The Sabbath).

The prophet Isaiah reminds God's people of their high calling to be "repairers of broken walls," that is, restorers of God's truth, including the truth about the Sabbath. He calls us to repair the breach in His law by living justly and keeping His Sabbath holy. Isaiah 58:6-14 lists the character traits and actions that God wants to see reflected in His followers. Look at a few passages that illustrate how Jesus exemplified in His ministry the principles of doing good on the Sabbath: Matthew 12:1-13; Luke 14:1-6; John 5:1-15; John 9:1-12. In what ways can you follow Jesus' example?

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Sunday

Read Genesis 2:1-3.

What three words describe what the Creator did on the first Sabbath of Creation week (verse 3)? Why did God set apart the Sabbath at Creation? How do you feel knowing that God wants to spend an entire day with you? How are you making time for Him?

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Monday

Read Exodus 20:8-11.

How does the first word of the fourth commandment explain that the seventh-day Sabbath was given to all humanity and not only to the Jews? When did God institute the Sabbath?

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God gave the Sabbath as a gift to the entire human race some 2,500 years before the Jewish nation came into existence at the Exodus.

Tuesday

Read Ezekiel 20:12, 20.

How does the weekly time of worship and communion with God on Sabbath help you to develop an intimate relationship with God? According to verse 20, based on what condition can we come to know God as our Lord who sanctifies us?

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The *Flashlight* paragraph on the introductory page is a quote from Ellen White's book *The Desire of Ages*, and it tells of the permanence of God's Sabbath day throughout history. God established the seventh-day Sabbath at the creation of our world and His people will worship Him every Sabbath in the new earth throughout eternity.

Wednesday

Read Leviticus 23:3.

The Sabbath day is a time of communion with Jesus, our Creator, as well as with one another. What a privilege that the King of the universe has given us the Sabbath that we may rest in Him, communicate with our Creator, and be a light to the world! How does spending time with Jesus each Sabbath in worship, Bible study, prayer, and mission help redirect your focus?

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Thursday

Read Mark 2:27, 28.

How does this passage illustrate that God created the Sabbath for the benefit of the entire human race? As Jesus has exemplified, the Sabbath is not to be a day full of rituals and ceremonies and void of meaning. Rather He showed us that the Sabbath is God's gift of rest and fellowship to the human race. It is the day that He gives us to forget about the cares of everyday life and find joy in His gift of rest.

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Friday

Read Luke 4:14-16, 31; Hebrews 13:8; Acts 16:12, 13; and Acts 17:1, 2.

What example did Jesus and His followers leave for us with regard to keeping the Sabbath? What are practical ways you find the Sabbath to be a delight?

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this week's reading*

Prophets and Kings, chapter 59.

**Royalty and Ruin* is a special adaptation of *Prophets and Kings*, created for you by the Ellen G. White Estate and Pacific Press®. Get more information about it by going to www.cornerstoneconnections.net and clicking on "Conflict of the Ages series." By following the weekly reading plan, you will read at least one book of the Conflict of the Ages series each year.