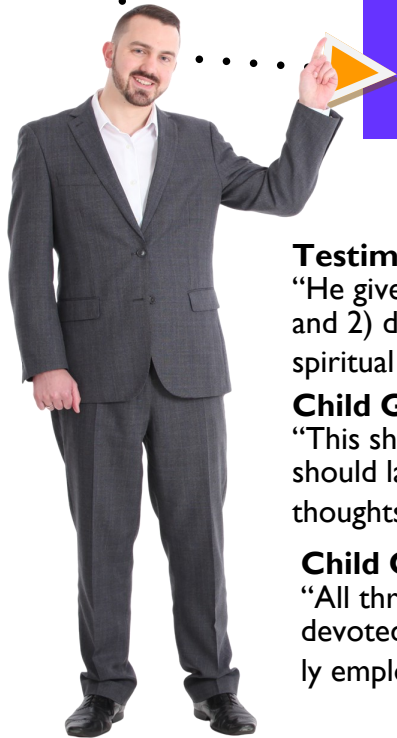


# Purpose of the Sabbath

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## Testimonies For the Church, vol. 4, 249

“He gives it to man as a day in which he 1) may rest from labor and 2) devote himself to worship and the 3) improvement of his spiritual condition.”

## Child Guidance, 529

“This should be a day of blessing to us—1) a day when we should lay aside all our secular matters and 2) center our thoughts upon God and heaven. “

## Child Guidance, 527

“All through the week keep the Lord’s holy Sabbath in view, for 1) that day is to be devoted to the service of God. It is a day when 2) the hands are to rest from worldly employment, 3) when the soul’s needs are to receive especial attention. “

## Testimonies for the Church, vol. 2, 582

God is merciful. His requirements are reasonable, in accordance with the goodness and benevolence of His character. The object of the Sabbath was that all mankind might be benefited. Man was not made to fit the Sabbath; for the Sabbath was made after the creation of man, to meet his necessities. After God had made the world in six days, He rested and sanctified and blessed the day upon which He rested from all His work which He had created and made. 1) He set apart that special day for man to rest from his labor, that, as 2) he should look upon the earth beneath and the heavens above, he might reflect that God made all these in six days and rested upon the seventh; and that, 3) as he should behold the tangible proofs of God’s infinite wisdom, his heart might be filled with love and reverence for his Maker.

## Manuscript Releases, vol. 13, 292

God would have the Sabbath kept as a day of rest and spiritual devotion; and any careless inattention in reference to this is displeasing to Him. . . .

## Desire of Ages, 207

The Sabbath is not intended to be a period of useless inactivity. The law forbids secular labor on the rest day of the Lord; the toil that gains a livelihood must cease; no labor for worldly pleasure or profit is lawful upon that day; but as God ceased His labor of creating, and rested upon the Sabbath and blessed it, so 1) man is to leave the occupations of his daily life, and devote those sacred hours to 2) healthful rest, 3) to worship, and 4) to holy deeds.

