



METRO NEW YORK WORLD MINISTRY
ADULT SABBATH SCHOOL CONTRIBUTING NOTES
For the week of April 25 – May 1, 2015
Lesson: **Book of Luke, Lesson 5**

SABBATH – Christ as the Lord of the Sabbath

(Memory Text) Mark 2:27, 28 -- And he said unto them, The sabbath was made for man, and not man for the sabbath: Therefore the Son of man is Lord also of the sabbath.

Jesus is the Lord of the Sabbath because he made it in the beginning. This would mean that the Sabbath is a Christian institution too.

(Genesis 1:1) In the beginning God created the heaven and the earth.

(John 1:1-3, 14) In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made.

(14) And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.

Jesus is the creator of this planet in 6 days and it was Jesus who rested and made the seventh-day Sabbath holy.

Better than anyone else – Jesus would know what to do on Sabbath. This is why he helped people and healed them on the Sabbath day (Luke 6:9).

SUNDAY – “As His Custom Was”

Jesus went to church on Sabbath and taught. This should set an example for us to not stay home and watch a sermon online. We should gather with others of like mind and worship, sing praises, read, study and teach the Scriptures.

(Review and Herald, October 2, 1900, par. 14) In everything Christ sought first the kingdom of God and his righteousness; and **that which he did he commands his followers to do.** This example he gave to the human race that they might in his strength render to God the obedience he requires, and in the end present themselves perfect before his throne. He was one with the Father. His life was a fulfilling of the law, a continual obedience to God’s commands.

If we had just this one text “...as his custom was, he went into the synagogue on the sabbath day...” (Luke 4:16) - how could we be wrong by copying His example?



MONDAY – Sabbath: Its Message and Meaning

Since the early days of the SDA Church the church has consistently taught that the Seal of God is the Sabbath. To my knowledge the first person to discover this was Joseph Bates. In 1864 he published a booklet titled "The Seventh-day Sabbath a Perpetual Sign". And as time went on Ellen White came to agree with Joseph Bates on this point of truth. She very plainly and repeatedly identified the Sabbath as the Seal of God. Here are a couple of examples.

(Special Testimonies to Battle Creek, 1898, p. 6) The **sign or seal of God is the observance of the seventh-day Sabbath**, and the Lord's memorial of his work of creation.

(Manuscript Releases, vol. 4, p. 425) The truth in regard to the Sabbath of the Lord is to be proclaimed. The seventh-day is to be shown to be **the seal of the living God**.

The Holy Spirit and the Seal

With all these quotes in mind - the Bible "appears" to contradict Ellen White's statements on the identity of the seal of God. The Bible says that the seal is the internal work of the Holy Spirit.

(Ephesians 1:13, 14) In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye **were sealed** with that **holy Spirit** of promise, Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory.

(Ephesians 4:30) And grieve not the **holy Spirit of God**, whereby **ye are sealed** unto the day of redemption.

How do we resolve this seeming discrepancy between the Spirit of Prophecy and the Bible? The fact is that Ellen White and the Bible are actually describing the same thing. The only difference is that the Bible is describing the **invisible, internal** work of the Holy Spirit while Ellen White is describing the **external, visible** manifestation of that very work.

The Sabbath is an outward sign of sanctification

(Exodus 20:12, 13) And the LORD spake unto Moses, saying, Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for **it is a sign** between me and you throughout your generations; **that ye may know** that **I am the LORD that doth sanctify** you.

(Ezekiel 20:12, 20) Moreover also I gave them my sabbaths, to be a **sign** between me and them, that they might know that **I am the LORD that sanctify** them. And hallow my sabbaths; and they shall be a **sign** between me and you, **that ye may know** that I am the LORD your God.

Did the Sabbath make Israel holy? The answer is no. The keeping of the Sabbath revealed that they had already been made holy. The external observance of the Sabbath did not make Israel holy but it was to announce that



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God had made them holy. In other words the external observance of the Sabbath was to reveal that they had an internal holy relationship with the Lord.

The Holy Spirit and Mt. Sinai

Who is it that creates this internal relationship with the Lord? Who writes the law in the heart so that it is demonstrated in the life? Who is it that makes our hearts holy? It is the Holy Spirit as he wrote the Ten Commandments on tables of stone at Mt Sinai.

(Exodus 31:18) And he gave unto Moses, when he had made an end of communing with him upon mount Sinai, two tables of testimony, tables of stone, written with **the finger of God**.

It says Jesus wrote the Ten Commandments with “the finger of God.” Now we have to ask what is “the finger of God”? We need to compare the same passage in two different Gospels to find our answer.

(Luke 11:20) But if I with **the finger of God** cast out devils, no doubt the kingdom of God is come upon you.

Luke says Jesus casts out devils with “the finger of God.” Now notice the parallel account of the same verse in Matthew...

(Matthew 12:28) But if I cast out devils by the Spirit of God, then the kingdom of God is come unto you.

The Holy Spirit is “the finger of God.” This is why Deuteronomy 33:2 says “...from his right hand went a **fiery law** for them.” Fire is a symbol for the Holy Spirit.

2 Thessalonians 2:13

But we are bound to give thanks alway to God for you, brethren beloved of the Lord, because God hath from the beginning chosen you to salvation through **sanctification of the Spirit** and belief of the truth:

The Holy Spirit's sword is the Word of God. The Holy Spirit **transforms the life** and then we can keep the Sabbath.

(John 17:17) Sanctify them through thy truth: thy word is truth.

(John 16:13) Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.

Even in the Old Testament the law was written upon the heart by the Holy Spirit.

(Ezekiel 36:26, 27) A **new heart** also will I give you, and a **new spirit** will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.



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And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them.

The wind is invisible to the human eyes but its effects can be seen. This is how the work of the Holy Spirit on the human heart is – it's unseen but the effects can be seen in the observance of the holy Sabbath day.

The Spirit of Prophecy says the Holy Spirit is the sealing agent.

(In Heavenly Places, p. 66) Would you impress **the seal** to obtain a **clear impression** upon the wax, you do not dash it on by a violent action, but you place the seal carefully and firmly and press it down until the wax receives the mold. **Just so** the Lord is dealing with our souls. . . . Not now and then, but constantly the **new life is implanted by the Holy Spirit** after Christ's likeness.

(Selected Messages, vol. 1, p. 336) As wax takes the **impression of the seal**, so the soul is to take the **impression of the Spirit of God** and retain the image of Christ..

We must have a deeper spiritual experience

(In Heavenly Places, p. 237) The quiet, consistent, godly life is a living epistle, known and read of all men. **Holiness is not shaped from without or put on; it radiates from within.** If goodness, purity, meekness, lowliness, and integrity **dwelt in the heart**, they will **shine forth in the character**; and such a character is **full of power**. Not the instrument, but the great Worker in whose hand the instrument is used, **receives the glory**. The heart filled with the Saviour's love, daily receives **grace to impart**. The life **reveals** the redeeming power of the truth.

(Testimonies, vol. 8, p. 117) The **sign, or seal**, of God is **revealed** in the observance of the seventh-day Sabbath, the Lord's memorial of creation.

We must ask ourselves why do we keep the Sabbath? Why do we get up and go to church on the Sabbath? Is it because it has now become a habit? If so – we will be lost. We must re-evaluate why we do the things we do in the name of the Lord..

(2 Corinthians 13:5) Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

Everything we do must be for Christ and because of Christ. It cannot be because it has become a formless habit.

(The Desire of Ages, p. 283) No other institution which was committed to the Jews tended so fully to distinguish them from surrounding nations as did the Sabbath. God designed that its observance should **designate them** as His worshipers. It was to be a **token** of their separation from idolatry, and their connection with the true God. But in order to keep the Sabbath holy, **men must themselves be holy**. Through faith they must become partakers of the **righteousness of Christ**. When the command was given to Israel, "Remember the Sabbath day, to keep it holy," the Lord said also to them, "Ye shall be holy men unto Me." Ex. 20:8; 22:31. **Only thus** could the Sabbath distinguish Israel as the worshipers of God.



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Some opponents of the Sabbath say that Jesus is our Sabbath rest and that we need only rest in him. After all didn't Jesus say "*Come unto Me all you who labor and are heavy laden, and I will give you rest.*"?

Does resting in Jesus exonerate us from the need to observe the Sabbath as an external expression of an internal experience of rest with Jesus?

Would these same opponents of the Sabbath also say that we don't need to be baptized because it is enough to accept Jesus as our Saviour in our hearts?

Would they also say that it is not necessary to partake of the literal bread and wine in the Communion service because we already believe internally what these symbols represent?

Would these same people contend that it is unnecessary to get married in an official legal ceremony simply because love is already in the heart?

Works are the outward manifestation of faith and faith is the inward motivation for works.

(Testimonies, vol. 1, p. 305) I was shown that **merely** observing the Sabbath and praying morning and evening are **not** positive evidences that we are Christians. These **outward forms** may all be strictly observed, and yet **true Godliness** be lacking.

(Bible Echo, Aug. 17, 1896) Let no one deceive himself with the thought that an outward observance of even God's appointed rest day--the seventh day--without faith and trust in God's word alone, is the keeping of God's Sabbath. "For whatsoever is not of faith is sin."

The Issue is the Seal of God and the Mark of the Beast.

In the end two distinct days will be **external signs of allegiance**. Are my loyalties with God or with the Beast power?

We should not be willing to die for the Sabbath - but we should be willing to die for the Lord of the Sabbath. We will only be willing to die because we have the inward relationship with Jesus and the Sabbath is an outward sign of inward obedience - just like the tree in the Garden of Eden.

(Maranatha, p. 164) The image of the beast will be formed before probation closes; for it is to be the great test for the people of God, by which their eternal destiny will be decided.... This is the test that the people of God must have **before** they are sealed. All who **prove** their loyalty to God by observing His law, and refusing to accept a spurious sabbath, will rank under the banner of the Lord God Jehovah, and **will receive** the seal of the living God. Those who yield the truth of heavenly origin, and accept the Sunday sabbath, will receive the mark of the beast....

Again – why do you keep the Sabbath? What is the real reason?



TUESDAY – Sabbath Healings at Capernaum

The lesson starts out speaking of Jesus going to the synagogue on the Sabbath and teaching, healing, and preaching. It points out that he taught with authority.

(Luke 4:32) And they were astonished at his doctrine: for his word was with power.

Here is an example to us. In order to give the message with power we must 1) be abiding in Christ fully, and 2) know the Scriptures (and esp. what we are going to teach).

How many would listen and vote for a Presidential candidate in a debate if he sounded unsure of what he was speaking. What if he were fumbling over each sentence? What are the chances you're going to believe and listen to him? Thus it is with God's teachers and preachers. We must know Scriptures.

(1 Peter 3:15) ...be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear:

Recommended reading on how to speak when preaching the word: Gospel Workers (1892), pp. 147-160

The lesson also speaks of one of Jesus' many healings on the Sabbath. In Luke 4 it is interesting that the demon that possessed a man knew who Jesus was and was afraid for his existence. We need not fear Satan and his angels if we are truly abiding in Christ.

(Romans 8:13) We are more than conquerors through him..."

(1 John 4:18) There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

WEDNESDAY – The Lord of the Sabbath

Do you realize there were two Sabbaths in Christ's day? Just like God's people will also at the end of time, Jesus was dealing with a false Sabbath in his day. There was the true Sabbath of the Lord and there was the Sabbath of the Pharisees – a legalistic yoke of bondage that would leave anyone dreading its weekly approach. And just like the apostate religious leaders at the end of time will demand that God's people observe the day they call Sabbath (the Sunday) in the way they see fit – the religious leaders of Jesus' day were doing the same thing. And to take it further - one of the reasons why they sought to kill Jesus was because of his so-called Sabbath "breaking" – thus it will be with God's people at the very end of time.

(The Great Controversy, p. 590) It will be declared that men are offending God by the violation of the Sunday sabbath; that this sin has brought calamities which will not cease until **Sunday observance shall be strictly enforced**;

(Last Day Events, p. 136) Those who trample upon God's law **make human laws which they will force the people to accept**. Men will devise and counsel and plan what they will do.



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The whole world keeps Sunday, they say, and why should not this people, who are so few in number, do according to the laws of the land?

There are many who have the mindset, when they read the Bible, they come to the conclusion and teach that Jesus actually broke the Sabbath because of his actions on the Sabbath. They say he did this because he was abolishing the Sabbath and moving on to establish Sunday. They don't realize what they are implying as this is of the most serious nature. If Jesus broke the Sabbath (and intentionally they say) then he is a sinner and cannot be our Saviour.

These same people also make Jesus a liar when he said...

(John 15:10) If ye keep my commandments, ye shall abide in my love; **even as I have kept my Father's commandments**, and abide in his love.

The Sabbath was clearly a commandment of the Father during the lifetime of Jesus on this earth as Luke records:

(Luke 23:56) And they returned, and prepared spices and ointments; and rested the sabbath day **according to the commandment**.

How can anyone dare say Jesus broke the Sabbath – a commandment of the Father – when Jesus says otherwise?

THURSDAY – The Sabbath: The Sick Verses the Ox and the Donkey

In Luke 13:10-16 records the woman who was crippled 18 years. Jesus saw her and healed her. This took place on the Sabbath day. This was a case where the healing could have waited until the next day but Christ purposely chose to heal her on the Sabbath. He was bringing about reform as the Jewish leaders had called it a sin to heal someone on the Sabbath.

(The Desire of Ages, p. 286) Upon another Sabbath, as Jesus entered a synagogue. He saw there a man who had a withered hand. The Pharisees watched Him, eager to see what He would do. The Saviour well knew that in healing on the Sabbath He would be regarded as a transgressor, but He did not hesitate to break down the wall of traditional requirements that barricaded the Sabbath. Jesus bade the afflicted man stand forth, and then asked, "It is lawful to do good on the Sabbath days, or to do evil? to save life, or to kill?" It was a maxim among the Jews that a failure to do good, when one had opportunity, was to do evil; to neglect to save life was to kill. Thus Jesus met the rabbis on their own ground. "But they held their peace. And when He had looked round about on them with anger, being grieved for the hardness of their hearts, He saith unto the man, Stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other." Mark 3:4, 5.

Do you think the cripple woman, now healed, loved Jesus and would now listen to him? Absolutely! We too have a health message of healing, that is called "the entering wedge." God has given us this healing power through natural remedies and a plant-based diet. We have the knowledge to reverse ailments such as diabetes, cancers, allergies, etc..., things that are plaguing men and women on a grand scale.



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(Medical Ministry, p. 259) The principles of health reform are found in the Word of God. The gospel of health is to be firmly linked with the ministry of the Word. It is the Lord's design that the restoring influence of health reform shall be a part of the last great efforts to proclaim the gospel message.

(Matthew 12:12) Wherefore it is lawful to do well on the sabbath days.

Sabbath is a day of rest. With rest comes healing. Let us give praise to the Lord for the Sabbath day.