The Sabbath is a gift to us from God

Productivity increases when we take a measured break. Our mental health also improves.

Things to do on the Sabbath

- Worship as a church
- Prayer and Bible Study
- Family Worship
- Worship Alone
- Appreciating Nature
- Bible Crafts

The word “Sabbath” comes from the Hebrew “shabbath”, meaning “day of rest”, which in turn comes from the Hebrew “shabath”, meaning “he rested”; thus resting in homage to God resting on the seventh “day” after creating the universe.

On the seventh day God had finished his work of creation, so he rested from all his work.

- Genesis 2:2

The change of the Sabbath as the day of worship to Sunday came about in 321 AD. That’s when the Roman Emperor Constantine issued a decree declaring Sunday as a day of rest.

A group of Christians in America began observing the seventh-day Sabbath in the 1800s. This group of people eventually became known as the Seventh-day Adventists.

Benefits you may discover by keeping the Sabbath are:

- You grow closer to God
- Your health improves
- Your mental health improves
- Your relationships improve
- You feel more peace
- You trust God more
- You feel less stress
- You get more rest

If you look at our calendar, you’ll note the weekly cycle is the only part of our calendar that is not dictated by astronomy.

- The 24-hour day is based on the rotation of the earth on its axis
- The month is based on the lunar cycle or rotation of the moon around the sun
- The year is based upon the earth’s rotation around the sun

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