

# SHOWERS OF BLESSINGS

REVELATION 22:14 - BLESSED ARE THEY THAT DO HIS COMMANDMENTS, THAT THEY MAY HAVE RIGHT TO THE TREE OF LIFE, AND MAY ENTER IN THROUGH THE GATES INTO THE CITY.

The Bible says that we are blessed when we do God's commandments. The Sabbath commandment is not some burdensome weight. When properly kept, the Sabbath is a blessing.

What blessings can we expect?

1. RECOVERY OF HEALTH (REST)
2. A SPECIAL DATE WITH JESUS THROUGH BIBLE STUDY, PRAYER AND EVANGELISM
3. IMPROVED SOCIAL LIFE BY FELLOWSHIPING WITH BELIEVERS
4. SPIRITUAL GROWTH
5. NEW EXPERIENCES
6. MORE WISDOM
7. FINANCIAL BLESSINGS
  - BY RETURNING OUR TITHES AND OFFERINGS ON THE SABBATH WE RECEIVE BLESSINGS FROM GOD (MALACHI 3:8-12)

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Blessed is the man that doeth this, and the son of man that layeth hold on it; that keepeth the sabbath from polluting it, and keepeth his hand from doing any evil.

Isaiah 56:2



# FORGOTTEN

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# THE SABBATH

## WHAT IS THE 7TH DAY SABBATH?

**Genesis 1:1** In the beginning God created the heaven and the earth.  
**Genesis 2:2-3** And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

**Answer:** The 7th day Sabbath is the special day that God set aside. After the major events composing the creation of heaven and earth, God rested. Right in the beginning, God set aside a special day for His creation to spend time with Him. The 7th Day Sabbath is not a Jewish day; rather, it is a worldwide day of rest which came before there was any Jew.

Sabbath-keeping is a sign that we are God's people and that He is the one who is sanctifying us. (Exodus 31:13, Ezekiel 20:20) The 7th Day Sabbath is observed from Friday sunset to Saturday sunset. (Leviticus 23:32, Mark 15:42)

# ACTIVITIES

## ENCOURAGED

1. BIBLE STUDY
2. PRAYER
3. ATTEND CHURCH
4. TIME IN NATURE
5. EVANGELISM
6. MEDICAL MISSIONARY WORK
7. HELPING THE NEEDY
8. PREPARING SMALL SIMPLE MEALS IS ACCEPTABLE

## DISCOURAGED

1. SECULAR WORK FOR YOURSELF AND THOSE YOU ARE RESPONSIBLE FOR
2. BUSINESS ACTIVITIES SUCH AS BUYING AND SELLING
3. PLEASURE SEEKING
4. PLEASURE OUTINGS
5. PREPARING AND COOKING LARGE COMPLEX MEALS

## REFERENCES

LUKE 4:16, HEBREWS 10:24-25, ACTS 16:13, MATTHEW 12:9-14, JOHN 5:8-17, MATTHEW 24:20, MATTHEW 12:1-8, ISAIAH 58:5-14, NEHEMIAH 13:15-22, EXODUS 20:8-11, 16:22-26, 35:3

# THE EXAMPLE

**1 PETER 2:21** FOR EVEN HEREUNTO WERE YE CALLED: BECAUSE CHRIST ALSO SUFFERED FOR US, LEAVING US AN EXAMPLE, THAT YE SHOULD FOLLOW HIS STEPS:

**Luke 4:16** And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read.

**Luke 16:17** And it is easier for heaven and earth to pass, than one tittle of the law to fail.

**Psalm 89:34** My covenant will I not break, nor alter the thing that is gone out of my lips.

**Answer:** We read that Jesus Christ went to the synagogue on the Sabbath day and read the Bible. Jesus kept the Sabbath. Jesus taught that God's Ten Commandments are unchangeable. God has not, nor will He ever, alter the Ten Commandments He both declared and wrote. Jesus kept the seventh-day Sabbath in His life and death. Remember, He rested in His grave during the Sabbath.

The early church followed Jesus' example. The female followers of Jesus rested on the Sabbath (Mark 16:1-2, Luke 23:54-56) Paul and his missionary group went to Antioch in Pisidia, and went into the synagogue on the sabbath day, and sat down. (Acts 13:13-15) Paul and Barnabas preached on the Sabbath. (Acts 13:42-44) Paul's usual activity was to reason out of the Scriptures on the Sabbath. (Acts 17:1-4)

