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Introduction

This book is about my journey to discovering the truth about the Seventh Day Sabbath. My discovery of the Sabbath Day has truly been a blessing for me. For fifty years of my life I journeyed through different churches, such as; Anglican, First Born, United Methodist, African Methodist, Charismatic Baptist, Southern Baptist, Pentecostal, a few visits to the Seventh Day Adventist Church and several visits to other denominations, until six years ago when I answered God's call to "come out" of the Sunday keeping Church and to start attending the Seventh Day Adventist Church (SDA). Believe me when I say that this has been quite a journey! I can hear some of you say, "So now you are in a cult? I have heard that before, so let me explain:

"If you are you asking that question too as others have asked me? My answer is this, I am very blessed to be a part of a cult that loves Jesus, loves their brothers and sisters, studies the Bible thoroughly, keeps the 10 Commandments, has a clear a doctrine about salvation and redemption, applies the principles of the scriptures and is preparing for the second coming of Jesus, as none other. My friend, do you not see that it is worth being a part of such group? I might have made a general statement, but I am speaking from personal experience. However, I am quite aware that not every Seventh Day Adventist fits into this category.

After all it is our duty to follow precepts and do what scriptures say. This is the whole purpose of man. I like the way Solomon puts it: **"Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil"** (Ecclesiastes 12:13-14). **"For what shall it profit a man, if he shall gain the whole world, and lose his own soul?"** (Mark 8:36)

The world is in turmoil and there is a shaking going on in the church right now, but the shaking is not happening in the church alone, it is happening in

the world. These things are happening because we are nearing the end of time and these things must come to pass in order to fulfill scriptures and prophecies. Man is destroying himself and this world and man cannot fix the problem, but God can. Ultimately, the power is in two forces, the evil one (satan) who rules this present world and is causing increase in diseases, deaths, disasters, wars and other calamities. Then there is the Almighty God who rules the heaven and the One Who will eventually win in this battle to rule the world that is to come, the world that will last forever. Let me get back to the topic!

I have come to the realization that the one Commandment that God said to REMEMBER is the very one that the majority of His created beings have FORGOTTEN. They are either oblivious to its importance or they just simply refuse to follow the Commandment that says:

“Remember the Sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: but the seventh day *is* the Sabbath of the Lord thy God: *in it* thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that *is* within thy gates: for *in* six days the Lord made heaven and earth, the sea, and all that in them *is*, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it” Exodus 20: 8-11. Oh, my friends, my heart aches to know that so many are failing the test of the Fourth Commandment. That is the reason I am given this book away for free. I want everyone to be able to have a copy of it, so please share it with others.

I name this book HAPPY SABBATH because when I started attending the 7th Day Church, every Saturday morning the people there greeted me with these words, “Happy Sabbath!” I was very uncomfortable with that greeting and wondered, “What is wrong with these people, why can’t they just say “good morning,” like everybody else? At first, I would usually respond by saying “Good Morning.” It took me a number of weeks before I could bring myself to respond with “Happy Sabbath, but when I did it felt good!” In fact I no longer have any inhibition in using the greeting. We can say Happy Sabbath, Happy Sunday, Happy Monday all the way to Friday, but Saturday is the only day that God blessed and sanctified. He has set the Sabbath, the Seventh Day apart from all the other days.

I am compelled I to let the world know what I have learned while I am still at liberty to do so, because I can see that our liberties are being stripped away moment by moment and one day our freedom of speech will be taken away, so I must act swiftly to do the things that God has called me to do. **“I must work the works of him that sent me, while it is day: the night cometh, when no man can work (John 9:4).** Not everyone will understand what I’m sharing, but I must do my part in helping to expose this lie that so many have believed for so long. The lie that the devil has caused many to believe, that God did away with the Fourth Commandment. In this book I will share the experiences that brought me to the realization that I was not obeying the Fourth Commandment as long as I was going to church on Sunday to worship. I am repeating, the Fourth Commandment from another version here:

“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the Sabbath day and made it holy ”(NASB).

The reason that I am so convinced that the Seventh Day Sabbath-Saturday is the day that God has set aside for us to come away from the things of our everyday life and spend quality time with Him is because I was led to read the Bible through, and it was during my digging, searching, questioning, praying and seeking to have a more intimate relationship with Jesus, that the truth about the Sabbath was revealed to me, through the Holy Spirit, of course! I began to ask myself WHY I believe what I have learned over the years while attending churches on Sunday or the first day of the week, and WHY are certain things done, or not done in the churches that I attended. As I mentioned before, I had been a member of and attended several churches, before finally being called into the Seventh Day Adventist church. Yes, I was led by the Holy Spirit!

As I asked myself those questions things were simply not adding up for me. I reflected on all the times that I had been attending different churches and there always seemed to have been something missing. As a result, I would visit other churches in addition to the church to which I was a member. I did

this because I was searching for the missing piece. Other questions I asked were: Who is prophesying? Why are so many sick people in the church? Why are so many poor people in the church? Why do so many of the people in church behave so ungodly? Who is healing the sick? Why are we inside the church walls every Sunday and not outside seeking to help the lost to find Jesus, as Jesus did and has taught us to do? It became clear to me that I had to change some things and I would have to be willing to unlearn some old things and learn and do new things. The adventure continues.

Many people do things because they grew up seeing their parents do them and if they ask their parents why they do things the way they do them, the parents would tell their children that their parents did them that way and if the parents ask their parents, they may say, “That’s the way Mom and Dad did it and this could continue down through many generations. Quite often we do not know the reasons why we do certain things in a particular way, and we never stopped to research the validity. Many of the things we do today are based on the traditions of man. Our Lord has warned us about that: **“But in vain they do worship me, teaching for doctrines the commandments of men** (Matthew 15:9).

As for me, I have always wanted to know what the Bible really says about everything, especially anything that I do not have clarity on, because at the end of the day that is what really matters. Personally, I do not want to do what the majority of people are doing. I desire to do only what the Word of God says that I am to do. I need to be at the feet of Jesus every day and depending on His Holy Spirit to help me.

We are bombarded with so many false doctrines and man made laws. I know that the laws of the land are to be obeyed, if they do not go against the Law of God and that makes a whole lot of sense. The land has to be governed by laws, or there would be total chaos. At this point in my life, I am willing to let go of anything that would come between me and my God. I am here to announce that I have recently thrown some old ideas out the window and picked up some new habits that have proven to serve me quite well. I have received and acted upon the new light and knowledge.

I no longer want what is familiar, easy, looks, feels and sounds good. I want truth, even if it hurts and means that I must relinquish some things that I held dear.

In this book I will share with you how in my search for the missing piece, I found out about Seventh Day Sabbath. In my discovery of the Sabbath truth, I am convinced that all along my heavenly Father was behind the process that eventually brought me to make this transition from worshiping on Sunday to worshiping on Saturday. As I look back I see how He skillfully orchestrated this change for me through the working of the Holy Spirit, just as He has always done throughout my life. He will do the same for you, if you earnestly seek and ask Him. When you love God and earnestly seek Him, you can depend on Him to answer your prayers and help you with everything.

My prayer is that this book will bless you immensely and compel you to read the Holy Bible thoroughly for yourself, so that you can totally fall in love with your Creator. Do not depend on your Pastor or anyone else to do this for you. You have to establish a personal relationship with Jesus and allow the Holy Spirit to teach you. It is important to love Him, because love makes obedience easier.

The Search

First of all, God allowed me to become a part of many different denominations and then He sent me on a Journey through the Bible to let me search and discover some things that I had to question. Then he set people and things in my path to answer the questions. What an awesome God He is! I cannot share everything in this little book, but I will share some life-changing information that should be insightful enough to pique your curiosity, keep you thinking, send you searching and compel you to surrender to the Bible truths. They should answer some questions that you yourself might have, especially, if you are seeking truth, knowledge or information beyond what you already know.

If you know you are searching for something in the spiritual realm, but you cannot quite articulate what it is that you are looking for; but you just know you want to be set free from spiritual darkness, my suggestion is that you read the Holy Bible from cover to cover, asking the Holy Spirit to help you to understand as you read. I suggest you read the King James Version (KJV), because it is the most correct and accurate of all the versions out there.

It is the closest to the original Hebrew and Greek Versions. If, however, you find it difficult to read the KJV, get a version such as the NLT or the Message, because they break the language down making it easier to read and understand. Be aware however, that some of versions of the Bible have been scavenged; verses have been taken out and words have been changed, so keep your KJV close by as you study. I would like to introduce you to, and recommend that you read the inspired writings of Ellen G. White if you still need help in understanding the Bible. She breaks down the stories in the Bible making them easier to comprehend

This Messenger of God, the Spirit of Prophecy wrote some amazing things including prophecies, which are being fulfilled, even as I write this book. Her website is www.whiteestate.org. You can read her books online in in PD Format and Audios

If you believe in Jesus Christ as your Lord and Savior, you will see why it is important to study the Bible for yourself, and not just the Bible, but also the History of Christianity. Understand that, God is the author of the real Bible, and there are some counterfeit Bibles out there. We need to study the scriptures that God inspired holy men of God to write because: **All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness** (2 Timothy 3:16). While you are in Timothy, read 2 Tim. 3:15, which tells you that the scripture makes you wise, and 2 Tim. 2:15, which tells you to study to show yourself approved. Another valuable scripture you might want to indulge while you still have your Bible open is, Hosea 4:6 in which God explains that His people perish because they lack and reject knowledge: **“My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.**

It is also critical that you understand that there is a great controversy going on between God and Satan, because God expelled Lucifer (satan) from heaven. Lucifer was one of God's chosen angels, but he developed pride and decided he wanted to be God and to get God's worship, so he got some angels to join him and they rebelled against God. As a result, something terrible happened and it forever changed God's original plan for this planet.

Here is the description from the incident from Isaiah, Chapter 14:

"How art thou fallen from heaven, O Lucifer, son of the morning! How art thou cut down to the ground, which didst weaken the nations! For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High. Yet thou shalt be brought down to hell, to the sides of the pit" (Isaiah 14:12-15).

Some people believe that satan is a legend symbol or weird looking creature of a man with horn and blazing red scary eyes, but when you read Ezekiel 28:13-19, you get a totally different picture. Satan is very real! In Revelation 12:7-13, John, while living on the island of Patmos recorded the war that Michael and his angels fought against the dragon/satan. Jesus also said in Luke 10:18 that He saw satan fell from heaven.

God could have ended satan's life right then and there, but He did not, because God is a just God who gives every man a chance and a choice. He also allows satan to continue his evil works of temptation so that those who pretend to be believers or followers of Christ will be weeded out from the true believers and followers of Christ. God has a plan that no man will fully understand: **For my thoughts are not your thoughts, neither are your ways my ways,' says the LORD. 'For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts** (Isaiah 55:8-9). Read Deut. 29:29 also.

What we do know is that, in that plan one day satan will be finally destroyed and all sin along with him (Read Genesis 3:15 and Revelation 20:10) The LORD of hosts has sworn: **'As I have planned, so shall it be, and as I have purposed, so shall it stand** (Isaiah 14:24). We know for sure that: As for God, His way is perfect (Psalm 18:30). Satan has already been defeated (Rev. 12 10-12). He is on borrowed time and that is why he works feverishly to get more people on his side every day. Have you noticed how many people have turned their backs on the God they once knew?

With that information, we can understand why satan/adversary/serpent would seek revenge. We go on to see that satan would seek revenge and he began by inventing lies. The first lie has been recorded in Genesis, Chapter 3 in the report of Adam and Eve. After God told them not to eat of the tree of knowledge, good and evil or they would die, satan told Eve: "Ye shall not surely die" (Genesis 3:4). Satan continues to lie, steal, destroy and

deceives. In fact, the Bible tells us, he is the father of all lies; he deceives, kills, steals, roams the earth and destroys.

Read (John 8:44; 10:10; Job 1:6-2:8; 1 Peter 5:8-9 Revelation 12:10, 20:10). Are you asking, "What does this information about satan have to do with your conversion from keeping the first day Sunday to keeping the Seventh Day Sabbath, Pauline?" My answer is: A whole lot, just keep reading! Oh, by the way, I would like to interject here to recommend that you read the book, "The Great Controversy, because it will help you to understand the battle between good and evil, the controversy between God and satan. This book will help you to get a better understanding of the things that are taking place in our world. Matthew 24 is also a good book in the Bible to help you understand the times that we are living in and what we ought to be doing. My prayer is that you will search or seek for truth.

The Discovery

I recently learned that everything that God has made the enemy/satan has a counterfeit. Counterfeit means to make a copy of, with the intent to defraud, or to represent by imitation, or likeness; having a resemblance to something else. Satan is hell bent on destroying God's creation; hence the great controversy! Stop for a minute and think about all the things that are taking place in this world today; the rebellion, killing, wars, disasters; such as fires, (just a few weeks ago 19 firemen were burned to death in a forest fire here in Arizona), hurricanes, tornadoes, tsunamis, water turning to blood, livestock, birds and sea life dropping dead by the hundreds, more people are dying every day and all kinds of other destructions.

You say: "But God so and so, or how can a loving God allow such things to happen? The answer is: Do not blame God, by all means -blame satan. You may say that God has more power than satan, and you would be correct to say so and yes, God does allow satan to do evil things for various reasons. The problem is that many people have chosen to side with satan, giving him power over their lives, and giving him their worship, rather than worshipping their Creator. Therefore the just and loving God allows people their freedom of choice.

If we choose satan, the unrepentant sinner, we can expect nothing but lies, destruction and all manner of evil. Satan is the god of this world, so he is the one causing all the suffering, not the God of love, peace, truth and justice:

"In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them" (2 Corinthians 4:4). Nevertheless the god of this world (satan) can only do as much as the sovereign God of heaven allows Him to do. You do know that sometimes it is difficult to differentiate between the real thing and counterfeit, right? That is the reason we have to study the Word of God, meditate on it and saturate our minds, heart and entire being with it.

When I found out the truth about the Sabbath, I asked myself, could the majority of the world be so wrong? Then came the answer from God's Word: **"And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him"** (Revelation 12:9) and **all the world wondered after the beast (Revelation 13:13).** Other scriptures that came to mind were: **"Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it."**

Because narrow is the gate and difficult is the way which leads to life, and there are few who find it (Matthew 7:13). Not everyone that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven (Matthew 7:21) For many are called, but few are chosen. (Matthew 22:14); Even so then at this present time also there is a remnant according to the election of grace (Romans 11:5; Zech.8: 12). I never knew you: depart from me, you that work iniquity (Matthew 7:24).

In addition to this, God is making a call for people to come out of Babylon (Jer. 50:8, 51:45; Rev. 18:4, Rev. 14: 6-13).

These scriptures have answered my question about, how can the majority be so wrong? Now, I have a better understanding of why the various scriptures are written in the Bible. In my research I have discovered some amazing facts! Below are some examples. I encourage you to do your own research after reading this book. I was compelled to write this book to give a jump-start to those who have pertinent questions: especially my fellow brothers and sisters who have not yet discovered the Sabbath truth.

“The Jews could not change the true church of Christ, but the Jews succeeded in creating a false church, a heathen church, a church that

appeared to follow Christ but was in fact an antichrist church. That antichrist church is the Roman Catholic Church. Solving the Mystery of BABYLON THE GREAT tells the story of the creation of that Judaic/Babylonian church that became the Roman Catholic Church. Solving the Mystery of BABYLON THE GREAT reveals a massive satanic conspiracy against God and man and exposes the heretofore secret evidence that proves that the Roman Catholic Church is the great whore of Revelation known as MYSTERY, BABYLON THE GREAT, THE MOTHER OF HARLOTS AND ABOMINATIONS OF THE EARTH, who is drunken with the blood of the saints, and with the blood of the martyrs of Jesus.”

(www.mysterybabylonthegreat.net).

“The Catholic Mass is actually a blasphemous ceremony with occult meanings, which is based upon the secret witchcraft of the Jewish Kabbalah.

- The Passover meal as practiced today by the Jews is a ritual of hatred and detestation against Jesus Christ. (Page 217).
- The Catholic "Mary" is actually a heathen goddess that the Jews called the queen of heaven, the worship of whom God admonished against through the prophet Jeremiah. (Page 232).” Read Jeremiah, 44 and 7:18.

There are so many things that are wrapped up in deceit and if we are not careful to un-wrap these things and with care we will be totally lost and all we have done would be in vain. You cannot unfold this mystery without the help of the Holy Spirit’s help. I admonish you to begin to pray for insight and revelation into the matter of keeping all 10, not just nine of God’s sacred Commandments.

Something as important as knowing that the Papacy is responsible for trying to change God’s law, the majority of people are unaware of, and continue to observe Sunday rather than the Seventh Day Sabbath that the Creator sanctified, wrote with His finger and commanded it be kept holy. Note, I said trying to, because in reality, no one can change God’s law, except for God Himself. What man has done under the auspices of the devil is to manipulate God’s law and confuse people. Pay special attention to what you will read next as this information has to do with why you will hear over and over again that man has changed God’s law, man here meaning the papacy.

“On the Venerable Day of the Sun ["venerabili die Solis"--the sacred day of the Sun] let the magistrates and people residing in cities rest, and let all workshops be closed. In the country, however, persons engaged in agriculture may freely and lawfully continue their pursuits; because it often

happens that another day is not so suitable for grain-sowing or for vine-planting; lest by neglecting the proper moment for such operations the bounty of heaven should be lost--Given the 7th day of March, [A.D. 321], Crispus and Constantine being consuls each of them for the second time." The First Sunday Law of Constantine 1, in "Codex Justinianus," lib. 3, tit. 12, 3; trans. in Phillip Schaff "History of the Christian Church," Vol. 3, p. 380.

The following is what Constantine's law required of the people... "Let all the judges and town people, and the occupation of all trades rest on the venerable day of the sun; but let those who are situated in the country, freely and at full liberty attend to the business of agriculture; because it often happens that no other day is so fit for sowing corn and planting vines; lest the critical moment being let slip, men should lose the commodities granted by Heaven." Translated from the original edict in Latin, now in Harvard College U.S.A.

16 years after Constantine's first Sunday Law of A.D. 321, the Roman church made it official church doctrine by claiming it was a Jewish day. In this church doctrine they also demand all Christians to break Commandment #4 by working on Sabbath!

"Christians shall not Judaize and be idle on Saturday [in the original: "sabbato" shall not be idle on the Sabbath], but shall work on that day; but the Lord's day they shall especially honour, and as being Christians, shall, if possible, do no work on that day. If, however, they are found Judaizing, they shall be shut out ["anathema,"--excommunicated] from Christ." Council of Laodicea, c. A.D. 337, Canon 29, quoted in C.J. Hefele, "A History of the Councils of the Church," Vol. 2, p. 316.

As is always the case, the Vatican loves to re-enact her power as a way to remind the people of their false doctrines. It is also done to combat the Truth that was moving about Christendom causing many to realize the Sabbath was not a "Jewish day" because never is there a Scripture claiming as such. Compile that with the fact that non-Jews kept the Sabbath holy for 2500 years before a Jew was ever born. Therefore; just over 1000 years after Constantine's law, the Vatican legislated Sunday worship at the Council of Laodicea by claiming Sabbath was a Jewish day as well.
—Remnant of God.

Here is a very profound statement by David C. Pack, a Sabbath keeper:
“However, almost all professing Christians are in agreement about Sunday

observance, thinking it to be the biblically authorized “Lord’s Day” of the New Testament.”

Now that my eyes have been open to this information, I have no doubt that observing the Sabbath is the right thing to do. If at this point in my life I do not keep the Sabbath, I would be committing presumptuous, willful/deliberate sin, because God has shown me this new light. (See Psalm 19:13; James 4:17). Abba, Father, meant for the Seventh day of the week- the Sabbath to be of great significance and a blessing to all who would follow the Law; therefore it is recorded in Genesis, the book of beginnings (before there were any Jews) and hence, not only for the Jews, but for all of mankind. Here is the Genesis record of the Seventh Day Sabbath:

Thus the heavens and the earth were finished, and all the host of them. 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 (Genesis 2:1-3).

With this evidence, I was bound to search the Bible to see what it says about keeping Sunday holy and I was astonished when I found out that it said absolutely nothing about keeping Sunday. So again, I wondered why then are there so many people keeping Sunday (the tradition of man) and look down in disdain on those who keep the Sabbath holy, even telling them that they belong to a cult. I saw clearly the deceit and the excuses that people are using as crutches for not observing the Sabbath Day.

I decided that since I profess to be a Christian/follower of Jesus Christ, then I must do what Jesus Christ did; and clearly the Bible states that Jesus kept the Sabbath. See Genesis 2:2-3; Luke 4:16-32; John 15: 10. I have no intention of ever going back to the lies or attending church in observance of Sunday, the counterfeit Sabbath. I am committed to “remembering the Sabbath Day and to keeping it Holy” and to receive the blessings that come with obeying this Fourth Commandment Law of God. I know that I could be persecuted for following God’s law and not man’s tradition, so I am asking my heavenly Father to preparing me physically and mentally for whatever happens. More importantly, I have taken what Jesus said about the Sabbath seriously.

Would it make a difference to you if you knew what Jesus said about the Sabbath? Jesus said in Matthew 5:17-19: **"Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill, For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven. Furthermore, Jesus said: "If you love me, keep my Commandments"** (John 14:15). Jesus' Commandments are God's Ten Commandments, He wrote with His fingers, (Ex.31: 18), engraved in the enduring stone, and has preserved it in the Ark in the Holy of Holies (Deut. 10:1-5).

My Transition

Since January of 2010 I have been attending the Green Valley Seventh Day Adventist Church in Sahuarita, Arizona. Prior to that, I was a committed, dedicated Christian, who attended church every Sunday, plus Bible Studies and most other church activities. From childhood to now, I have been a member of the Anglican Church, Church of God/First Born, United Methodist, African Methodist, Missionary Baptist, Southern Baptist and Pentecostal.

I attended several different churches because I always felt as though there was something missing from each one. I was searching for something deeper, or, if I may say so; something more than I had experienced in all of the previous churches I attended. It was something I could not quite wrap my mind around. All I knew was that something was missing. I would always ask such questions as; didn't Jesus heal the sick, prophesied to the people and go into their communities, met the people where they were, physically, emotionally, socially, and spiritually.

Did not the Apostles have meetings in the homes of people in their communities and so forth? So why then, aren't the churches doing these things today? I recalled major scriptures that the churches do not teach about or put into practical application. Many of those scriptures are instructions that Jesus gave to His disciples before He left the earth and ascended to heaven. Those very commands are meant for His followers of today, as well.

Read for example, the following scriptures: Matthew, Chapter 28:19, records Jesus saying: **Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,** Mark in Chapter 15:16 records: **And he said unto them, Go ye into all the world, and preach the gospel to every creature.**

The command “GO” in those two verses is of great importance to professed Christians. Why are we behind the church walls, preaching to the choir when there are so many people in the world who need to hear the Word of God/the Gospel of Jesus Christ? John in Chapter 14:12 records Jesus as saying:

Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. My understanding of this scripture is that the body of Christ/the church should be healing the sick, prophesying to the people and taking the Gospel of God’s Kingdom to the people in the communities and to the world at large.

Further more in the Book of Revelation, Chapter 14, God has a message that needs to be heard by all. It is the Three Angels’ Messages. Each angel has a specific message. The first angel message says: **Then I saw another angel flying in the midst of heaven, having the everlasting gospel to preach to those who dwell on the earth—to every nation, tribe, tongue, and people—saying with a loud voice, “Fear God and give glory to Him, for the hour of His judgment has come; and worship Him who made heaven and earth, the sea and springs of water.**

This message is calling mankind back to their Creator, to fear, worship and give God glory. It is a warning to die to self so that God may be exalted. It is a warning to choose between truth and lie and to remember that God is judging the world. This message is to be given to the entire world by those who understand it and are living by its principles.

The Second Angel’s Message announces: **And another angel followed, saying, "Babylon is fallen, is fallen, that great city, because she has made all nations drink of the wine of the wrath of her fornication"**

History tells us that Babylon was a system that was evil and immoral. It was a world center for idol worship, hence made God its enemy. So it is today, Babylon today is still a world system that is evil and immoral. God does not want His children to remain in a false system that is against God, so He lets John call: **"Come out of her, my people, lest you share in her sins, and**

lest you receive of her plagues. For her sins have reached to heaven, and God has remembered her iniquities, Revelation 18:4 (NKJV). Read Jeremiah 51:6-8 also.

The Third Angel's message is the longest and most serious of the three messages, because it is the final call of God to His people, which says: Then a third angel followed them, saying with a loud voice, "If anyone worships the beast and his image, and receives his mark on his forehead or on his hand, he himself shall also drink of the wine of the wrath of God, which is poured out full strength into the cup of His indignation. He shall be tormented with fire and brimstone in the presence of the holy angels and in the presence of the Lamb. And the smoke of their torment ascends forever and ever; and they have no rest day or night, who worship the beast and his image, and whoever receives the mark of his name." Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus (Revelation 14:9-12 NKJV.

This Third Angel's Message is very sobering, even though we have always known that there are two choices in life, in this final message, if we chose the side of error, lies and deceit we are doomed to eternal damnation, but if we choose on the side of truth, we will inherit eternal life. Which will you choose? "...**Behold, now is the accepted time; behold, now is the day of salvation** (2 Corinthians 6:2).

We can use Jesus' example to help us get this thing right. John 12:49 records Jesus saying that He followed the Commandment of God: **For I did not speak on My own initiative, but the Father Himself who sent Me has given Me a commandment as to what to say and what to speak.**

The author of Acts of the Apostles said in Chapter 1:8: **But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.**

Jesus received the Holy Spirit at His baptism and so did all God' children after their emersion for baptism. Therefore we have the power that we need to use with the help of the Holy Spirit to finish the work that we have ben given to do.

"In December of 2009 I had a Vision about the Fourth Commandment. This vision came after several scriptures that I had researched and questions that I asked about the 7th Day Sabbath. Between December of 2009 and December

2010, I read several books including: The Desire of the ages and the Great Controversy, listened to several tapes and sermons by 7th Day Adventist Ministers, and other Sabbath keeping Ministers. I have also made some amazing new friends who love the Lord with all their hearts souls and minds. These people, like none I have ever met, have made reading, comprehending and applying God's Word a priority. I have studied the Word with some of them in small group settings, which I find to be very beneficial.

One morning at 3:27 AM an angel nudged me and I woke me. The Lord began to drop things in my Spirit such as HAPPY SABBATH the name of a book I need to write and things that I need to include in the book. I decided I was going back to sleep, but I could not sleep no matter how hard I tried, so I got up and went downstairs to write on my computer (instead of writing in my journal as I usually do) the things I had been hearing. This would be the beginning of this book.

It was in January of 2010 that I made the decision to leave the Pentecostal church I was attending to answer the call of God to: *“Remember the Sabbath Day and to keep it holy.”*

A Sabbath Keeping Experience

Although I experienced many attacks from the enemy after I began to keep the Sabbath, I did not allow that to discourage me. These attacks were coming at me from all angles to wear me down, but one thing I know for sure is that the enemy never won any of those battles. He continues to attack, but I put on God's Armor daily. Ephesians 6 has become one of my favorite scriptures. Never before in my life have I had to gird myself as I have had since I have embarked this journey to keep the Fourth Commandment law along with the other nine that I had been making every effort to keep from the early years of my life. I have constantly had to remind myself that: “What the enemy means for bad, God means for good.” Also that God will not give me any more than I can bear and that Jesus went through a whole lot more than I could ever experience, and I know that must die to self and suffer with Him.

As my suffering mounted, so did my questions. Never before have I had so many questions about the reason some people worship on the Sabbath (Saturday) and others worship on Sunday. I was in a state of shock and disbelief as I did my research.

I questioned bishops, pastors, colleagues and family members. I even questioned God. I had to go back to some of my Sunday or First Day keeping Pastors to ask them if they knew about the Sabbath. One pastor even got upset with me when I asked about the Sabbath; it was as though, she was saying, “How dare you ask that question?” She looked at me as if I had gone crazy. I was just asking her, because she says she is a pastor and I expected her to have more knowledge of the Word than I did. After all I was a student in her Bible class. I was taking an Ordination class with a bishop online and he sent me an article that he had written about the Sabbath. I read it, but it did not have sufficient information to give me the answer I was seeking, which was, what is the true Sabbath? Sunday or Saturday? .

I emailed another Bishop to see if he could give me some answers to the questions I had about keeping the Sabbath. After several in-box messages back and forth on Facebook he ended our dialog by saying, “Well, maybe I’m wrong.” He promised to send me a book that would help me understand, but of course, I never received such book. I asked the wife of the pastor of one of the churches I attended (who by the way is also a Pastor herself), “Why is it that you worship on Sunday when the Bible says to remember the Sabbath and to keep it Holy. She said, “ I go to church on Sunday because that is the day I grew seeing everyone in my family go to church. Is tradition the reason you go to church on Sunday? We must remember that scripture teaches that each individual has to give an account to God for himself/herself.

When I left this church, I sent the pastor an email to let him know I had left in order to observe the Sabbath and his response was: ‘I didn’t know you were being convicted of the Sabbath.’ God placed it on my heart a few years later to ask this Pastor about the Sabbath again, I procrastinated, because I did not want him to think that I was bothering him. The Holy Spirit finally gave me the courage to ask him why he keeps Sunday instead of the God Commanded 7th Day Sabbath, He promised he would send me some information and we will see if it would help me with this matter. I have yet to receive the information.

Finally I’ll share with you, that one Pastor promised to call me back after I called to ask him about the Sabbath. I was not trying to be funny! I honestly wanted to hear these Pastors take on this subject matter. I believe I had the right to enquire, because I sat under their teachings for many years. I am

grateful for having met every one of them and I have learned something from each of them and I am praying for them that God would help them to do what is right.

I spoke with a friend of mine whom I knew for sure would be willing to investigate the Sabbath with me, because of the love she professed for Jesus. To my surprise, she had already explored the Sabbath. She ended our conversation by saying, "I have decided to worship on Sunday and go with God's love, so that I do not get tossed by every wind blows." Okay, I'm praying for my sister!

Another surprise that came was from someone with whom I had prayed for a number of years. After informing her that I was now keeping the Sabbath, she never found time to pray with me anymore. As more and more people pull away from me, I have gotten closer to My Abba; I have surrendered more of me to Him and He has been showing me things I have never seen before. He has also replaced some of my friends with new ones. I thank God for His love and companionship, through His Holy Spirit. My life has been changed and for me, each day is a journey of new mercies and transformation. More than anything else, I have decreased so that God can increase and in so doing I have been able to answer the call on my life and have accomplished more of the things I have desired to do.

I thank God for what He is doing in my life. Not only is the Bible doctrine fascinating, but also the food and the fellowship are absolutely enjoyable. The 7th Day Adventist Church has a health message where the 8 health laws are taught and practiced by many. This makes perfect sense to me. For most of my adult life I have been searching about how to have the best health and here I am in a Church with a message that has helped me to completely transform my health; something I had tried to do over their years with only a certain degree of success. My health and wellness have been taken to a whole new level. To God be the glory!

Effect of New Light

After many visits and Bible studies with the best Pastor I have ever had-the Adventist pastor, he told me I could join the church by profession of faith, but I asked him if he could baptize me even though I had been baptized twice before. I wanted to get baptized into the 7th Day/ Sabbath Movement,

because I felt as though I had been deceived and cheated by the enemy for all those years that I had been in darkness with regard to the Lord's Day.

In this book I will share with you my conversion from keeping Sunday, the first day of the week or the man- instituted day of worship to keeping holy Saturday, the God- ordained Seventh –Day Sabbath, but there is a part of this experience that I cannot fully explain, I just cannot, not that there is any secret about it, but that it is beyond my comprehension! I am stunned that I missed this truth for so many years. Satan is really slick! I believe that my coming into the knowledge of the true Sabbath the way in which I did, is a supernatural occurrence- solely the working of the Holy Spirit and I thank my Abba, Father for it. This experience has taken me to another level on my spiritual journey and I have no doubt that it will for you if you seek God with all your heart.

For an entire year I visited the Seventh Day Adventist Church while still attending the Pentecostal Church. I began to pick up errors in my Sunday Pastor's sermon. For instance, he was preaching about "Toxic Thoughts," and he said, "Jesus is not coming down, He's in you." And I thought, oh, no he didn't just say that! Here I had been for a year learning from my Adventists Bible teachers that Jesus is coming soon and I should be preparing to meet him, and here I am listening to a Pastor who says that Jesus is not coming. I thought to myself, I cannot keep coming here! I sent the Pastor a message on Facebook asking him to clarify that statement and he said he did not mean it that way. Okay! I must move on. Do you ever wonder why it is so difficult to access your Pastor by phone, email and the like? I am just curious.

I cried out to the Almighty: Lord! My family! My family! My friends and the many Christians who do not observe the Sabbath! As I tried to explain what I have discovered about the Sabbath to my family and friends, I noticed that they would not have any part of it, or they brush it off as not important. For some, it clicked right away, for others, it is a struggle, because they see it as a burden to give back one day to God, to stop doing their work and pleasures that are so accustomed to doing daily.

This reminds me of the tithing principle. In tithing, we are asked to give back only 10 percent of the 100 percent that God has given us. Can you not see that all these principles are for our good? God definitely does not need this one seventh of our time or one tenth of our earnings. This is a test of our

obedience to our Creator, pretty much as was the test for Adam and Eve in the Garden of Eden. God gave them permission to eat from everything, except for one particular tree in the garden and they disobeyed God and ate from the forbidden tree. Now think about what that one act of disobedience has done to the Human Race?

There were times when I felt as though I was responsible for my family's salvation, but I realized I had to turn my concerns over to One Who is Sovereign and as a result, I have been comforted by the fact that just as the Holy Spirit revealed this important truth about God's holy Sabbath to me, He will do the same for my loved ones, if they earnestly seek His truth. I have asked the Lord to please show them what He has shown me. I have prayed that they will have an open mind and the zeal to search and seek the truth as I did. I continue to pray for all peoples everywhere!

Sadly, some already know the truth, but are not ready to make the sacrifices, because some sacrifices will have to be made, some things will have to be unlearned and some new things will have to be learned. God said in John 14:15: **If ye love me, keep my commandments.** " Do not love God enough to commit to the Fourth Commandment that the majority of the world refuses to keep. The sad thing about this is that, many will not spend time reading their Bibles for God to reveal His truth to them. This is a burden that I carry for my family, loved ones and all believers who have not yet realized the seriousness of living in disobedience to God's law.

Although many people have pulled away from me as a result of my observing the Sabbath Day, there are people who have drawn closer. I would like to encourage you that, if you decide to observe the Sabbath, do not get discouraged when you begin to experience new trials and rejection from others. Abba will intervene on your behalf, because the Sabbath is a blessing, and before long you will realize how truly blessed you are for embracing the Sabbath Commandment. God will strengthen your faith, build your confidence and give you greater discernment as you obey His leading each day.

The day after my birthday in February 2010, I posted a video from a Sabbath Keeping organization- The World To Come, Entitled **SATURDAY OR SUNDAY: WHICH IS THE SABBATH?**

The first comment was: “On most continents Saturday is denoted as the 7th-Day Sabbath; there is only one region that I know where their calendar begins on Monday and I don’t know the history behind that. No matter how one tries to “Sabbathize” Sunday-it’s not the Sabbath. The scripture calls Sunday, the first day of the week.” Sunday is not the Lord’s Day.”

Second comment: “Personally...don’t care!!! As long as people recognize that Jesus IS the Son of God, that He died for our sins, and IS risen, and HE is LORD of All, and we set aside a time to reverence Him...I’M GOOD!!!! Even if it’s on Tuesday!! I firmly believe that God will not dishonor my Sunday, Monday or Tuesday, etc. worship. He sees the heart of man and knows what is sincere.” Oh yeah, so now God must honor the people He created, the ones who rebel against Him? I don’t think so! This must be a joke.

I personally know of a Messianic Jewish Pastor’s wife who, takes Thursday off from work to observe it as her day of rest, since she wants to work on Saturday, because she gets more business on Saturdays. Does this mean she does not trust God to bless her when she keeps the Sabbath Day He commanded? This is the kind of attitude that exists in the world toward our God. It is an about me attitude and I don’t care what God commands. Have you ever heard that the devil also blesses? Humm, sometimes I wonder!

The Bible Studies that Helped Me

We have in-depth Bible studies on Wednesday evenings, but between these classes I spend a lot of time on the phone, sometimes up to three times a week, doing extra Bible studies with my Pastor. Then at home, I became a Berean (Acts 17:11). As I studied, and came across scriptures that were not clear to me, I called Pastor O. I had many tough questions for him, but he would answer them all. Those that he could not answer on the spot, he would say, “Give me a minute and I will call you back.” He would always call back within five or so minutes.

Every Sabbath after Sabbath School and service I would have at least one question for him. I was so excited about learning so many new Bible truths. Again, He would sit with me during fellowship hour and made sure I did not leave the church with any lingering questions. What a blessing! I could not ask for any more! Thank you Jesus and may you bless and keep Pastor O.

He is now retired, but he is still available to answer my questions. Thank You God!

We studied the prophecies in the books of Revelation and Daniel. I learned about the Three Angels Messages, Leviathan, the four beasts, the Pillars of the Church, among many other things in the scriptures. It was eye and heart opening to know that the Sabbath is not just for the Jews, because the Sabbath was given at creation and God the Creator of all things kept the Sabbath Himself. Jesus kept the Sabbath, even in the tomb and taught that we should keep the Sabbath.

Read Matthew 19:16-23; John 7:8-10, 14:15; Luke 2:41-42; 4:16. Jesus' disciples kept the Sabbath and taught others to do the same things: (Acts 13:42-44, 17:2, 18:21; Romans 2:13; 1 Corinthians 5:8). In the book of Hebrews we are admonished to enter into the Sabbath Rest. To understand this we cannot separate God from Jesus or the Old Testament from the New Testament. God is Jesus and Jesus is God. Nothing about them works separately. Obedience and faith go hand in hand. This is grace at its best! We see this from Genesis to Revelation.

The toughest part I had with SDA Doctrine in the beginning was embracing Ellen G. White, the church's prophetess, or better yet messenger, as she preferred to be called. The Lord knew way ahead that this was going to be an issue for me, so He set something up. He knew that I was going to have questions as to why the Adventists use other materials than the Bible. Listen carefully: About a year before I became a part of the Adventist church, the Holy Spirit led me to pick up two books by E.G. White at a thrift store. The names of the books are the Desire of the Ages and Prophets and Kings. I really enjoyed reading the books, especially the Desire of the Ages, which I kept in the bookrack in my bathroom, and read often. As I read the book, I thought; "this woman is a good author, she thinks the way I think about Jesus." Before finding these books, I had never heard of Mrs. White, so I had no idea of who she was, as I read her books, I just knew she had a heart for God.

When I became a member of the Adventists church, I began to hear of her and the most profound thing I heard is that a librarian at the Library of Congress in the 1800s wrote that: "The Desire of The Ages which is in the Library of Congress is touted as the best book written on the life of Jesus Christ." My acceptance of Mrs. E. G. White came partly as a result of me

reading her books. There was no reason for me not to accept her as a prophet and messenger of God, because all of her writings reflect the teachings in the Word of God. The problem was with what I had been taught and made to believe all my life. I have come to love and cherish her writings. I have learned so much from her! I see her prophecies are being fulfilled right before my very eyes and I cannot thank God enough for bringing me into this faith. There is another one of her books: "Steps to Christ." that I had kept in my library for many, many years and have highlighted a large portion of the text, because I found it to be a very good book. Back then I had no idea! I would like to suggest that you find her materials and read them. They will be a blessing to you and your family. You can even read her books Online for free in Audio and PDF Formats at <https://egwwritings.org>.

The Avoidance

Ever since I have come to embrace the Seventh Day Adventist (SDA) faith, there are people who have tried to avoid me; family, friends and acquaintances alike. Even one prayer partner with whom I had been praying for a number of years stopped calling or responding to my calls after I informed her that I had become a keeper of the Holy Sabbath Day. I can only surmise that she also thinks that I have joined a cult. The irony of that whole idea to me about the Adventist Movement is a cult is nothing but a big misconception. To me belonging to a so-called "cult" that studies God's Word, loves Jesus, their brothers and sisters, and are preparing for Jesus' second coming is exactly the kind of cult I would want to be a part of, if in fact I were to choose to be in one. We are a like-minded family and we are genuinely knit Christ and keeping the 10 Commandments of God. God is building and strengthening my confidence more, giving me greater discernment into the mysteries of life and using me to help those who would listen. I have been praying that God would reveal His truth to all my friends, family and to the entire human race.

I repented of my sins for having not kept the Sabbath for the first fifty years of my life. On April 21, 2011, I got baptized into the Adventists faith I was excited about my new life and expected my family and friends to be as well, so I wanted to share my joy with them. With that said, I posted my Baptism pictures on Facebook. Many of my friends responded with congratulatory sentiments, but Satan used one person to make an insensitive, uncouth, begrudging and disparaging comment/remark that caused some friction. I

will however, refrain from going into details about this incident here. My grand mother used to say, “If you do not have anything good to say, then do not say anything.”

I am enjoying every moment of my new life and I am growing in wisdom, favor and statue. Again I say, to God be the glory! I have not regretted leaving Babylon. I am grateful that I answered the call of the First and Second Angel’s of Revelation, Chapter 14:7-8 to: **Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters. And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication. And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues.** (Revelation 18:4).

I now understand that in Revelation, Chapter 14 there is a call, a warning for you and me. We all need to heed this call if we do not want to get the mark of the beast and be condemned to death. I must now live and learn how to embraced the Third Angel’s Message mentioned in Verse 11 in order that I might avoid getting the Mark of the Beast so that I can inherit eternal life.

For many years I wanted to go on a Mission trip, but that never happen until after I answered the calls of Angels Messages mentioned above. In less than three months after my baptism I was on a plane going to Honduras for my first mission trip. I thank God that He preserved the opportunity for me to: **“Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world.”** Matthew 28:19-20

The door did not open for Missionary work until I found the Adventist Doctrine and God’s remnant church on earth. The church I believe Jesus would attend if He were still on earth today. I have also been on another Mission Trip to Costa Rica and I am evangelizing right here and whenever I travel away from here. God is awesome!

May I Suggest?

There is something very important that I have learned from my experiences and it is this: If you are being convicted about the Sabbath, you do not need to seek help from those who are not themselves already keeping the Sabbath. The deception is so deep that if they are professed Christians and they are not following the Fourth Commandment, they too are blinded, so, they simply cannot help you in this area. They could cause you to be more confused and you could possibly give up any inclination you may have toward accepting and keeping the Sabbath. If you are not properly grounded in the Word of God and in-tuned to the Holy Spirit, you could easily be captured by more deceptions.

As the popular saying goes, “The blind cannot lead the blind,” neither can darkness lead light. I believe that if people are not keeping the Sabbath, they either do not understand the Sabbath, have no clue about it, or that they are simply in rebellion-not wanting to make the sacrifice that comes with keeping the Sabbath. When I say sacrifice – I mean doing pleasures/business, or working on the Sabbath, pleasures such as going to the movies, playing sports, talking about them, or any other things that do not glorify God. What does this scripture say and mean to you? “If thou turn away thy foot from the Sabbath, from doing thy pleasure on my holy day; and call the Sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:”

If the Lord is speaking to your heart about the Sabbath, as He was to mine, or even if you have just come into the knowledge of the Sabbath and have questions, please find someone who is already keeping the Sabbath and talk with that person. If you need help deciding whether or not you should keep the Sabbath, please pray about it and read your Bible prayerfully. When I read my Bible from cover to cover and discovered the Sabbath, I still had questions, because I just could not understand why the majority of the world keeps Sunday. Everything began to get clear to me when I met an Adventist Pastor who invited me to Study the Bible at his church and he was able to answer my questions regarding the Sabbath.

The first day I went go to Seventh Day Adventist church, with the intention of joining the Seventh Day Adventists Church, I noticed the little Green Sign on the exterior of the building, which read, “Seventh Day Adventist”- strange name, I thought at that moment. I was thinking that I cannot tell my family and friends that I am a Seventh Day Adventist, because of the

perception we had of some of the people we had encountered who are 7th Day Adventists.

About nine months into my Adventists journey, and while listening to a sermon by an Adventist Pastor, he explained the meaning of Adventist. That sermon held my attention and I realized something: I realized that, since I was about 15 years old, I had always been about serving God in Spirit and in truth, trying to live holy, following the footsteps of Jesus and preparing for His second coming. That is what Adventist stands for.

Adventists believe in the imminent second coming of Jesus Christ and that the life we live now should be preparing to meet Him. We are to be about our Father's business, working on developing Christ-like characters. After all there is nothing peculiar about that name. I thought that the churches I attended in the past had the same doctrine or beliefs about maturing as Christians and looking for Jesus to return. Talk about being SURPRISED! So what was the doctrine I had believed and followed all these years? I got a little bit here, and a little bit there, but had no real comprehensive, cohesive or complete doctrine that made perfect sense as this one that I have come to discover in the 7th Day Adventists Doctrine.

Once I found out the meaning of Adventist, I began to respond to the "Happy Sabbath" greeting with a confident, "Happy Sabbath" in return to my new church family's greetings. After a few visits to the church I noticed how humble the people are and that they share the same passions that I have embraced throughout my Christian life; spreading the Gospel, embracing health and wellness and doing meaningful and detailed Bible studies. They are not trying to get rich at the expense of their church members. They are interested in helping the poor and needy, spreading the Good News of Gospel all over the world and winning lost souls for the Kingdom of God. I was amazed to learn that they are a worldwide church, reaching millions of people in different countries. Their group (ADRA) Adventist Development and Relief Agency International is one of the first groups to respond to disasters worldwide, providing individual and community development and disaster relief.

Another surprise I had was to learn that all the Adventists Pastors, get the same pay. The majority of the money collected by the church goes toward humanitarian projects, not in the pockets of a few to purchase, mansions, jets, expensive jewelry or any such vain things.

The Ten Commandments

The Ten Commandments are found in Exodus Chapter 20:1-17 and again in Deuteronomy, Chapter 5:6-21. These are also called the Decalogue, Moral Law, and the Law of love or Law of Liberty. They are immutable (unchangeable). They are the everlasting Will of God for all generations, not just for the Jews or Israelites, as many people say. They summarize all the other 613 commandments. The wise man declared: **“The wise in heart will receive commandments; but a prating fool shall fall”** (Proverbs 10:8). It would do us well to have all 10 Commandments memorized.

1. **“I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before Me.**
2. **You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the LORD your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments.**
3. **You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes His name in vain.**
4. **Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.**
5. **Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you.**
6. **You shall not murder.**
7. **You shall not commit adultery.**
8. **You shall not steal.**
9. **You shall not bear false witness against your neighbor.**
10. **You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife, nor his male servant, nor his female servant, nor his**

female servant, nor his ox, nor his donkey, nor anything that is your neighbor's."

*Note that I have highlighted in red the 4th Commandment because I believe it means a lot to God, but the majority of mankind disregards it. God wrote the 10 Commandments with His fingers, in stone. He wrote the fourth Commandment in the very center of them and He reminds us to keep the fourth Commandment Holy. God created us to worship Him and the fourth Commandment is about worship.

I read something from the Pen of Inspiration that helped me to get a better understanding of the 10 Commandments, God's Word in Exodus, Chapter 20 and Jesus' Word in Matthew, Chapter 22:37-40: It goes as follows: *"The Pharisees had exalted the first four commandments, which point out the duty of man to his Maker, are of far greater consequence than the other six, which define man's duty to his fellow man. As a result, they greatly failed of practical godliness. Jesus had shown the people their great deficiency, and had taught the necessity of good works, declaring that the tree is known by its fruits. For this reason He had been charged with exalting the last six commandments above the first four."*

*One lawyer approached Jesus with a direct question, "**Which is the first commandment of all?**" The answer of Christ is direct and forcible: "The first of all the commandments is, Hear, O Israel; The Lord our God is one Lord: and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment." The second is like the first, said Christ; for it flows out of it, "**Thou shalt love thy neighbor as thyself. There is none other commandment greater than these.**" "On these two commandments hang all the law and the prophets."*

*The first four of the Ten Commandments are summed up in the one great precept, "**Thou shalt love the Lord thy God with all thy heart.**" The last six are included in the other, "**Thou shalt love thy neighbor as thyself.**" Both these commandments are an expression of the principle of love. The first cannot be kept and the second broken, nor can the second be kept while the first is broken. When God has His rightful place on the throne of the heart, the right place will be given to our neighbor. We shall love him as ourselves. And only as we love God supremely is it possible to love our neighbor impartially.*

And since all the commandments are summed up in love to God and man, it follows that not one precept can be broken without violating this principle. ”

The Law of God

“Thus Christ taught His hearers that the law of God is not so many separate precepts, some of which are of great importance, while others are of small importance and may with impunity be ignored. Our Lord presents the first four and the last six commandments as a divine whole, and teaches that love to God will be shown by obedience to all His commandments.

The scribe who had questioned Jesus was well read in the law, and he was astonished at His words. He did not expect Him to manifest so deep and thorough a knowledge of the Scriptures. He had gained a broader view of the principles underlying the sacred precepts. Before the assembled priests and rulers he honestly acknowledged that Christ had given the right interpretation to the law, saying:

"Well, Master, Thou hast said the truth: for there is one God; and there is none other but He: and to love Him with all the heart, and with all the understanding, and with all the soul, and with all the strength, and to love his neighbor as himself, is more than all whole burnt offerings and sacrifices." – The Desire of Ages, pages 607-8.

The Ten Commandment Law is God’s Will for mankind. The Strong’s Concordance describes a will as a Testament or a Covenant; it may not be annulled. The Ten Commandment law has never been changed, and will never be changed by God. This Law is written in stone by God’s own fingers (Exodus 31:18, 32:15-16, 34:1; Deut. 10:1-4), but the Bible warns in the Book of Daniel that man would try to change God’s law: “And he shall speak great words against the most High, and shall wear out the saints of the most High, and think to change times and laws: and they shall be given into his hand until a time and times and the dividing of time (Daniel 7:25). It is eternal. The law is holy, just, good, heavenly, perfect; it converts the soul (Psalm 19:7; Romans 3:31, 7:12), and is divine.

The law defines/shows us our sins Romans 7:7). Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law (1 John 3:4). The law is our schoolmaster (Galatians 3:24). Yes, Christ is the end of the Law according to Romans 10:4. The law that ends with Christ was the Ceremonial law, see Colossians 2:14.

The 10 Commandment law is inside the Ark of the Covenant, in the Most Holy Place of the Tabernacle (Exodus 40:20; Deut. 10:1-2).
The law is great and glorious Isaiah 42:21

The law is perfect, it converts the soul, it is pure, it enlightens the eyes, it sweeter than the honey and honey comb, it to be desired more than gold, it warns us and we are rewarded greatly when we keep them—paraphrased from Psalms 19.

God said: I will put My laws into their hearts and in their mind (Hebrews 10:16)

Christ has redeemed us from the curse of the law Galatians 3:10-13). This scripture is in reference to the Ceremonial Law or Law of Moses, not the 10 Commandment Law.

Do we then make void the law through faith? Certainly not! On the contrary, we establish the law (Romans 3:31).

Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil (Eccl.12: 13-14).

The Ten Commandments reflect God's righteousness. It is the truth. Read the Psalmist passion for God's law in Psalm 119 and remember to keep the Commandments and abide in the love of Jesus, even as He kept the commandments and abided in God's love (John 15:10).

Is It Possible to Keep Yahweh's/God's Laws, especially the Fourth Commandment?

Yes, it is possible to keep God's law, and specifically the 7th Day Sabbath, which is the Fourth Commandment of the 10 Commandment Laws. Here is the reason why! God kept the Sabbath, the Patriarchs, such as; Noah, Abraham and Moses and David kept the Sabbath, Jesus came to earth and showed us how to keep the Sabbath. His disciples kept the Sabbath and so we are to keep the Sabbath every week. Jesus kept all of the 10 Commandments. How do I know that? The Bible tells me that Jesus never sinned and that sin is transgression of the law of God. He had no other gods- He did only what His Father, the God of heaven told Him to do, He made no

idols-He respected the God of heaven and was focused on His mission to please God. He never took the name of the LORD God in vain-He revered and honored Him. He remembered the Sabbath day, and He kept it holy as God commanded and has reminded us: “The Sabbath was made for man, not for the Jews of Israel only, but also for the spiritual Jews-those who have been grafted in to the family of God through adoption, the Gentiles, if you will.”

Jesus honored His Father and His mother, He murdered no one, did not commit adultery, He stole nothing, coveted no one, bore no false witness. Yet He died for the sins of mankind who have broken everyone of God’s law. Read John 3:16. That is true love! That is the love that calls you today: **Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.** –Isaiah 1:18. My friend, can you see? Jesus is our example, and He is **Lord of the Sabbath** -Mark 2:28. **Greater love hath no man than this, that a man lay down his life for his friends** (John 15:13).

Sin is transgression of the law, according to 1 John 3:4. Majority of people say that the law was done away with after Jesus’ death on the cross and they are correct to an extent, because the Ceremonial Laws ended at the cross, but of the Ten Commandment or moral law Jesus said He did not come to destroy but to fulfill. Jesus knew that one of the greatest lies satan would use to deceive man is to say that God’s Laws have been done away with, because satan is looking for company. Satan well knows that his days are numbered and he has already been condemned to destruction, so he is determined to get as many people as he can to be on his side. It was disobedience to God’s law that got him thrown out of heaven. On the other hand Jesus was careful to proclaim:

Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven

(Matthew (5:17-19).

And even before Jesus, God had said, Remember the Sabbath Day and to keep it holy. The Apostle Paul wrote: " Where no law is, there is no transgression." Romans 4:15. We should study God's Word and keep The Commandment Law everyday, because that is the way we show God that we love Him and others. Jesus said: **If you love Me, you will keep My commandments (John 14:15).**

Sin is the transgression of the law (1 John 3:4) Repent for breaking The Ten Commandment Law and turn away from sin. ... **Except ye repent, ye shall all likewise perish.** (Luke 13:3; Acts 2:38; 3:19; Matt. 9:12). Repentance means to change your mind about sins and leave them behind. Turn toward God, embrace His love and put your faith and trust in Him alone.

I am repeating this, because it is a critical point for us to have registered or etched in our memories. A Lawyer once asked Jesus which is the great Commandment in the Law and Jesus answered him saying: **"Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments** (Mark 12:30-31). This answer envelopes the Ten Commandment Law; in that the first four Commandments tell or instructs us on how to love God and the other six instructs us on how to love our fellow men. When we keep the Ten Commandments, we fulfill God's Law. Jesus who is also God says:
Now by this we know that we know Him, if we keep His commandments. He who says, "I know Him," and does not keep His commandments, is a liar, and the truth is not in him (1 John 2:3-4). Does it matter to you what Jesus said and did?

The number one reason to keep the Law is because God made you, He made HIS Laws and He says you should keep them. It is as simple as that.
Wherefore the law was our schoolmaster to bring us unto Christ, that we might be justified by faith (Galatians 3:25). We can look at the reason for keeping God's Law as a matter of obedience. God said through His servant Samuel that: *To obey is better than sacrifice* (1 Samuel 15:22). Do you want your children to obey you?

As a parent, I know the answer is a resounding YES! Likewise, God wants His children to obey Him, so that they might receive His promised blessings and live into eternity. When we do not keep the law, we sin. **Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law. (1 John 3:4) and He who sins is of the devil, for the devil has sinned from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil (1 John 3:8).** Do you want to be destroyed with the devil? To answer yes, would be a bad choice. The reward for that choice is destruction.

"The carnal [or natural] mind is enmity against God; for it is not subject to the law of God, neither indeed can be." Human nature could not keep the law, even if it would. Apart from Christ, without union with him, we can do nothing. "Not that we are sufficient of ourselves to think anything as of ourselves; but our sufficiency is of God." The law requires us to present to God a holy character. It demands of men today just what it demanded of Adam in Eden,--perfect obedience, perfect harmony with all its precepts in all relations of life, under all circumstances and conditions. No unholy thought can be tolerated, no unlovely action can be justified. As the law requires that which no man of himself can render, the human family are found guilty before the great moral standard, and it is not in the province of law to pardon the transgressor of law. The standard of the law cannot be lowered to meet man in his fallen condition. No compromise can be made with the sinner to take less than the full requirement of the law. The law cannot acquit the guilty, it cannot cleanse the sinner, or give power to the transgressor to raise himself into a purer, holier atmosphere. Standing before a holy, good, and just law, and finding ourselves condemned because of transgression, we may well cry out, What shall we do to be saved? "The Signs of the Times May 30, 1895 We need to stop sinning, stop compromising with sin and get on with the heavenly program! We have been warned:

Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven (Matthew (5:17-19).

Repent, and turn from all your transgressions, so that iniquity will not be your ruin

(Ezekiel 18:30)

As Solomon said: Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man (Ecclesiastes 12:13).

For the Sake of Love

Love covers a multitude of things. Some people say, “I’m just going to stick with Jesus’ Commandment in the New Testament which is to love, but Jesus said:

“If you love me, keep my commandments” (John 14:15). What are God’s Commandments? In essence Jesus is God. Jesus said: **“I and my Father are one.”** (John 10:30). Jesus also said, “If ye had known me, ye should have known my Father also.” **God is unchanging** (Malachi 3:6). **God is the same yesterday, today and forever** (Hebrews 13:8)

The Ten Commandments (God’s unchanging Moral Laws) can be summed in these two ways: (1) Love God- the first four Commandments and (2) love mankind- the last six Commandments. That is the reason Jesus said: **On these two Commandments hang all the law and the Prophets** (Matthew 22:40).

What it means to love God is evidenced in 1 John 2:3-6; 4:7-8 and 20-21 Love? Love and obedience cannot be separated when it comes to God. His Word says that obedience is better than sacrifice. (1 Samuel 15:22). Neither can the Old Testament be separated from the New Testament, Faith from Obedience, nor Law from Grace.

James, the brother of Jesus clarified: **For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all** (James 2:10).

GOD has spoken to us through His written Word, through nature and through experience. He is and always will be: “The I AM! He declares, **“I am Alpha and Omega, the beginning and the end, the first and the last.”** The Revelation 22:Alpha and Omega, The Beginning and the End.”

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me (Revelation 20:3).

While it is said, To day if ye will hear his voice, harden not your hearts, as in the provocation (Hebrews 3:15).

In Acts 13:38-39, Rom 3:20, 28; 4:1-5; 5:1, 9; Gal 2:16, 21 and Titus 3:7 we learn that Christians are not Justified by keeping the Law; but by faith in Jesus Christ. When we love God, then we are able to keep His

Commandments. I believe that it is a grave mistake, to think that we are to keep only nine of the Ten Commandments of Exodus, Chapter 20.

We know that we are saved by grace and faith in Jesus Christ, but this however does not give us the right to willfully break God's law. On other hand, we are commanded to keep His Law because we love Him; according to the following scriptures; Deuteronomy 10:12; 11:1,13,22; 19:9; 30:16,20; Joshua 22:5; John 14:15,23; 15:10; Rom. 13:10; Gal. 5:6; I Thes. 1:3; Heb. 6:10; James 2:14-26; I John 5:2-3 and

II John 6

How To Keep The Sabbath

“The book of Genesis reveals that after the [creation week](#), **“God ended His work which He had done, and He rested on the seventh day from all His work which He had done”** (Genesis 2:2). Verse 3 then records an important fact about the seventh day that has implications for all: “Then God blessed the seventh day and sanctified it.” The Creator of all things actually blessed and sanctified—set apart for a special purpose—the seventh day of the week.

Exodus 20:10 specifically states: **“The seventh day is the Sabbath of the LORD your God. In it you shall do no work.”**

The Sabbath is a day when we pause from our normal labors and activities and rest for 24 hours on the seventh day of the week (from sunset Friday to sunset Saturday as the Bible counts time). Abstaining from work every Sabbath has tremendous physical and spiritual blessings for God’s people”
www.lifehopeandtruth.com.

“You shall not bring a load out of your houses on the sabbath day nor do any work, but keep the sabbath day holy, as I commanded your forefathers” (Jeremiah 17:22).

“If because of the sabbath, you turn your foot From doing your own pleasure on My holy day, And call the sabbath a delight, the holy day of the LORD honorable, And honor it, desisting from your own ways, From seeking your own pleasure And speaking your own word”(Isaiah 58:13).

DO not employ others to Work on the Sabbath. Do not go to restaurants, because the people cooking and serving are working on the Sabbath. “You, nor your son, nor your daughter, nor your male servant, nor your female

servant, nor your cattle, nor the stranger who is within your gates” (Exodus 20:10).

Attend services . In Leviticus 23, the Sabbath is referred to as one of God’s “holy convocations” (verse 2).

Throughout His life on earth, Jesus Christ assembled with others on the Sabbath (Luke 4:16). God’s people are specifically warned to not neglect “the assembling of ourselves together” (Hebrews 10:25).

Spiritually refreshing and enjoyable experience for His people. Jesus Christ proclaimed that **“the Sabbath was made for man”** (Mark 2:27). Jesus, as **“[Lord of the Sabbath](#)”** (verse 28), reveals that the Sabbath was created for the benefit of human beings.

God wants us to **“call the Sabbath a delight”** (Isaiah 58:13). Some things we can do on the Sabbath (in addition to attending Sabbath services) to make the Sabbath a delight and strengthen our relationship with God are: use the Sabbath for extra [prayer](#) and [meditation](#), spend more time than usual studying the Bible, spend quality time with family, spend time fellowshiping with other Christians, visit the sick or elderly and even enjoy some relaxing time in God’s creation. These are just a few examples of appropriate things Christians can do to have a spiritually fulfilling Sabbath.

The Sabbath and End of Time Connection

According to the Bible the Sabbath acceptance is very important. As it was in the beginning, so shall it be in the end. God’s Commandment will be sealed up one day and there will be no one to explain or plead to you anymore. (Isaiah 8:16). So why not receive and apply the information while it is still available, and you still have a chance?

The bottom-line is that we must keep God’s commandments so we can inherit eternal life. I know you have been lead astray by the enemy, so deeply unaware that it might seem like foolishness and difficult to unlearn what you have learned in the past, But what really matters today is your salvation, do not let anyone tell you otherwise. Why would you allow the traditions of men and the lies of satan to keep you out of the Kingdom of God? Accept God’s truth. I did and I believe you can too. At least, if you love Jesus as you say you do, if you want to have eternal life as you say you do, really should.

“The mission of the Adventist Movement is to call a people out of evil and point them to God. Just as God restored the law and the Sabbath to ancient Israel after calling them out of pagan Egypt ([Exodus 16:23-30; 20:1-17](#)), so the law and the Sabbath were restored to spiritual Israel after 1844.

Likewise, as God restored to Israel of old the principles of hygiene and healthful living ([Exodus 15:26](#)), so Adventists preach a message of healthful living believing that, as Christ saw to the physical maladies of people in His days, so the physical needs must be met in our day when presenting the Gospel. No other Protestant Church has such a large worldwide medical ministry as has the Seventh-Day Adventist Church. According to the *Adventist Review*, "one hundred sixty-eight hospitals are being operated by Adventist agencies" around the globe today. —Professor Walter J. Veith, [Amazingdiscoveries.org](#), July 7, 2011.

There is a lot to learn in Daniel and Revelation. I do not have a degree in Theology, but I have done a lot of reading, Bible Studies and research. I consider myself very teachable and I am very open to the leadings of the Holy Spirit. As a result, I have learned a great deal of lessons and I hold no claims to anything that I have gained over the years. That is the reason I give back. This book is free of cost to all.

Daniel and Revelation predict what the antichrist power will do. These books also talk about the Mark of the Beast which has connection to the obedience of the Ten Commandment Law. In Daniel 7:25 it is written: "**And he shall speak great words against the most High, and shall wear out the saints of the most High, and think to change times and laws: and they shall be given into his hand until a time and times and the dividing of time.**" Read Revelation, Chapter 13:5-6.

He does this he also changes God's truth that seals the forehead of the saints of God: In Daniel 8:12, we read "**And an host was given him against the daily sacrifice by reason of transgression, and it CAST DOWN THE TRUTH TO THE GROUND; and it practiced, and prospered.**" He would "cast down the truth." Why?

"The true God was worshiped on Saturday, the seventh day. **So Papal Rome had to change the law, and the day of worship to Sunday, so that the Pope who claims to be God on earth could be worshipped.**"

Cardinal Sarto, who became Pope Pius X, said this:

*The Pope represents Jesus Christ Himself...*ⁱ *Amazingdiscoveries.org*. You may go to this scholarly website to find a great deal of information to help you understand this topic in greater details.

In Romans Chapter 3:23, we read that: all have sinned and come short of the glory of God."

Why are people worshipping a sinful man? No matter how good, gentle, kind or powerful you think he is, he is not God!

... "*Faith of Our Fathers*, p. 14, C.F. Thomas, Chancellor of Cardinal Gibbons: "Of course the Catholic church claims that the change was her act. **And the act is the MARK** of her ecclesiastical power and authority in religious matters."

"Thus the way was opened to lead people to worship the Beast, **and receive his mark**. Also the way was opened to "worship the image of the beast." An image is a replica of an original. There are millions of people who are not "worshipping the beast," but they do worship its image. Many churches today are nothing more than an image of the Papal Church.

They may have a different name, but they are following the same false teachings, traditions, and commandments of men. False teachings like baptism by sprinkling, the immortal soul, Sunday worship, eternal hell-fire, et cetera, are all from the Beast. If we choose to worship in a church that follows these teachings, we are simply following an image of the Beast. That's why God's call is to come out of Babylon to follow Jesus and truth."

The enemy has deceived people so they can't see that they have not received the truth and as a result they will perish. 2 Thessalonians 2:10. They believe the lie of the beast and follow it, rather than to love Jesus and keep His Commandments and as a result; ... **God shall send them strong delusion, that they should believe a lie:** 2 Thessalonians 2:11. First John 2:3-4 say: **Now by this we know that we know Him, if we keep His commandments. He who says, "I know Him," and does not keep His commandments, is a liar, and the truth is not in him. Paul further explained that they all may be condemned who did not believe the truth but had pleasure in unrighteousness.** 2Thessalonians 2:11.

God wants us all to receive His seal. The counterfeit wants us all to receive His seal-The Mark of the Beast deceives people to follow its false doctrines

and because they refuse God's truth, they get the Mark of the beast and end up being condemned to eternal destruction.

I encourage you to please do your due diligence and research this topic and ask God to send the Holy Spirit to help you understand it. “

What Did Jesus Say About The Commandment Law

Does it matter what Jesus said or did about His Father's Commandments? It should matter, because, the Lord is our Creator, Redeemer and just Judge. He is all-powerful, mighty and worthy of all our honor, worship, obedience, love and praise. He is all loving, righteous and faithful and He has shed His blood for us.

Jesus said: **“If you love me, keep my commandment”** John 14:15.

He also said, **“Think not that I have come to abolish the law.”**

I heard one pastor said that the 10 Commandment is like a chiasm first 4 Commandments deal with our love for and relationship with God, the Creator and the other 6 Commandments deal with others, 4 and 5 are the art of the law. The first four are the glue that holds our relationship to God the other six with our fellow men. Ex 20:12, the Sabbath is a sign that we r set apart to connect to the source to share the truth.

Mark 2:27-28 it glues the community of faith. It's eternal, transferable. The weekly cycle of the Sabbath is holiness and blessings and is found in Genesis, not in astrology.

We learn this in Mark Therefore the Son of man is LORD ALSO OF THE SABBATH” ([Mark 2:28](#)) Jesus is Lord of the Sabbath. Jesus healed on the Sabbath Day. He did good things on the Sabbath. He taught on the Sabbath Day.

There is the question in the minds of some regarding the Jews, and whether these only were, or still are, to observe the Sabbath. Others wonder which is the seventh day of the week in the modern calendar, and can we really know which day should be observed. Still others recognize that Jesus Christ kept the Sabbath, but believe that this was only to “keep it for us” or “He did it because He was a Jew.” And still others believe that the Sabbath is and has always been the seventh day of the week, but that “the Roman church,”

under the supposed authority granted to Peter, held the right to change observance to the first day of the week.

There should not be any confusion about the Sabbath, which is the seventh day of the week if one believes what the Bible says and uses the Gregorian Calendar which is the accepted Civil Calendar. The Word of God says: **“In the end of the Sabbath, as it began to dawn toward the first day of the week, came Mary Magdalene and the other Mary to see the sepulchre.”** Here, it is clearly stated that at the end of the Sabbath, comes the first day of the week which is Sunday. Consider this also: **“This man went unto Pilate, and begged the body of Jesus. And he took it down, and wrapped it in linen, and laid it in a sepulchre that was hewn in stone, wherein never man before was laid. And that day was the preparation, and the sabbath drew on. And the women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment (Luke 23:52-56).**

Read also Luke 24:1-2. The Sabbath begins at Sunset on Friday, the Sixth Day of the week and ends at Sunset on Saturday, the Seventh Day of the week, so if you change your worship from Sunday to Saturday at 6:00pm or anytime after Sunset on Saturday, you are still worshipping on the first day and not on the 7th Day. Satan is going to use all kinds of tactics to keep people from obeying God’s law. We are just like the children of Israel—plain disobedient.

What did Jesus’ brother James say about the Law of God? **Therefore to him that knoweth to do good, and doeth *it* not, to him it is sin.” 4:17**
For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all (James 2:10-12).

The Psalmists and the Law?

David had a very good understanding of the Law of God, and he says it perfectly in these scripture verses: The law of the Lord is perfect, converting the soul: the testimony of the Lord is sure, making wise the simple.

The statutes of the Lord are right, rejoicing the heart: the commandment of the Lord is pure, enlightening the eyes.

The fear of the Lord is clean, enduring forever: the judgments of the Lord are true and righteous altogether.

More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb. Moreover by them is thy servant warned: and in keeping of them there is great reward (Psalm 19:7-11).

Praise the LORD! How blessed is the man who fears the LORD, Who greatly delights in His commandments (Psalm 112:1).

Please read Psalm 119. This is the longest Chapter in the Bible, but I recommend that you read it. The Author has a lot to say about the commandments. I especially like these verses: “O let me not wander from thy commandments” Verse 10; “...hide not thy commandments from me” Verse 19 and Verses 32, 47, 73, 98, 127 and 131.

What Did Paul Say About The Law?

Many people say they are confused because of what Paul has written about the law, to this I say before reading the Bible, ask God to give you discernment, revelation and inspiration.

Paul said that he believed all things that are written in the Laws and the Prophets (Acts 24:14).

Paul said he did not offend in the law (Acts 25:8)

He kept the law of God (Romans 7:25)

Let no man judge you for keeping the Sabbath (Colossians 2:16-17).

Those who keep the law will be justified (Romans 2:12).

Based on (Romans 2:17) when we are instructed out of the law and we live by them, we can boast in God and teach others the excellence, which is in the law of God, God requires of us a pure and undefiled religion.

For to be carnally minded is death; but to be spiritually minded is life and peace.

Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be (Romans 8:6-7).

We blaspheme and dishonor God when we break His Law (Romans 2:21)

By the law, we know what sin is (Romans 3:20 and 7:7).

We establish the law through faith (Romans 3:31).

Grace does not give us a green light to continue sinning. To sin by not keeping the law leads to death, but to obey the law leads to righteousness (Romans 6:15-17).

The law is holy and the commandment holy and just (Romans 7:12).
We are carnal and sold under sin, but the law is spiritual (Romans 7:14).
Paul willingly delights in the law of Yahweh (Romans 7:22).
For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light:
(For the fruit of the Spirit is in all goodness and righteousness and truth;)
Proving what is acceptable unto the Lord. And have no fellowship with the unfruitful works of darkness, but rather reprove them (Ephesians 5:8-11).

Principles For Application

Test and Guard Your Salvation. Do not let anyone deceive you. The Bible has all the answers that you need, from Genesis to Revelation. In Genesis 3:15, God made a promise, after Adam and Eve fell. God sent His son to die for the sin of man. We deserve to die, but Jesus died in our place. Satan tried to defeat Jesus in many ways, but as Genesis 3:15 says, he could only bruise the heel of Jesus. God allowed the devil to kill Jesus, but Jesus rose from the dead. The promised will be fulfilled fully when Jesus comes and crushes satan's head. Satan is real and he is the ruler of this earth, but one day Jesus is coming back to take His world back from satan for good. Do you want to be a part of the new world that Christ will establish? I do and as a result I am studying what I need to be doing now to ensure that I will be apart of God's eternal Kingdom.

Do not let the fact that this world is ruled by satan scare you, because Jesus did something very specila for us as He left to go back to His home in Heaven, He sent His Holy Spirit to be with us, so even though satan is trying to sestroy us, we have the Holy Spirit and the angels working with us daily. S Jesus is with us through the Holy Spriti. Satan may be ruler, but Jesus is King, Savior, Lord and Redeemer. That is the reason it is so important for us to be intuned with the Holy Spirit, because He will help us to defeat satan and hve victory over sin. Praise God! This is reason to shout!

One of the main principles that we are to be applying is In Matthew, Chapter 28: 19-20, Jesus commands: "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy

Ghost: teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, *even* unto the end of the world.” This is called the Great Commission and it is for all who believe in Jesus. When you become a child of God, you cannot keep such a great blessing as a secret, you must tell others. If you can’t travel beyond your city, then you are to reach out to the people in your city. If you travel in your country of abroad or to other countries you are to spread the Good News about Jesus, His love for mankind and is soon coming Kingdom.

Read your Bible every day, meditate, and pray asking God to send His Holy Spirit to help you. Die to your flesh and give the Holy Spirit permission to teach, guide counsel and lead you into all truths. -In Jesus’ name-Amen. Ask also for more of the Holy Spirit to help you. In His teaching about asking, Jesus said: **If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him? (Matthew 7:11).**

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh (our nature to sin) the lust of the eyes (how we view things) and the pride of life (Rebellion against God and independence from God. (1 John 2:15-16). The attitude of pride says, “I can make it on my own. I don’t need God. It is trying to exclude God from your life. It is the saying, “I’m going to do things my way.” “Don’t tell me what to do, don’t judge me.” In other words leave me alone, let me do what I want. These are sinful attitudes that displease God.

Beware of idols. An idol is anything that is more important to you than God? It is what you spend most of your time doing, viewing or living for. There should not be anything in our lives that are more important than God. The Bible instructs: **Little children, keep yourselves from idols. (1 John 5:21).** Anything we give more attention to than God is our idol. We should not entangle with the world, ‘yoke of bondage’ after God has called us out. We must continue to live in the world but not “be a part of it.” Kingdom business has to be our passion and priority.

Some good question to ask are:
What do I take pleasure in or spend the majority of my time doing? Am I watching television more than reading my Bible? What am I watching on television? Am I more interested in sports and Movies, playing video and

other games and making money, than I am in developing a relationship with my Creator? What books am I reading, do they bless my mind and help me to make good lifestyle choices?

Some other pertinent questions are: Do your friends know that you are a Christian? Are you sharing your testimonies to win your friends and others for the kingdom? What is your spiritual goal? Are you ashamed of the gospel truths? Are you a timorous Christian? God says you should be courageous. He wants you to be sure about your foundation.

Please read Revelation, Chapter 3. This is a critical Chapter for every believer. Here are a few verses from that Chapter. **“He that hath an ear, let him hear what the Spirit saith unto the churches. And unto the angel of the church of the Laodiceans write; These things saith the Amen, the faithful and true witness, the beginning of the creation of God; I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot. So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth.**

Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked: I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and *that* the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see.

As many as I love, I rebuke and chasten: be zealous therefore, and repent. Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne. He that hath an ear, let him hear what the Spirit saith unto the churches” Revelation 3:13-22.

This scripture here in Revelation, Chapter 3 is paramount for all believers. It is a warning that we must heed. It is a call to have a right relationship with God. It is a call to get rid of anything that is holding you back from fully surrendering to God. It is a call for self-examination. It is a call to turn up the heat or get off the stove. God says if we are lukewarm, He will spew us out. Jesus is coming back for a church that is **“glorious, not having spot,**

or wrinkle, or any such thing; but that it should be holy and without blemish (Ephesians 5:27).

Make Jesus your friend. He has called you friend in John 15:15 **“No longer do I call you slaves, for the slave does not know what his master is doing; but I have called you friends, for all things that I have heard from My Father I have made known to you.”**

Obey God’s Commandment. **“If you love me keep my commandment”** John 14:15.

Do not transgress the law, because it is a sin to do so (**John 3:4**)

In John 8:34 Jesus answered them, **“Truly, truly, I say to you, everyone who commits sin is the slave of sin.**

In John 12:49, Jesus said, **For I did not speak on My own initiative, but the Father Himself who sent Me has given Me a commandment as to what to say and what to speak.**

Do not get mad at me for telling you the truth, it’s for your own good. But as it is, you are seeking to kill Me, a man who has told you the truth, which I heard from God; this Abraham did not do (John 8:40).

Study God’s word insightfully and diligently

Put God first in your life. **“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you** (Matthew 6:33).

Plan to be saved, not to be destroyed. Search and study the Word of God because they testify of God and in them is eternal life (**John 8:35 paraphrased**). **My people are destroyed for lack of knowledge because thou hast rejected knowledge (Hosea 4:6).**

How much better is it to get wisdom than gold! and to get understanding rather to be chosen than silver!” (Proverbs 16:16).

Receive my instruction, and not silver; and knowledge rather than choice gold. For wisdom is better than rubies; and all the things that may be desired are not to be compared to it. (Proverbs 8:10-11).

Know that God created you for His purpose. He has a message for everyone in this world, which is found in Revelation, Chapter 14. It is called, “The Three Angels’ Messages. **“And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on**

the earth, and to every nation, and kindred, and tongue, and people, Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters. And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication. And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive *his* mark in his forehead, or in his hand,

The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name. Here is the patience of the saints: here *are* they that keep the commandments of God, and the faith of Jesus.”

Note that The first Angel in verses 6 and 7, calls for all people to worship God, which is the same call in Exodus, Chapter 20 verses 8-11, where God calls for us to rest and worship Him on the 7th Day Sabbath. Could the call in Revelation be the final call?

The second Angel in Verse 8, warns that Babylon is fallen. Babylon had an antichrist system that took captive of the children of Israel and God brought judgement upon Babylon as a result: Jeremiah explains:

Babylon *hath been* a golden cup in the Lord's hand, that made all the earth drunken: the nations have drunken of her wine; therefore the nations are mad. Babylon is suddenly fallen and destroyed: howl for her; take balm for her pain, if so be she may be healed. We would have healed Babylon, but she is not healed: forsake her, and let us go every one into his own country: for her judgment reacheth unto heaven, and is lifted up *even* to the skies. The Lord hath brought forth our righteousness: come, and let us declare in Zion the work of the Lord our God Jeremiah 51:7-9).

The Babylonian system that exists in our world today will fall, hence the reason Babylon is fallen, is fallen again. This repetition indicates that Babylon will fall again.

Just as God called the people to come out of Babylon then, there is a call

today for the people of God to come out of Babylon. This call is found in Revelation, Chapter 18: “ **And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird. For all nations have drunk of the wine of the wrath of her fornication, and the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich through the abundance of her delicacies.**

And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues.

For her sins have reached unto heaven, and God hath remembered her iniquities” (Revelation, Chapter 18:1-4).

In Revelation, Chapter 14: 9-12 we have The Third Angels Message which is a warning against taking the Mark of the Beast. It reads: “**And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive *his* mark in his forehead, or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: and the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name. Here is the patience of the saints: here *are* they that keep the commandments of God, and the faith of Jesus.”**

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Conclusion

As I end this journey with you through this book, I thank you for reading it and I pray that you have been blessed. Please leave a comment for me, or feel free to contact me. My contact information is provided below. From the facts presented and from observations I can infer that many people are not following God’s Commandments, in particular, the fourth Commandment. Many say that it is wrong to murder, cheat, steal, worship idols, have other gods, covet, take the name of the Lord in vain, but they say that God does

not care what day they keep, a day is a day and any day is accepted by God for worship.

That is like saying God does not care if I kill, cheat or serve other gods. In my experience I have noticed that people have made all kinds of excuses in order to disobey God's Fourth Commandment Law. The fourth Commandment states that we should keep the 7th day, which is the Sabbath Day off the Lord thy God, holy. I am saddened when I think of the blessings and that the enemy has stolen from the people whom God created, because he has stolen their worship, which belongs to God.

The enemy has blinded the eyes of the people from seeing or accepting and embracing God's truth. Lord again, I say I'm sorry for not keeping your law, I pray for those who do not and I ask that You, please forgive us of our iniquities and ignorance of Your Law and Your Love. Please give us clarity and help us to know Your truth and fully obey Your Ten Commandment Laws, with the understanding that we cannot separate faith and obedience. Please help us to understand that even as Abraham, the Father of all nations did, so should we: Abraham believed God, and it was counted unto him for righteousness. Heavenly Father, I am so very thankful that you opened my eyes to see that the Sabbath was made for me and please help others who are genuinely having a difficult time seeing or embracing the fourth Commandment or Sabbath Law. In the name of Jesus-Amen!

If there is such a rebellion now against keeping the Sabbath, what is going to make people choose the Sabbath over Sunday Law when it is enforced by the Government and law enforcers of the land when punishment will be the consequence of not following that man-made law? The call to you today, my friend is: Get Ready, Get Ready, Get Ready! This is a serious and on-time call for every single person on this planet. I believe the Sunday Law will be enforced in the near future and we must prepare now. Please do not prepare to take the Mark of the Beast (See Revelation, Chapters 13 & 17), instead, prepare to take the Seal of God, (see Revelation, Chapters 12 & 14).

If the Mark of the Beast is Sunday worship and you choose to take that mark of the beast, the Word of God says that death will be your reward, not everlasting life (See Revelation 19:20). There is coming a day (and we believe it will be in the near future) when every individual will have to make a choice between keeping the false/counterfeit Sabbath and the true Sabbath as ordained by God. For the professed Christians who have hope of eternal

life with Jesus, I would like to ask, if you think it is too hard to keep the Sabbath now, do you believe that you will choose to keep the Sabbath, when you are forced to make a choice and realize that you will not be able to buy or sell, unless you choose to keep Sunday/take the Mark of the Beast instead of the God-ordained 7th Day Sabbath?

I believe it would be more difficult to do then, so why not start now and get used to keeping the 7th Day Sabbath-Saturday. Yes, the Lord wants us to serve and worship Him every day, but he commands that we make one day, the Sabbath as a special time when we focus on Him, get to know Him more intimately, learn more about Him and rest in His perfect love. **"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 (Revelation 22:14).** The Prophetess in the 1800 wrote, *"The keeping of the counterfeit Sabbath (Sunday), is the reception of the mark."* (E.G. White, Great Controversy, Vol. 4, page 281

"Wherefore (as the Holy Ghost saith, Today if ye will hear His voice, harden not your hearts"—Hebrews 3:7 Thank you for taking the time to read my Sabbath Story. I pray that God will reveal to you what He has revealed to me and so many others who are a part of the Seventh Day Adventist Movement. Bear in mind that the 7th Day Adventist Movement is made up of people from all walks of life and from various denominations such as, Catholics, Baptists, Methodists Lutherans, Presbyterian, Pentecostals and so forth.

These are people who have answered God's call to come out of Babylon. Again, **"Today if you hear His voice, harden not your heart** (Hebrews 3:15). Answer the call come into the Sabbath Rest (Hebrews 4) and receive the blessings of the Lord. **"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).

Also be aware that there is a connection between the end-times and the Sabbath as it pertains to the Mark of the Beast mentioned in the Book of Revelation. I recommend that you get two books, The Great Controversy, by Ellen G. White and The National Sunday Law, by A. Jan Marcussen. These two books are a must read for every family or individual in these last days of earth's history. We are told to Study the Books Of Daniel and Revelation. I highly recommend that you read Matthew, Chapter 24, because it helps us to

see where we are as we wait for the second coming of Jesus when He will come as King to set up His kingdom and reign forever.

Take a look at these verses, then read the entire Chapter of Matthew for yourself. **“And as he sat upon the mount of Olives, the disciples came unto him privately, saying, Tell us, when shall these things be? and what *shall be* the sign of thy coming, and of the end of the world? 4 And Jesus answered and said unto them, Take heed that no man deceive you. 5 For many shall come in my name, saying, I am Christ; and shall deceive many. 6 And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all *these things* must come to pass, but the end is not yet. 7 For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places. 8 All these *are* the beginning of sorrows.**

Then shall they deliver you up to be afflicted, and shall kill you: and ye shall be hated of all nations for my name’s sake. 10 And then shall many be offended, and shall betray one another, and shall hate one another. And many false prophets shall rise, and shall deceive many. And because iniquity shall abound, the love of many shall wax cold. But he that shall endure unto the end, the same shall be saved. And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come (Matthew 24:3-14).

Jesus is coming soon! Get Ready! Get Ready! Get Ready!

“The Lord bless thee, and keep thee: the Lord make his face shine upon thee, and be gracious unto thee: the Lord lift up his countenance upon thee, and give thee peace- (Numbers 6:24-26). I will continue to pray for you and all people everywhere. Dear heavenly Father thank you for allowing me to put this information together. Thank you for blessing the reader with knowledge, wisdom, love and obedience, in Jesus’ name I pray-Amen.

References and Recommended Resources

The Holy Bible KJV

Additional Scriptures: Exodus 20; Psalm 19:7-14; Psalm 119

The Ten Commandments Twice Removed

The Seventh Day by Hal Holbrook

Read Kohlberg's stages of moral development.

The Great Controversy by Ellen G. White

The National Sunday Law by

www.tencommandments.com

www.sabbathtruth.com

www.adventmessage.com

www.earlysda.com

www.bibleinfo.com

www.whiteestate.org

www.lifehopeandtruth.com

Amazingfacts.org

Amazingdiscoveries.org

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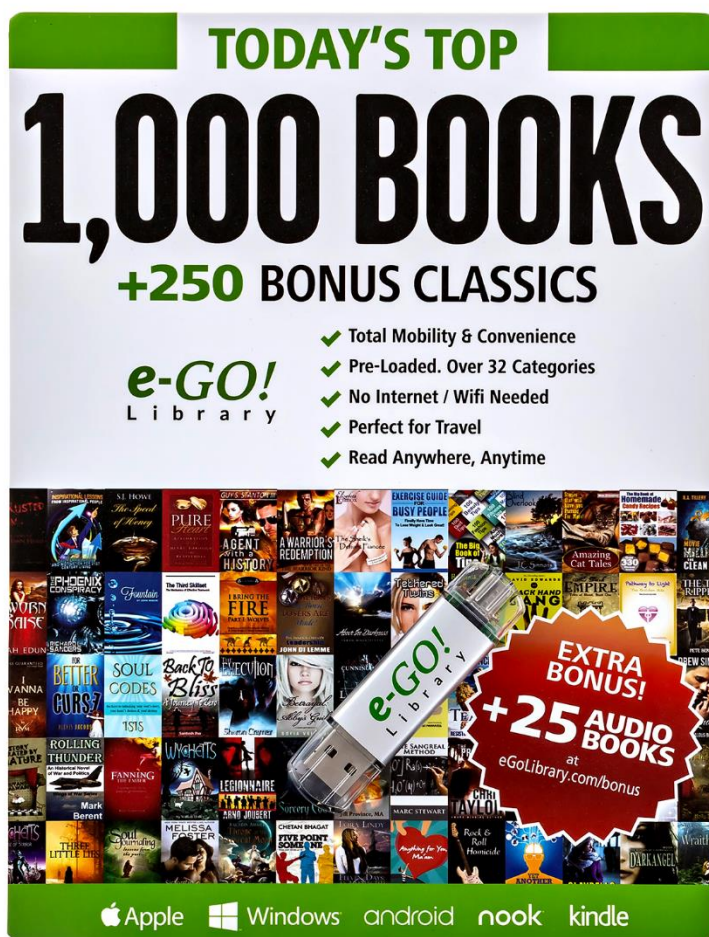
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