

## Themes Loosely Derived From the Main Passages in Our Study

### **Tanakh (Old Testament)**

1. PROH Cease from creative work
- 2a. ADVO Use the five plus one to prepare
- 2b. PROH Minimize labor on Sabbath
- 3a. ADVO Keep Sabbath holy, set it apart
- 3b. PROH One is not to work during Sabbath, nor cause others to work
- 4a. ADVO We are to understand the Sabbath as a covenant
- 4b. WARN Disregard toward the Sabbath leads to disregard toward personal holiness
5. PROH No cooking
6. ADVO Gather with fellow believers for worship
7. ADVO Discover and engage in positive activities appropriate for the Sabbath
8. WARN God blesses a people when obedient but sends trouble when they disobey
9. ADVO The covenant community is to preserve sabbath sanctity locally
10. ADVO Be especially alert that actions toward others on Sabbath are freeing in nature
- 11a. PROH Do not to buy or sell on Sabbath
- 11b. WARN Changes in situation may mean updating methods of preserving Sabbath holiness
12. WARN Leaders in the covenant community are especially responsible to exercise their influence to prevent Sabbath-breaking
13. ADVO Sabbath is an agency of integration, evangelistic, and not to be deemphasized
14. PROH We are neither to engage in business on Sabbath nor speak of common matters
15. ADVO We are to become more thorough in our Sabbath observance
16. ADVO We are to recognize the Sabbath as a blessing for our lives
17. WARN Beware the siren call of human practice and tradition that would make our religion empty while destroying the sanctifying effect of Sabbath
18. WARN God removes His Sabbath blessing from the apostate

### **New Testament:**

19. ADVO The purpose of Sabbath is to free man for communion with God
20. ADVO The Sabbath is intended to grant us relief from worldly and demonic pressures
21. ADVO Helping others in true emergencies is part of authentic Sabbath-keeping
22. ADVO Sabbath is tied to delivering captives, giving sight, helping the oppressed
23. ADVO Sabbath is not mere inactivity but is actively restorative
24. ADVO Sabbath, correctly remembered includes making people whole
25. ADVO We bring sight to the blind when we publicly reverence the Sabbath
26. ADVO We should pray that God will intervene so that special difficulties will not hinder observance of the Sabbath
27. ADVO The sixth day of the week is the preparation—a working day devoted to accomplishing everything necessary before the arrival of Sabbath
28. PROH Unfinished work should be deferred until after the conclusion of the Sabbath
29. ADVO Sabbath appropriate activities include preaching
30. ADVO Sabbath appropriate activities include Bible-reading
31. ADVO Spending part of the Sabbath out of doors is refreshing and appropriate
32. ADVO Sabbath appropriate activities include sharing one's faith with others
33. ADVO Striving to enter into God's rest means taking advantage of the helps He has provided—especially the holy day that Jesus kept
34. ADVO Sabbath is an ideal day to spend personal time in communion with God

(KEY: PROH = Prohibition {8}; ADVO = Advocacy {26}; WARN = General Warning {5})