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Sabbath Bible Study Guide
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1. What are the origins of the Sabbath?
Texts: Genesis 2:1 – 3; Genesis 1:1; Exodus 16:23 – 26; Mark 2:27, 28

2. How is the Sabbath to be kept?
Texts: Isaiah 58:6, 7, 13, 14; Luke 4:16; 6:6 – 10; John 5:1 – 9; Nehemiah 13:15 – 22; 2 Chronicles 36:21; Luke 23:50 – 56; [Selected Messages Book 3 Chapter 29](#); [Elder Randy Skeete on the Sabbath](#)

3. What is the significance of the fourth commandment? How does the Sabbath relate to our conversion? How does the Sabbath differ from the other nine commandments?
Texts: Exodus 20:8 – 11; Deuteronomy 5:12 – 15; Early Writings 32.3

4. How does the Sabbath inform our ideas of equity and justice? Was the Sabbath only for the Israelites?
Texts: Isaiah 56:1 – 8; Nehemiah 9:13 – 15; Mark 2:27, 28

5. What does the Sabbath have to do with the seal of God? Note: *token, sign, seal, and mark* are synonymous in the Bible (*Daniel and the Revelation* by Uriah Smith, p. 455). And a seal contains a name or descriptive title, the extent of a dominion, and a right to rule (p. 456).

Texts: Revelation 7:1 – 4; Exodus 31:12 – 18; Ezekiel 20:12; Ezekiel 20:20; Revelation 14:1; Zechariah 13:9; Hebrews 8:10; 2 Corinthians 6:17, 18

6. Has there been a push to change the Sabbath? Was it prophesied? What is the mark of the beast? Who will enforce it?

Texts: Daniel 7:23 – 25; 8:22 – 16; 2 Thessalonians 2:1 – 4; Revelation 14:9 – 12; 13:11 – 18; [How the Sabbath was Changed](#); [Green Sabbath Project](#); [La Dauto Si](#) para. 237; [“Let’s Keep Sunday Sacred”](#); [The Marriage of Church and State](#); [Chuck Schumer on the Sabbath, timestamp 6:10 – 7:12](#)

7. Was the Sabbath done away with? Does it matter when we observe the Sabbath? What is the context around these verses?

Texts: Romans 14:5, 6; Colossians 2:13 – 17; Ephesians 2:14 – 17; Hebrews 4:1 – 10

8. What is the test for God’s people in the last days?

Texts: Exodus 16:4; Daniel 1:8; [Education 54.4](#); Daniel 3:4 – 6; Revelation 13:11 – 18; 12:17; Ecclesiastes 12:13 – 14

What have you learned today? How do you plan to live and share this truth?