

## Meditation on Exodus



Reading through Exodus reminds us of the importance of keeping the Sabbath. Seventh Day Baptists keep the Sabbath because the seventh day of the week is holy and blessed by God, and we believe that in keeping it, we are blessed. The Sabbath was given to us as a gift. It was and is meant to help us draw near to God and to deepen our relationship with Him. On that day there are certain things that we choose to do in order to honor God who gave us our day of rest.

First, we choose to worship on the Sabbath. It is important to attend the Sabbath morning worship service each week, unless they are traveling or ill.

Second, we choose to study on the Sabbath. That is why we are so often encouraged to belong to a Sabbath School class. Classes are provided for every age level, with several different classes offered for adults each quarter.

Third, we choose to rest on the Sabbath. The Sabbath is a time to connect with God and with each other. It is a break from our weekly routine. We rest from our labors and focus our attention on fellowship with God, our families, and our church.

Fourth, we choose to serve on the Sabbath. We want to care for others throughout the week, but this is especially true for the Sabbath. Doing good on the Sabbath pleases God and builds our faith.

Finally, we choose to witness on the Sabbath, looking for opportunities to call those around us to put their faith in Christ. We do that as we worship, study, fellowship and serve, seeking to bring the good news of Jesus Christ to a hurting world.

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