Panel Discussion

Sabbath Keeping in a Modern World

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Sabbath School
Summary
To provide biblical answers to questions on Sabbath observance using a panel of members who are knowledgeable about the bible.
Program Aim
To give the congregation and listeners an understanding of the requirements of the Sabbath as outlined through inspired writings and the Bible. To show the true freedom found in keeping the Sabbath Holy.
Scripture References
Isaiah 58:13-14 (KJV)
Theme Song(s)
388- Don’t forget the Sabbath, #383 O Day of rest and gladness
Program Audience
ALL
Preparations and resources

Three persons with a deep understanding of scripture to form a panel (suggestions: elders of the church). Questions should be given to the panelist prior to the program to allow for deep research into what God says on each question to avoid personal opinion.
Choose a moderator.

*Giveaway: A small token for the newest baptized member of the church and the oldest baptized person of the church

Welcome:

Opening Song:

#383 O Day of rest and gladness

Scripture Reading and Prayer:

Isaiah 58:13-14 (KJV)
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:
Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.

Superintendents Opening Remarks:

Happy Sabbath brothers and sisters. How many persons here are baptized Seventh Day Adventist for over five years? How many persons are baptized Seventh Day Adventist for over ten years? Anyone here baptized for over fifty years? Hallelujah

(Jokingly say) In that case this program may not be very applicable to you.

However, Ellen White says in Testimonies for the church vol 6, page 353:
“Far more sacredness is attached to the Sabbath than is given it by many professed Sabbath keepers.
At the very beginning of the fourth commandment the Lord said: "Remember." He knew that amid the multitude of cares and perplexities man would be tempted to excuse himself from meeting the full requirement of the law, or would forget its sacred importance.
Therefore He said: "Remember the Sabbath day, to keep it holy." Exodus 20:8.

We are not merely to observe the Sabbath as a legal matter. We are to understand its spiritual bearing upon ALL the transactions of life.

Today’s Sabbath School will take the form of a panel discussion with the intention to adequately provide answers to burning questions concerning the Sabbath.

Special Music
Mission Story
Secretary's report

Lesson Study

Main Feature:

Panellist and moderator are seated.

Superintendent: As mentioned earlier we are about to look at some difficult questions regarding the Sabbath and Sabbath keeping. The able members of the panel will answer the questions according to the bible and inspired writings.
Superintendent: Introduce members of the panel.

Questions:
1. Can the Sabbath still be kept holy in this modern world?
2. I have always heard that we should jealously guard the edges of the Sabbath, where did this term come from and what does it mean?
3. What day is the preparation day and what are some of the activities that should be completed on this day?
4. Explain the importance of having sunset time/ sun down worship on Friday (with your family) to welcome the Sabbath?
5. Youths have complained of the Sabbath being boring. What activities can we do to help them enjoy the Sabbath? What are some of the activities we should refrain from on the Sabbath?
6. Some persons work on the Sabbath such as doctors and nurses. What advice would you give to them to aid them in keeping the Sabbath while they work? Is it ok for a Sabbath keeper to exchange their shift with another person who is not a Sabbath keeper?
7. A young Seventh Day Adventist friend is interested in joining the armed forces. However, it is understood that they must work on the Sabbath. What advice would you give to him/her?
8. There has been a disruption in water supply for over one week. However, water returned on Sabbath morning. Is it ok for someone to stay home from church to complete household chores such as washing and cooking on the Sabbath?
9. Brother A is late for church each Sabbath. He says the reason is; he works very

hard all week. He explains his working hours are from 7am each day. As a result he uses the Sabbath as a day to relax and sleep in a little later, then gets ready for church. He gets to church each Sabbath at 11am in time for midday service. What advice would you give to Brother A.

10. As a farmer and shepherd is it ok for me to tend to my plants and animals on the Sabbath. Specifically, can I give my animals water and feed them on the Sabbath.

Special Music:

Superintendents Closing Remarks:

Thank you members of the panel for your time and your input. I pray that everyone in the congregation was edified and blessed. It is the hope that we found a deeper more meaningful relationship with Christ, even as we follow his word on Sabbath observance.

There are varying cultural shifts in many things but this should not affect our understanding and practicing of God's word. God has left us with a sacred promise in

Isaiah 58:13-14 (KJV)

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:

Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.

I pray we are blessed with rides on the high places of this earth and that we are allowed to feed in the heritage of Jacob as we strive to keep the Sabbath holy and find it a delight.

**Giveaway for newest member and oldest member*

Sabbath school is now adjourned until next Sabbath.

Tags

Sabbath

Bible

biblical sabbath
sabbath rules
sabbath holy
sabbath sunday
sabbath work
7th sabbath

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Comments

Esther Lepilepi Kawa (not verified), Sep 30 2020 - 7:18pm
I've really enjoyed going thru this program

- Reply

Anonymous (not verified), Oct 03 2020 - 6:10am
Very good prgram

- Reply

Permalink

Sharon Caesar (not verified), Jul 23 2021 - 1:22pm
Very thoughtful....you are anointed to fulfil your purpose

- Reply

Emmanuel Michelo (not verified), Apr 28 2022 - 11:42am
It is really a blessing having read through this program.

- Reply

Simeli (not verified), May 06 2022 - 8:12pm
Lovely programme and very Good

- Reply

Anonymous (not verified), Sep 03 2022 - 5:51pm
Wow very nice program I will use it for our Sabbath school thank you so much.

- Reply

Janett (not verified), Apr 22 2024 - 12:17pm
This program will definitely help with a better understanding of the Sabbath. May the Lord bless you.

- Reply

Permalink

Rosemary Munseka (not verified), Apr 22 2024 - 3:29pm
This is is nice program i look forward to presenting it to the team for the next sabbath school

- Reply

Caroline Johnson (not verified), Apr 22 2024 - 5:51pm
Interesting.
This should renew our commitment to God to keep the Sabbath day holy.
More blessings ?

- Reply

Dean morgan (not verified), Apr 24 2024 - 8:24pm
Thank you very much..I am going to use this programme..The holy spirit is using you..

- Reply

Claudette Miller (not verified), Apr 25 2024 - 10:03pm
Thank you
Very interesting program

- Reply

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