

THE THIRD PILLAR — Isa. 58 : 13, 14

"Turn away thy foot from the Sabbath." This means: **Take your foot off the Sabbath!** Cease to trample it under foot as if it were a common thing.

"Call the Sabbath a delight." A "delight" is something that gives us intense and lasting pleasure; something that we think of with relish; something that makes our hearts glow; our faces shine; our eyes sparkle; our pulses leap. This is God's ideal in the gift of the Sabbath. He never intended it to be a day of austerity and gloom, a hardship, a burden, or a yoke of bondage.

THE FOURTH PILLAR — Ezek. 20 : 12, 20

"Hallow" is a word which brings an instant hush over the heart. It means to treat the Sabbath with profound reverence and respect.

"A sign between Me and you." Just as the wedding token worn by a bride is the visible sign of a unique relationship between her and her husband, so the Sabbath day is the sign of a special relationship between God and His people. **It is the visible badge of those who worship God as the Creator**, when the majority of men have allowed the fact of Creation to fade from their minds. If a woman loves her husband, she does not try to hide the token he gave her. She proudly and openly wears it.

"The Lord that doth sanctify you." These words show that in the mind of God, the Sabbath is much more than the outward, formal observance of a particular day. Fundamentally, the Sabbath is an experience of sanctification—a condition of heart—whereby the believer himself is separated unto God—set apart for His use. **It is the marriage of the human will with the will of God.** This experience is not confined to a particular period of twenty-four hours. It overflows from the Sabbath day and extends to every other day in the week.

The Sabbath can therefore be truly loved and revered only by those who have come to know the power of God in "sanctification". This is the Old Testament word for conversion, or re-creation, whereby **the life is voluntarily and permanently set apart as the property of God.** The outward observance of the Sabbath day is the God-appointed sign of this inward experience.

THE FIFTH PILLAR — Matt. 24 : 20

Here is proof from Jesus' own lips that the sacredness of the Sabbath would continue unchanged into the Christian era. The Roman invasion of Judaea, which made it necessary for the servants of Christ to flee from Jerusalem and the surrounding districts, did not take place until A.D. 66-70, almost **forty years after this prediction was made.** It is evident, therefore, that Jesus' attitude to the Sabbath did not change after the Cross, neither did He wish the attitude of His disciples to change.

THE SIXTH PILLAR — Mark 2 : 27, 28

"Made for man." Man was created before the Sabbath, not after it. The Sabbath was then made for **man's benefit**—for his refreshment, rest and well-being. "Man" is used here to mean "mankind" as a whole, not merely one section of the human race.

"Lord also of the Sabbath." The Sabbath is the only day of the seven which Jesus claims as His own. It is therefore the true "Lord's Day" of the Bible. As the Lord of the Sabbath, Jesus is its Maker, Owner, Interpreter and Defender.

THE SEVENTH PILLAR — Luke 4 : 16

"As His custom was." A custom is a regular practice, a habit. Two lifelong customs of Jesus are mentioned in the Gospels. One was the custom of prayer. The other was the custom of Sabbath observance.