

# The Sabbath



Week Three

## inTro



Read This Week's Passage:  
Isaiah 58:1–14



See videos at  
[www.inverseible.org/SDAH03-a](http://www.inverseible.org/SDAH03-a)

## THE GATHERING TIME

After the movement splintered into various factions in the years following the Great Disappointment, God chose to use the Sabbath to reunite His believers. We cannot ignore the influence of the Seventh-day Baptists on this movement. One prime example is Rachel Oakes Preston, who shared the Sabbath truth with Pastor Frederick Wheeler. When Pastor Wheeler embraced the Sabbath message, a small Sabbath-keeping congregation formed in Washington, New Hampshire, where the first Sabbath-keeping Adventist church still stands today.

Thomas Preble, another influential Baptist, was the first Millerite-Adventist minister to advocate for the Sabbath in print. Sadly, he only kept the Sabbath for three years, but his pieces made a huge impact. Joseph Bates read one of his tracts, accepted the truth, and in early 1845 became arguably the most important advocate for the seventh-day Sabbath. Bates authored his own Sabbath tracts, which convinced James and Ellen White to keep the Sabbath as well. Preble's tracts also reached Marian Stowell, a fifteen-year-old living in Paris Hill, Maine. She accepted the Sabbath and shared the tracts with her brother Lewis and J.N. Andrews, who was also fifteen years old. Both young men accepted the teachings she shared.

The origins of Sabbath keeping within the Adventist movement are humble, but perhaps that's what lends it the most power. God used people from wildly different backgrounds, geographical locations, and ages to illuminate a vital truth—a truth that defined the movement and that has since spread to every corner of the world.

Handwriting practice area with a grid of dots.



## inScribe

Write out Isaiah 58:1–14 from the translation of your choice. If you're pressed for time, write out a portion of the primary passage. You may also rewrite the passage in your own words, or outline or mind-map the chapter.



Go back to your scribed text and study the passage.

**Circle** repeated words/phrases/ideas

**Underline** words/phrases that are important and have meaning to you



Draw **Arrows** to connect words/phrases to other associated or related words/phrases

What special insights do your marks seem overall to point to?



Memorize your favorite verse. Write it out multiple times to help memorization.

Why do you think the Sabbath was chosen as the truth to unite the early Advent believers? Why this doctrine and not another one?



Read more at [www.inversebible.org/SDAH03-3](http://www.inversebible.org/SDAH03-3)



## inTerpret

After looking at your scribed and annotated text, what special insights do your marks seem to point to overall?



What questions emerge after studying this week's passage?  
What parts are difficult?

What other principles and conclusions do you find?

In what ways does the practice of just going to church, sometimes all day, and sitting and listening to services not constitute real Sabbath worship?

If Isaiah 58:3, 4 were written personally for you today, what types of religious service would be listed in place of fasting?



Read more at  
[www.inverseible.org/SDAH03-4](http://www.inverseible.org/SDAH03-4)



What relationship do the following verses have with Isaiah 58:1–14?

- Genesis 2:1–3
- Exodus 20:8–11
- Isaiah 66:22, 23
- Mark 3:1–6
- Micah 6:8
- Matthew 25:31–46
- Ezekiel 20:12, 20
- Hebrews 4:10

What other verses/promises come to mind in connection with the primary passage?

Review your memorized verse from Isaiah 58:1–14.



**inVite**

Meditate on the primary passage again and look for where Jesus is.



What is Jesus saying to you through the main text?

How do you see Jesus differently or see Him again?

In what ways do we see Jesus finding delight in His own Sabbath experience?

Prayer Response:



Read more at  
[www.inverseible.org/SDAH03-6](http://www.inverseible.org/SDAH03-6)

The Sabbath



Review the memory verse.  
How does it apply to your  
life this week?

→  
After this week's study of  
the chapter, what are some  
personal applications you are  
convicted of in your life?

What are some practical  
applications you must  
make in your school, family,  
workplace, and church life?



Read more inSight from the  
Spirit of Prophecy at  
[www.inverseible.org/SDAH03-7](http://www.inverseible.org/SDAH03-7)



## inQuire

Share insights from this week's memory verse and Bible study as well as any discoveries, observations, and questions with your Sabbath School class (or Bible study group). Consider these discussion questions with the rest of the group.



Preble was instrumental in early Sabbath history, yet only a few years later he stopped keeping the Sabbath. How can we avoid this same outcome?

The Whites kept the Sabbath only after reading Bates' tract on it. What does this tell us about how God lead His movement into truth?

How can we avoid our own pleasures but still call the Sabbath a delight?

Is it ever okay to do the right thing for the wrong reason?

In what ways are we offering something to God through our Sabbath worship that He is not asking for?

How do we balance our need for spiritual nourishment on the Sabbath with our responsibility to serve and provide for others?

Why is honoring God through the Sabbath particularly important for end-time believers?