“Remember the Sabbath Day”

Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: but the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it. Exodus 20:8-11.

The fourth commandment is explicit. We are not to do our own work upon the Sabbath. God has given man six days for labor, but He has reserved the seventh to Himself, and He has pronounced a blessing upon those who keep it holy. On the sixth day all needful preparation for the Sabbath is to be made.... All purchases should be made and all our cooking should be done on Friday. Let baths be taken, shoes be blacked, and clothing be put in readiness. The sick require care upon the Sabbath, and whatever it May be necessary to do for their comfort is an act of mercy, and not a violation of the commandment... But nothing of our own work should be permitted to encroach upon holy time.

Sunday is generally made a day of feasting and pleasure seeking, but the Lord would have His people give the world a higher, holier example. Upon the Sabbath there should be a solemn dedication of the family to God.... Let all unite to honor God upon His holy day....

If you go forward toward heaven, the world will rub hard against you.... Earthly authorities will interpose. You will meet tribulations, bruising of the spirit, hard speeches, ridicule, persecutions. Men will require your conformity to laws and customs that would render you disloyal to God. Here is where God’s people find the cross in the way to life. But if the Sabbath of the fourth commandment is sacred, if it is indeed, as brought to view in the third angel's message, the sign between God and His people, we must be careful in every word and in every act to show God honor....
The strong force of the downward current will sweep you off your feet unless you are united to Christ as the limpet to the rock.

This devotional is from In Heavenly Places, by Ellen G. White.