

"Go, set a watchman,
Let him declare what he seeth."
— Isaiah 21:6 —

SEPTEMBER 1972

The Sabbath *Sentinel*



The Sabbath

Sentinel

EDITOR Eugene Lincoln
ASSOCIATE EDITOR Terril D. Littrell
EDITOR EMERITUS Ruby C. Babcock

Subscriptions \$2.00 per year. Rates for foreign subscriptions or club subscriptions to one address, and wholesale prices on quantities for resale or free distribution will be quoted upon request.

ASSOCIATION OFFICERS, 1972-73

President, Terril D. Littrell, 1214 N. Tucker St., Nevada, Mo. 64722; first vice-president, Albert G. Gearhart, 115 N. E. Sixth Ave., Galva, Ill. 61434; second vice-president, Frank M. Walker, Box 575, Meridian, Idaho 83642; third vice-president, Edgar Lippincott, Stanberry, Mo., 64489; secretary-treasurer, Lawrence Burrell, Route 1, Box 197, Fairview, Okla. 73737; recording secretary, Mrs. Frank Murphy, Bucyrus, Mo. 65444.

DIRECTORS AT LARGE

Eugene Lincoln, 4421 Winston Dr., Fort Wayne, Ind. 46806; Dr. Allen R. Babcock, 213 N. Kirkpatrick St., El Dorado Springs, Mo. 64744; Duane L. Davis, Box 3039, Midway, Wash. 98031; Kenneth H. Freeman, Friendly, W. Va. 26146; James L. Porter, Rural Route, Valley Center, Kan. 67147; Leo L. Floyd, Jr., 6636 24th Place, Hyattsville, Md. 20783.

The object of this non-sectarian, undenominational association is to bring together into one strong organization all believers in the Biblical seventh-day Sabbath (Saturday) regardless of sect, creed, or denomination, for the sole purpose of spreading knowledge of, belief in, and observance of the Creator's only Holy Day. The only qualification for membership is belief in the seventh-day Sabbath.

Annual member contribution: Regular or subscribing members, \$5.00; family membership, \$8.00 (individual certificates issued but only one set of records maintained and only one copy of the Sentinel and other mailings sent); contributing members, \$5.00-\$9.99; supporting members, \$10.00-\$24.99; sustaining members, \$25.00-\$99.99; life members, \$100.00 or more during any one year.

You'll Want to Read

Concerning the Commandments ..	3
"Bill, Don't Forget"	7
What Jesus Did on the Sabbath ..	9
The Truth Will Set You Free ..	10
Health Hints	11
Ten Words About the Sabbath	13
Note from the Editor	16
Hints for Writers	18



Vol. 23, No. 9; Issue No. 189

Price 20c

The Sabbath Sentinel is published monthly by THE BIBLE SABBATH ASSOCIATION, an independent, undenominational organization promoting the seventh-day Sabbath of the Scriptures. Fairview, Okla. 73737.

Second Class Postage paid at Broomfield, Colo.

Postal Employees: Please send forms 3579 to Box 2370, Denver, Colo. 80201.

WRITERS: Please type manuscripts double space and leave wide margins on all sides. Use only one side of paper. If you wish your manuscripts returned, include stamped, addressed envelope. Address to the editor, 4421 Winston Drive, Fort Wayne, Ind. 46806. We invite manuscripts on various aspects of the Sabbath, but cannot pay for them. Opinions in articles are those of the writers and are not necessarily endorsed by the Bible Sabbath Association.

I enclose

[] \$..... for membership and subscription to THE SABBATH SENTINEL.

[] \$2.00 for a 12-month subscription to THE SABBATH SENTINEL beginning with the month of

NAME

STREET

CITY STATE ZIP CODE

Concerning the Commandments

HERBERT E. SAUNDERS

A COUPLE of weeks ago a rather intriguing and thought-provoking letter found its way to my desk. Now I really enjoy interesting mail. It does something to my spirit. And this particular piece was so enjoyable to me, in a rather odd sort of way, I thought you might appreciate two or three paragraphs:

Some very serious words were spoken not so long ago by a comedian. He said, "If Moses were alive today and fulfilling his assignment from the Lord, he would say to the people, 'Here are ten demands from the Almighty, and they are nonnegotiable!' He might also add, 'And God said nothing about amendments either!'"

Those commandments are simple and uncomplicated. They are easy to understand. The first commandment tells us to worship God and none other. The second tells us that we must worship Him directly and that we must not have any idols. The third commandment calls for sincere worship without any elements of falsehood. And the fourth commandment tells us that there is a special time set aside for worship.

"No," concludes the letter in its last paragraph, "God's laws are not negotiable, neither are they subject to amendment. . . . The Bible does say that if we break the law in one point, we are guilty of all."

Now, as Christians, I am sure that we applaud such candor and concern in relation to the commandments of God. It is delightful to read something that suggests moral obligation and personal commitment to God's law. But there is something about this letter that I failed to mention—something that I believe makes the letter strangely hypocritical and uniquely tragic. The letter was written by a member of the Lord's Day Alliance of New Jersey—a group that supports Sunday legislation and emphasis on Sunday as the Lord's Day and the Sabbath.

In the middle paragraphs of the letter there is a magnificent sermon extolling the virtues of keeping the Sabbath and obeying God's commandments. It is an interesting discussion of the legal requirements Christians have to keep the Sabbath—but the whole discussion of God's law and the Biblical background of the Sabbath is strangely amended to refer to Sunday. The writers would do well, I believe, to heed their own warning, "And God has said nothing about amendments either!"

But my message today is not about the Sabbath. The letter is only an illustration of what we do to the commandments of God.

There is a story that comes from the cartoon strip "Archie." Archie is day-dreaming and says, "With all the alternate life styles today, I don't know whether to live by the sea or

in the city." "Why don't you live by the eleven commandments?" asks his father. "I know the Ten Commandments," says Archie, "but what's the eleventh?" To which his father replies, "Thou shalt not bend, fold or mutilate the preceding ten."

Perhaps this observation is the most profound thing we can say today about our relationship to the commandments of God. Perhaps the conscious breaking of the Ten Commandments is not characteristic of our way of life, but bending, folding, mutilating and amending them certainly is. Every one of us identifies with this condition of life. It is so easy to hedge—to rationalize—to bend the law just a little to fit our own ideas and circumstances. And Seventh Day Baptists are perhaps more guilty than others because we have a tendency to hide the other Nine Commandments behind our Sabbath piety and assume that we are exonerated from any guilt. No, there are ten equally important commandments.

In the Nineteenth Psalm the psalmist has been proclaiming the glory of God as seen in the universe, and then he turns his observant eye to a description of the glory of God as found in the laws, testimonies, precepts, commandments, and ordinances that God has established. To the psalmist there is something uniquely wonderful and beautiful about the established relationship of trust between God and His people. The joy of the relationship of obedience is summed up in the benediction that ends the Psalm: "Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my rock and my redeemer" (RSV).

But it is verses seven through

eleven that speak to us as we consider the meaning of the commandments for our day and age. In these few verses the psalmist offers us a glimpse of what the law can do for us if we really let it. In a day and age when lawlessness seems to be the rule rather than the exception, it will do us good to reflect on what it means to obey God—to live according to His commandments—to refrain from amending them to fit our own desires and dreams.

Powerful

First of all, the commandments are *powerful*: "The law of the Lord is perfect, converting the soul" or, as the Anchor Bible translates it, "refreshing the soul." Something happens to a man who does what God wants—who follows God's will. It is not easy to describe, nor is it easily explainable. But when a man or woman or child comes to the point of accepting God's laws as the law of his own life—something is changed. There is new freshness about life that brings new responses to what goes on around him. He sees all of life as God intended for him to see it and it makes sense.

The kind of power that the psalmist describes is like the power that forms the basis for the arts of self-defense known as judo and karate. It doesn't take a large man to learn these arts. What is necessary to put into practice the power available is to know the moves and the points of vulnerability in one's opponent.

What the law does for us is to make us aware of what power there is in God's plan. It changes our lives and makes us morally pure and creative. It helps us to realize that if

God created us, then He knows what will make us into the best there is in human nature. A person who understands God's laws and obeys them finds strength that the disobedient cannot find.

Plain

Secondly, says the psalmist, the commandments are *plain*: "The testimony of the Lord is sure, making wise the simple." There is probably no other passage in the Bible that needs as little interpretation as do the Ten Commandments. Ten rules for the living of life, and each one of them is explicit. We all know what God wants us to do. Where we make our mistake is in attempting to change their meaning to conform to our own wishes. And that is where we begin to bend, fold, mutilate, and amend God's purpose.

Jesus, in some way or other added His own interpretation to each of these commandments which makes the law that much more explicit. And what could be more plain and explicit than: "You shall love the lord your God and your neighbor as yourself"? None of us back out on that—it is as plain as day. We set our own trap then, when we try to make the commandments difficult to understand and keep. Thinking we are wise we interpret the law out of existence, and it no longer brings us into the presence of God. As Paul wrote: "The wisdom of this world is the foolishness of God." We can never reach the height of God's wisdom, so why don't we just take Him at His word?

Pleasing

In the third instance, the psalmist says that the commandments are

pleasing: "the precepts of the Lord are right, rejoicing the heart." If something is right, then there ought to be a certain kind of joy associated with its acceptance. But many modern Christians have made law a thing to be feared—a burden—a trial. We have a tendency to resist any attempt on the part of God, or anyone else for that matter, to suggest to us what we ought to do or how we ought to act. And the tragedy of the situation is that we feel the same about all laws. "Law and order" is once again making the rounds in this political year. But just how far are we willing to go? We all disobey the laws in some way—by driving too fast, by crossing the street against the light or in the middle of the block, by "borrowing" something from the office or shop, by skimping on our taxes; the list is endless. And I'm sure none of us would be very happy if we were caught, receiving a ticket, or had to pay a fine.

But there is something about God's laws that ought to make us happy. They are right, and we ought to be the kind of people who rejoice in the right—justice in what is good for all. Maybe the "thou shalt not's" have scared us away. But if God is our Father, then certainly He knows what is best for us, and that ought to make us happy. I'm sure that real obedience to God's commandments would bring us a special kind of joy we may never have experienced before.

Pure

In the fourth place, the psalmist says that the commandments are *pure*: "the commandment of the Lord is pure, enlightening the eyes." How

can anything God has given be blemished? If He gave the commandments, then they must be pure—clean—wholesome. They are good for us. But by our neglect and our unwillingness to obey them, we have tarnished them. Silver is beautiful if it is frequently polished. But left alone for a long period of time, it becomes tarnished. The same is true of the commandments—the commandments are pure, but we tarnish them by ignoring them, or conveniently disobeying them or bending them. They are no longer beautiful to anyone, when they ought to “enlighten the eyes.” Jesus knew that the commandments were pure, and He obeyed them so that it could be said of Him that He “was without sin.” Pure commandments, kept, make pure and holy individual lives.

Permanent

Fifthly, the writer of the Psalms claims that the commandments are *permanent*: “The fear of the Lord is clean, enduring forever.” There are those who today claim that the commandments of God are not binding upon Christians—but that is contrary to everything that is said about God and about His revelation to man. What God says and does is permanent: “If you love me you will keep my commandments.” Now, that doesn’t sound like an abrogation of the law, does it? No, the thing of which we can always be certain is that God does not change—He is “the same yesterday, and today, and for ever.” And what He intended for man when He gave the Ten Commandments He intends for us today.

We amend and bend the law when we suggest that somehow—in some

mysterious way—the commandments were done away with when Jesus came. No, just as God’s purpose for man is the same today as it has been since creation, so the pattern by which man must live is the same, so that endowment and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation nor shadow due to change.” The law of God is permanent—living forever.

Precious

In the sixth place, the psalmist suggests to us that the commandments are *precious*: “More to be desired are they than gold; even much fine gold.” Gold is certainly a precious metal—beautiful, desirable, and valuable. All you need to do is to read American history and the settlement of the West, especially California, to understand what the thirst for gold can do for a man. “Gold rushes” were literally that, and greed played an important part in the development of our nation. The one word “gold” would send thousands from one town to another in the often futile search for wealth and power.

But the psalmist says that the law itself is as priceless and precious as gold. But we certainly don’t seem to have a rush on the Ten Commandments. We aren’t going to trample over each other in order to stake our claim to twentieth chapter of Exodus or the fifth chapter of Deuteronomy. Perhaps that is because the appeal of the commandments and the precious experience of life their obedience brings has a long-range reward. The satisfaction that the law brings to one who lives by it finds meaning

(Continued on page 12)

"Bill, Don't Forget"

EUGENE LINCOLN

A FEW years ago a large sign-board on a main thoroughfare in Dayton, Ohio, proclaimed the following message:

"Bill—Don't Forget
MY BIRTHDAY
is JULY 25th.

You Know Who!"

Since "Bill" had forgotten his wife's birthday for the previous two years, she had rented space on the board, past which he drove to work each day, to remind him. Her direct way of reminding him was a success—he remembered!

Most of us have good forgetteries. Department stores, loan companies, and banks each month mail out gentle reminders that have pictured a finger with a string tied around it and—usually in red—the words below: "Have You Forgotten . . . ?" Following this is a hint that one's monthly installment is overdue, and a suggestion that prompt attention to its payment will be appreciated.

In terms of its effect on the world, perhaps one of the most important forgotten things is a ninety-four word command tucked away in the middle of nine others in Exodus 20:2-17. These divine orders provide a standard by which the world will be judged in the last day (Eccl. 12:13, 14).

Of all the Ten Commandments, only the fourth one is prefaced with



the word "remember." Why was not the command given, "Thou shalt keep the sabbath day holy" or "Thou shalt not desecrate the sabbath day" instead of "Remember the sabbath day, to keep it holy," as it was given when the hand of God carved the words on stone?

The most obvious reason for this, no doubt, was that the Israelites had been slaves of the Egyptians; and because they had been forced to work on the Sabbath for many years, they had probably almost forgotten it. That Moses was attempting to re-establish Sabbath observance among the He-

brew slaves even before he led them to freedom is alluded to in Exodus 5:5: "And Pharaoh said, Behold, the people of the land now are many, and ye make them rest from their burdens."

But the Giver of the law knew that in time to come, of all the ten mandates, the fourth would be the one easiest for man to forget. History has proven this. Among followers of God, it has always been considered sinful to have other gods, to worship images, to profane God's name, to dishonor parents, to kill, to commit adultery, to steal, to bear false witness, or to covet. But to break the Sabbath, in the eyes of many, was another matter.

Nehemiah found widespread disregard for the Sabbath in his time and had to remind the people that such disobedience on the part of their fathers had been a cause of the destruction of Jerusalem (Neh. 13:15-18). Even the people of Jesus' time through their burdening of the Sabbath with countless man-made restrictions (e.g., carrying a handkerchief on this day was considered unlawful "labor"!), were still forgetting its real meaning; their legalistic traditions had buried the true significance of Sabbath observance to where it was not evident to the average person. Jesus sought to show people the real meaning of the Sabbath—that it was "made for man" (Mark 2:27, 28).

In the years following the death of Jesus and the original apostles, as more gentile believers came into the church, the Sabbath began to fall into disrepute. The first day of the week, which was recognized as the day of the Lord's resurrection, was originally observed along with the Sabbath—the former as a solemn worship

day and the latter as a day of rejoicing. Gradually, there was less accent on the seventh day and more on Sunday observance.

E. P. Woodward in his book *The Christian Sabbath* (pp. 21, 22), says:

Ecclesiastical history also tells us that this is just what they did for a time, keeping one day as a rest day, and the other as a memorial day. History is equally positive that the seventh day was soon laid aside, and only the first day kept; so that, after a comparatively brief period, . . . the Christian world were agreed in observing only the first-day Sabbath.*

The Christian world generally not only has forgotten the true Sabbath since, but it has at times persecuted those who did remember and seek to keep it. In 1661, Pastor James of the Bull Stake Alley Seventh Day Baptist Church in London, England, was hanged, his entrails drawn, his heart cut out and burned, and his head placed on a pole in front of his church because of his belief.

John, the last surviving apostle, foresaw a work of reformation in the last days of earth's history, which he describes as the messages of three angels in Revelation 14. One of these messages of reformation is a call for a return to the true Sabbath. The language of Revelation 14:7, last part, bears a striking similarity to that of the Sabbath commandment (Ex. 20:11). This message is like a mighty signboard reminding the count-

*Quoted in Cottrell, Roy F., **The True Sabbath** (Nashville, Tenn., Southern Publishing Association, 1942), pp. 63, 64.

less "Bills" of the world not to forget God's one holy day.

Why is it of such importance for the modern-day Christian to remember to observe the proper day as Sabbath?

One day was instituted at creation by the Creator; the other has an origin clouded with sun worship. (Emperor Constantine, when enacting the first Sunday law in A.D. 321 referred to it simply as *dies solis*—the day of the sun.) One day is commanded by God; the other, simply by tradition. The true Sabbath has never been changed—God would not and man could not.

But there are at least two other important reasons for observing the one day God has commanded us to remember. Sabbath observance is a sign of a sanctified life (Ex. 31:13; Ezek. 20:12, 20). Note that Sabbath observance does not *make* one holy, but that it is a *sign* of a made holy by Christ. The second reason is the reward promised; we shall be fed with "the heritage of Jacob" (Isa. 58:13, 14). What is the heritage of Jacob? It includes all of God's promises to Jacob; among them are the assurance of "plenty" (Gen. 27:28), the blessings of God and of other people (v. 29), and the promise that "I am with thee, and will keep thee in all places whither thou goest... for I will not leave thee, until I have done that which I have spoken to thee of" (Gen. 28:15).

President Lincoln once asked a group of visiting dignitaries how many legs a sheep would have if you called its tail a leg. They replied in unison, "Five."

"No," he replied with a sad smile, "it would still have four, for calling a tail a leg won't make it one."

Calling Sunday the Sabbath or the Lord's Day will not make it so. Calling Sunday observance obedience to God's Fourth Commandment does not hide the fact that it is not. He has stated unequivocally, "Remember the sabbath day, to keep it holy... the seventh day is the sabbath...."

His command shines through the ages like a lighted signboard telling us to remember. Dare we forget?

What Jesus Did On the Sabbath

R. H. MARTIN, D.D.

First: In His observing of the day He gave first place to worship and religious instruction.

Near the beginning of His ministry we read, "And he came to Nazareth, where he had been brought up. And he entered, as his custom was, into the synagogue on the sabbath day and stood up to read."

Second: Jesus gave time in His Sabbaths to social fellowship with others, dining and conversing with them about the things of His kingdom.

"And it came to pass, when he went into the house of one of the rulers of the Pharisees on a sabbath to eat bread, that they were watching him."

Third: Jesus gave much time on the Sabbath to ministering to the sick and suffering, and to the spiritually destitute.

Of His 33 recorded miracles seven were performed on the Sabbath.

from **The Day**

The "truth hurts" idea is wrong.

The Truth Will Set You Free

DR. JOHN C. SPROWLES

I RECENTLY saw an old movie on television, about a scandal magazine and its editor, and the subject of the story was that this editor published material dealing with the private lives of people. He had a large sign on his office wall, quoting John 8:32.

This picture showed what many people believe, that the truth hurts, but that is not what the Scriptures teach. We often see people like the scandal editor pictured as presenting the truth in the wrong way.

Certainly the truth is not the truth unless it contains intelligence, and God never intended that truth to be told as this picture told it, but this picture points up the popular belief that the truth is hurting and harmful and the individual who told the "truth" in the picture was shown to be an evil man.

There are magazines that print slander about well-known people, and the law of God condemns such magazines—but why do they always picture the truth in such a way?

The truth does not hurt, and the truth does set men free, but most people, even in religion, get confused on what is the truth and how to apply it. The Bible says that God's Word is truth, and this truth is the foundation of all truth in all fields.

There are many pieces of knowledge, or sciences, but the truth in all these sciences will agree with the truth contained in the Bible. There is no such thing as two conflicting truths,

for all truth agrees with all other truth on the subject in question.

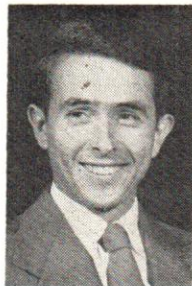
Many in religion condemn science, and many in science condemn religion; but this should not be so, for science where it is correct and religion where it is correct come from the same God. Take the subject of healing. Most medical people do not believe in "faith healing," and the science of psychology often condemns spiritual healing—but all healing comes from God, even if medicine and surgery are used to bring about the cure.

Certainly, no sick person is going to get well unless God wills it, no matter what science does; but God also uses the truth of medicine and psychology to heal, and they are just tools of the divine plan.

Instead of religion and science fighting each other, they should both work together to do the will of God—as should all people.

I once heard a well-known local personality say that you can prove anything by the Bible—and in a way, he was right, for by taking verses of the Bible out of context one can twist the meaning.

(Continued on page 14)



HEALTH HINTS

by Dr. Allen E. Babcock

TODAY let us begin a series of vitamin studies by starting at the top of the alphabet. For our consideration today let us divide Vitamin A into functional parts: (1) a deficiency of the vitamin in the diet produces inadequate production and regeneration of "visual purple," that element which allows good sight vision, with the result of such deficiency being night blindness. (2) disturbances in the epithelial tissues, several defined eye diseases, also lessened resistance to infections.

Vitamin A is present in concentration in liver oils of the cod and other fish, in butter, egg yolk, cheese and liver, as well as in many green leafy vegetables and carrots, also yellow fruits—especially apricots. Dr. Arnold E. Schaefer, chief of the nutritional program of HEW 1969, noted, "An early symptom of Vitamin A deficiency is night blindness." In advanced deficiency, permanent blindness occurs. No such cases have been recorded in the U.S., but 13 per cent of the population are in a high risk category."

Dr. Oswald A. Roels, researcher of marine biology division of Columbia University Geological Observatory, Palisades, N. Y., observed: "Despite the extremely low price of Vitamin A (five cents per day average daily

requirement) the problem of vitamin A deficiency remains with protein malnutrition as one of the two most serious nutritional diseases in the world today. There is a high incidence of respiratory infections, digestive upsets, measles, and other infectious diseases in children suffering from eye diseases related to vitamin A shortage in the diet." Clinical experience shows that treatment for alimentary problems involving the lining membranes such as colitis, gastritis, and bladder infections is more effective when the vitamin A level is adequate.

A world authority on Vitamin A said recently that scientists in the 1920's and 1930's were correct in referring to vitamin A as the "anti-infection vitamin." Dr. George Wolf told the annual meeting of the American Association for the Advancement of Science that "one of Vitamin A's major functions is to maintain the strength of cell walls so that viruses cannot penetrate them." Viruses must penetrate cell walls if they are to be successful in causing infection or disease.

Dr. Wolf is one of the several scientists who believe that vitamin A is a hormone. Unlike other hormones, however, vitamin A is not manufactured in the body. According to Wolf, "There is no reason to think

of all hormones as synthesized in the body. This one is taken in through the diet and stored in the liver until needed."

From "What's New," November 1968: "A shocking incidence of low or nonexistent liver store of vitamin A has been observed in 100 consecutive autopsies performed in Ottawa, Canada. Since over 90 per cent of the body's vitamin A is stored in the liver, it is clear that a high proportion of the Canadians tested were in unsatisfactory vitamin A status at the time of death. Dr. Murray, who is chief of the nutritional division of the Food and Drug Directorate in Ottawa, says that he suspects environmental prone candidates include drugs, pesticides, or food additives which may be reducing utilization or increasing the metabolism of vitamin A.

Further studies of the influence of pesticides, particularly DDT, are recommended. Other investigators have shown, he said, that steers fed forage from a lot sprayed with DDT had significantly reduced stores of Vitamin A in the liver when compared to steers fed unsprayed forage. In the rat, also, ingestion of the pesticide impairs utilization or storage of vitamin A.

In conclusion Dr. Murray said that absorption and utilization of vitamin A is not easy to alter. It may be an as yet unrecognized combination of poor diet and environmental factors that are responsible for low level of vitamin A storage.

Last month we talked about protein and we mentioned that no nutritional element was unimportant. One of the elements essential to utilization of vitamin A is tryptophane, one of the essential amino acids, and symptoms of vitamin A deficiency will de-

velop if tryptophane is lacking in the diet.

There are many instances where one element lacking in the diet may render others ineffective or at least reduce their effectiveness. It behooves everyone to know and heed good nutritional advice, not their appetites.

Lelord Kordel, in *Eat and Grow Younger*, says, "Your great desire is to live a long and useful life, all the while looking and feeling far younger than your years. Certainly this goal is worth aiming at. But are you prepared to abide by the commandments? Because everything worth attaining has a price, and the price of a long youthful life is a planned diet." No more haphazard eating; no more pandering to a finicky appetite, no more plundering your body's health with indifferent and unwise selections of substandard foods.

CONCERNING THE COMMANDMENTS

(Continued from page 6)

day by day and experience by experience. The wealth of the commandments is not here today and gone tomorrow, but it is constantly bringing new life and new hope. It is like a vein of gold tucked away in an endless mountain—every day, throughout eternity, it brings forth its rewards. We need to desire the experience of living in God's will more, for then we will reap the rewards of joyous living.

Preventive

Finally, the psalmist claims for the commandments that they are *preventive*: "Moreover by them is thy servant warned, and in keeping them there

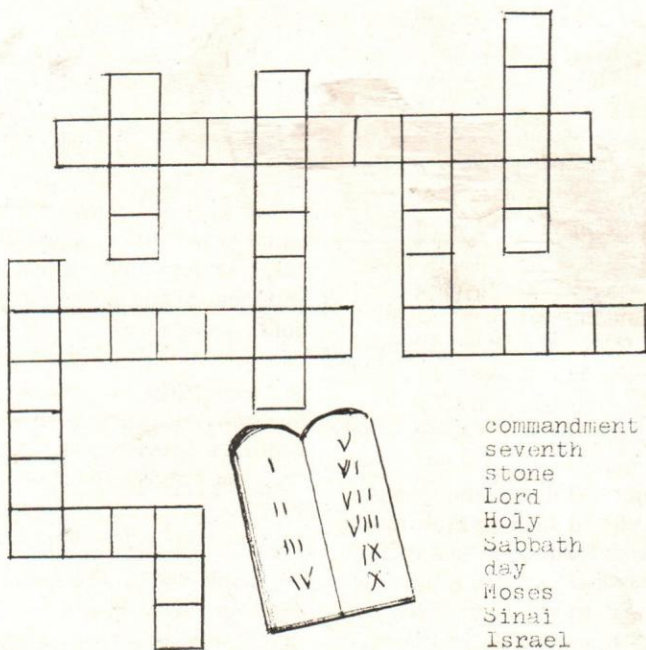
is great reward." The commandments are like a beacon which leads us through deep and safe waters. They act as a guideline for daily living. Someone has said, "If there were no laws, there would be no sin." But perhaps that needs to be amended, "If there were no capacity in man to sin, there would be no laws." We need the law because we need guidelines on how to live. Can you imagine what a weird world this would be without law? It would be a world of utter chaos. That's the only way to describe it. Laws give us direction, and the law of God is designed to give

direction for the ultimate experiences of life.

When they were building the second section of the New Jersey turnpike outside Newark, there were signs that kept travelers from taking certain exits. The bridge was built only so far, and any car venturing too far would drop several hundred feet to the ground. The signs prevented motorists from meeting their doom. And the same is true of the law—it prevents us from falling off the deep end of life. The commandments give us direction as to the good and safe roads, and keep us off the unfinished and

Ten Words About the Sabbath

By Darlene Lincoln



Arrange the ten words in the Sabbath puzzle.

dangerous ones. Anything that is that helpful and preventative must be good.

So today, even in our "I've-gotta-be-me" world, there is a need for good moral law, and that God offers us through His Holy Word. We need the direction and strength the commandments give us. We need the hope and joy they share with us. We need the freedom and purpose that they bring to our living. And above all we need the God who gave them to us. Written on the tablets that bear God's inscription are the words "do not bend, fold, spindle, mutilate, or amend." These are God's laws—they are His standards for living—and they will bring happiness and purpose to our lives if we obey them.

—Adapted from *The Sabbath Recorder*

"THE TRUTH WILL SET YOU FREE"

(Continued from page 10)

Why did God have the Bible written so that it could confuse people? You must remember that Jesus spoke in parables to hide the meaning from the people.

Why? Why can one prove anything by the Bible? Jesus tells us to search, knock, seek for the truth; and that's why God had the Bible written as He did—to confuse dishonest readers.

You can prove anything by the Bible if you're dishonest in your reading and in your intent, but dishonesty on the part of some searcher does not change the truth.

Communism claims that anything that advances its cause is truth, and this confusion by the Communists is not at all rare, for we never tell anything but white lies.

People do what they believe right, but when one confuses his or her mind, he no longer really knows the real truth. That's why we have the written law of God, for man has confused his mind so much that he now must be told the truth, the truth he knew in the beginning.

The truth sets everyone free, but before it can, it must be understood, and that's why we have the Holy Spirit.

A mental case is someone who believes a lie on the subject of his illness. When the mental patient faces and accepts the truth he is cured, but it was untruth that made him sick in the first place, and the truth will free him if he accepts it.

Man needs the Bible, for the Bible is truth—the Law of God—but all too often men will look for answers in the wrong place, or look dishonestly. That's why many in religion are confused, and this is true of all fields.

The truth does not publish people's sins, as the man in the picture did; the truth stops one from sinning, and when one repents completely, he will stop sinning.

We cannot go on in our sins and expect God to forgive us at the same time; yet many teach just that. They say that as long as we ask forgiveness for our sins, we can go on doing them.

Pure rubbish.

If you break the civil law, and you get probation, if you continue breaking the law, you'll go to jail. In a way, we are all on probation in life, and we keep the probation by stopping our sinning—not by going on with them, asking forgiveness.

That's the truth—and everyone who honestly looks for the truth will find

it; and when he finds it, it will not hurt. Popular opinion is wrong with its "truth hurts" belief, for the truth is of God, and He will reveal the truth to every honest seeker.

Looks at Books

Reviewed by the Editor

The Lord's Day, Paul K. Jewett.
(Grand Rapids, Mich.: William B. Eerdmans Publishing Co., 1971).
174 pp. \$2.95.

The author, a professor of systematic theology at Fuller Theological Seminary, gives the background for what he terms "the Christian day of worship."

He begins by giving a concise, but reasonably thorough and accurate, Sabbath history during the pre-Christian era. Then he states (p. 34): "There can be little doubt, then, that Jesus, as a devout Jew, observed the Sabbath." He later explains how Jesus gave a new, more spiritual, mean-

ing to the Sabbath than the Jews of that time had.

In chapter 3 the idea is advanced that "the Lord's Day" received its name from the fact that the Lord's supper was observed on that day, rather than that it was the day the early Christians recognized as the resurrection day.

Jewett feels that Sunday observance is a continuation of Sabbath observance, but maintains there are differences in the two days. He divides Sunday observers into four groups, according to their reason for worshiping on Sunday.

Though Sabbathkeepers will probably not agree with many of Jewett's assertions, the book is quite readable, giving the reader an insight into the thinking of modern-day Sunday theology.

It would be good to read this along with another book, about the same size, written by Herbert E. Saunders, a Seventh Day Baptist: *The Sabbath—Symbol of Creation and Re-Creation* (Plainfield, N. J.: The American Sabbath Tract Society, 1970).
111 pp. \$2.50.

LOOK OVER EVERYTHING . . .

that a donation to the Bible Sabbath Association will do.

It will help spread the Sabbath truth by radio and the printed page to thousands who might not otherwise know . . . and help promote understanding among Sabbathkeepers of varied denominational backgrounds.

Bible Sabbath Association

Fairview, Oklahoma 73737





A Note
from
the Editor

Stilled Voices

INCREASED production costs and rising postage rates, plus changing habits of the Christian reader, are working together to still voices that in the past have cried in the wilderness of religious journalism. One by one, small religious publications are falling by the wayside, victims—at least in part—of the price squeeze. With the latest increase in postage rate, others which were hovering on the brink of financial catastrophe probably will cease publication.

Small religious groups which once sponsored these magazines are phasing them out and replacing them with radio programs or, in some cases, with nothing at all. No doubt, the editorial and typographical quality of these small publications occasionally left something to be desired; but they often filled a needed place in emphasizing causes which the larger religious journals were usually keeping swept under their editorial rugs, such as the message of the seventh-day Sabbath.

Readers, too, are partly responsible for the stilling of these voices. Accustomed to the "slicks" with their highly paid writers and editorial staffs who have all the processes of modern color printing at their command, the reader has been conditioned to reject

any printed material which does not boast these expensive assets.

The solution? Perhaps it lies in a combination of several steps. First, sponsoring groups will need to subsidize their journals to an even greater extent than in the past if they are to survive. In some cases, publications with similar aims may find it advisable to merge, using the money saved to take advantage of modern printing techniques and to secure better editorial help. Organizations such as the Bible Sabbath Association can be of use in such cooperative ventures.

One thing is certain: unless some drastic action is taken soon, the voices of many small religious journals will soon be silent.

Eugene Lincoln

A Call To Unity

"Neither pray I for these alone, but for them also which shall believe on me through their word; **THAT THEY MAY BE ONE; AS THOU, FATHER ART IN ME, AND I IN THEE, THAT THEY MAY BE ONE IN US: THAT THE WORLD MAY BELIEVE THAT THOU HAST SENT ME**" (John 17:20, 21).

Are we as the people of God fulfilling this prayer of Jesus? We are not. Would you like to see it fulfilled? Would you like to have a part in a movement that is now working to accomplish this **ONENESS** by the power of the Holy Spirit? If so send us your name and address with zip code for the monthly periodical, "Voice of Unity," and information on what you can do. Write, Church of God, Box 02026, Cleveland, Ohio 44102.

Why I Believe In Keeping The True Sabbath

By Miss Amy Damon, age 18,
Pomeroon, Guyana

The Sabbath has many purposes for those who observe it.

First, it is a sign that God the Creator is our Covenant Lord. In Ezekiel 20:12 the Lord says: "I gave them my sabbaths, to be a sign between me and them, that they might know that I am the Lord that sanctify them."

Second, the Sabbath was made so that man can obtain spiritual refreshment studying God's Word, and associating with God's people.

Third, man accomplishes more and functions better when he rests one day in every seven. "Six days thou shalt work, but on the seventh day thou shalt rest" (Ex. 34:12).

Something else that helps me to believe in the true Sabbath is that those who keep it give honor to the whole day as God said to, while those who keep Sunday use only a small part of the day for God. They return from church only to finish off what previous work they left undone, or use the day for personal sports and pleasure.

When I attended secondary school away from home I used to live in a Sunday-keeping home. One time my

(Continued on page 19)

A Gilt-edged Investment With Guaranteed Returns of Fabulous Riches

We are hounded constantly these days with lures such as the above to invest our savings in questionable depositories that reputedly will cause our nickels and dimes to mushroom into dollars overnight. Insurance companies and their representatives make fantastic claims sounding like we can get "something for nothing." These schemes are **all** man-made, and no matter how reliable the firm behind them may be, the end result is the same: the investor comes out the little end of the horn and the company hauls in the profit.

Dear ones, there is a much more **sure** depository for your savings; a place where neither moth nor rust doth corrupt, and where thieves do not break through and steal (Matt. 6:19, 20). If you have property and wish to arrange before you leave this life for an eternal investment in heavenly treasure, avoiding the usual very costly process of estate probating and disposition of **your** property by the state, there is a plan by which you may do so, retaining for yourself a lifetime interest. For further information write

The Bible Sabbath Association

Fairview, Oklahoma 73737

"Before you start, breathe a prayer . . ."

Hints for Writers

If you are writing an article for this or any other magazine, here are some pointers.

● Type the manuscript if possible, on one side only; double space lines and leave ample margin (at least an inch) on all sides, more at the top. The reason is to leave room for editing and instructions to the Linotype operator, and to make it easy for him to set the article in type.

● *Always* look over your manuscript at least once—preferably two or three times—and check for spelling and mistakes of typing or writing. This makes the editor's job much easier, and will do much to decide whether your article will be used. Ask yourself: "Did I say this so the reader can understand exactly what I mean?" Above all, check Bible quotations carefully; see that spelling, wording and punctuation are *exactly* as they are in your Bible. If you feel another word in a quotation is preferable, use the word as given in the quotation and put your word in brackets (or parenthesis if your typewriter does not have brackets) immediately after the word. If you use a Bible version other than King James, please indicate. Some readers may not agree with you, and if they find that you have misquoted a Bible verse, and that we have let it slip through, they will find it hard to believe anything you say. Often

we will hear about it too.

● Please do not ask us (or any other editor) to "print this exactly as I have written it." In many cases this cannot be done. The article may have to be shortened to make it fit available space. Type is made of metal and cannot be compressed or stretched.

Furthermore, most publications have a style, or way of doing things. For instance, in this magazine, we spell numbers below 10; we make "Sabbathkeepers" one word, rather than two words or a hyphenated word; and we abbreviate the name of a state, if the city is given with it. The style a publication follows may or may not be "right," but it's the way it is done. Inconsistent style in a publication makes it harder to read.

● If you wish to send us a clear black and white picture, it will help acquaint readers with you.

● Enclose postage if you want your manuscript and/or picture returned.

● Above all, before you start your article, breathe a little prayer somewhat like this: "Help me, Author of all that is good, to be led by Thy Spirit as I write these things. Grant that Thy love to man, as well as Thy truth, may be revealed in these words that I put on paper, and that the readers may be brought closer to Thee by them. Amen."

WHY I BELIEVE...

(Continued from page 17)

guardián in that home made fun of me when I told her our worship on Sabbath takes up much of the day, morning and afternoon (including a lunch period), while she said hers was only two hours on Sunday.

Many people say Sunday is the Sabbath, but when they also remark on a Saturday afternoon, "A new week begins tomorrow," they make an obvious mistake. When I ask them, "How then could the Sabbath fall on the first day of the week?" they only breathe a sigh of uneasiness.

Jesus and His disciples kept the Sabbath. He taught how it should be kept so as not to become a burden but a blessing. Jesus is our final sanction. Ought we not to "walk even as he walked"? What God does is for all time, for God does not change.

—*The Sabbath Recorder*

PRAYER REQUEST

Prayer is requested for a lady living in Vancouver, Wash., who has cancer. She is taking daily treatments and has difficulty walking.

ANNOUNCEMENTS

Copy must be brief. No charge will be made, but offerings to defray cost will be appreciated. The right is reserved to reject any proposed copy.

Send all copy to Bible Sabbath Association, Fairview, Okla. 73737. Information as to dates and places of Sabbath services, camp meetings, radio programs, desire for employment by Sabbathkeeping people or vice versa, prayer requests, requests for information leading to Sabbath fellowship for isolated people, etc., will be included.

This feature, offered solely as a service for Sabbathkeepers, is probably not obtainable elsewhere and is for the purpose of fostering increased good will, love, and harmony among ALL Sabbath-observing people (John 13:35).

Gospel Evangelism College now has catalogs ready for Sabbathkeepers interested in the ministry, teaching, evangelism or for self-improvement in Bible knowledge.

Fees are extremely moderate, and this is a non-profit, chartered enterprise. Most of the certificates and degrees can be earned at home. Full credit is given for previous education and for experience. We would be grateful for a nominal offering to cover cost of preparation and mailing but this is not a requirement. Gospel Evangelism College, P. O. Box 622, Elizabethtown, N. C. 28337.

Those living in the vicinity of Sidney, Ohio, are invited to listen to "The Voice of Eternal Life" program every Friday at 6:45 p.m. over WMVR-FM, 105.5 mH on the dial. This program is sponsored by Christ's Restoration Revival, and the speaker is Elder David L. Roberts.

FOR SALE

Seven acres of timber land. Eight-room house. Two room house or cafe. Located 12 miles north of Poplar Bluff, Mo., on U. S. 67. Wish Sabbath people to have it. Contact Elder David Page, Route 1, Poplar Bluff, Mo. 63901.

Please renew your Sentinel
subscription on your birthday
without special notice.



Nothing Quite Like It!

That's true — there is nothing quite like
the Bible Sabbath Association.

IS IT A DENOMINATION?

No, it is composed of members of practically all Sabbathkeeping denominations — and some independent Sabbathkeepers, too. The only doctrinal qualification for membership is a belief in the seventh-day Sabbath.

WHY WAS IT FORMED?

Its main purposes are to promote fellowship and cooperation between Sabbathkeepers of various groups; to promote Sabbath observance on an undenominational basis; to restore respect and honor for the Ten Commandments as a whole, with special emphasis on the Fourth, which has been forgotten by most of the world; to encourage the repeal of laws which enforce the keeping of Sunday (or any day) by any unit of man's government; and to defeat the adoption of any calendar which would disrupt the seven-day weekly cycle.

INTERESTED?

If you are interested or want to become a member write to

THE BIBLE SABBATH ASSOCIATION

Fairview, Oklahoma 73737