

# RADIO CHURCH OF GOD

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TO ALL MINISTERS:

GREETINGS, in Christ's name! I'm sending you this special summary, and sermon notes taken in the Pasadena congregation by Henry McFarland, upon Mr. Herbert Armstrong's request. He asked me to follow up on his sermon about the Sabbath with one on HOW to properly keep the Sabbath-- and it WAS needed, because MANY of the brethren literally FEARED to stay to talk AT ALL, for fear they would be indulging in "PHYSICAL" talk. They literally DID NOT KNOW WHAT "SPIRITUAL" talk was. So here are my explanations and comments -- and Henry's notes, with the scriptures I used. I know you can put the IDEAS together, and with Christ's direction, preaching HIS words, get this SAME message to ALL the brethren of Christ's Church this coming Sabbath. God's Apostle asked me to do this -- and has commissioned me to instruct all of you to preach this message to ALL God's flock on the first Sabbath day after you receive it! Thanks, fellows -- and thank you for your continuing FERVENT prayers for my mother -- who grows MUCH WEAKER daily -- and still waits on Christ's intervention!

★ A concept I used was: THE SABBATH DAY IS "NO DIFFERENT" than any OTHER day in CERTAIN PHYSICAL RESPECTS: That is, we SLEEP. We wake up, dress, shower and shave, eat breakfast, move our physical bodies from place to place, converse, sit down, etc., etc. Each of these is a PHYSICAL ACT, but our MENTAL ATTITUDE OF MIND CHANGES these into SPIRITUAL ACTS.

I BEGAN with: What is SIMILAR about the Sabbath and every day, and then contrasted with how DIFFERENT we can make it. First, sleep. But, as I pointed out, even our sleep can be DIFFERENT, if we enter into our sleep with a more "restful" SABBATH attitude, after a Friday night Bible study, and after a little longer prayer than usual -- and after concentrating on the FACT of the Sabbath, that we can sleep a FULL eight hours (but NO LONGER, and certainly not long enough to make ourselves "sluggish" and "stupid" on God's Sabbath day) and get up without the tensions and pressures of having to hurry through Breakfast.

I mentioned morning prayer -- a LONGER prayer than usual. Then breakfast, with morning asking of blessing concentrating on SABBATH day, asking for protection for all traveling, blessing of services around the world, and inspiration for all the many services, etc.



I then mentioned morning family Bible study, making this DIFFERENCE, by departing from the ROUTINE DAILY Bible Study, taking a different, SABBATH DAY subject, from a parable, or from some section of the Bible that would apply to the specific family problems of the moment. LONGER prayer session together.

Then individual Bible reading. How it is NOT wrong, and does NOT condemn us to take a stroll, noticing the grass, trees and shrubs, how it is NOT wrong for a SHORT drive out of our way to a special beauty spot. I emphasized how we can SEE GOD in this brief break, or change of pace; by NOTICING and being observant about His creation (I mentioned examples about growing things, aphids on roses, birds, etc., etc.) and how we can TEACH OUR CHILDREN about the natural laws, and physical creation around us.

Shirl and I had strolled down to our plot of ground where our new home is being built (about three blocks off campus, across the street from the Elliotts, and backing up to the Plache's home), and had looked at the little green sprouts starting up in the garden we had planted almost two weeks earlier -- and I mentioned this.

Then, I went extensively into the fact that every person should "PRAY COMPLETELY AROUND THE WORLD" on the Sabbath. Take your time, and break your prayers up FINE (as Mr. Waterhouse's sermon here mentioned some years ago) -- and how I usually begin with Australia, asking for God's blessing on Wayne and Doris, on their children and their home; on Wayne's work, his office duties, and his business contacts; I ask that he'll be a dynamic, cautious, effective, warm and magnetic POWER for God, and that his sermons will be inspired, etc., etc. I ask for inspiration, protection, and help for his many helpers there, remembering various families, thinking of the Huse and Hughes, and Leroy Cole and his wife, and then thinking of, and praying for Bob and Evelyn Fahey down in Melbourne -- and trying, in prayer, to PUT MYSELF IN MELBOURNE . . . thinking of their city, of THEIR part of the world, and of THEIR personal problems. I pray for Bill and Caroline Winner, out in Perth, and for the people there, and around Kalgoorlie and Koolgardie, and the out-lying villages I may remember, from my map studies; and then pray for Roy and Sheila, and their family -- then up to the Philippines, and for Art and Marie, and the men on Mindanao, and Mr. and Mrs. Ortiguero and those in the office; then to India, and Mauritius, and to South Africa, and up to Geneva, and over to Dusseldorf, and to Britain; thinking about EACH PERSONALITY I know there, and praying for the WORK of God, for its PROTECTION, its GROWTH, and for God to KEEP those doors open -- and praying that the GOVERNMENTS in these countries will be guided that our work can continue.

Then to the eastern United States; to Mr. Raymond Cole and Myra, and to each minister I can think of PERSONALLY, and to all Church AREAS, trying to think of, and pray about INDIVIDUAL families as I can call them to mind, and including in my prayer those, in general I cannot; then to CANADA, and to all parts of the Western United States.



- \* I'm sure you ALL do this -- but, as I pointed out to the Church, by the time you've prayed ALL AROUND THE WORLD for God's work, and His ministry and His called out ones, YOU HAVE SPENT ABOUT ONE HOUR IN PRAYER!

BY THIS TIME, you can begin to ask for some of the HEALINGS we desperately need, for more FAITH, and for strength and encouragement in your own physical and spiritual problems -- and YOUR PRAYERS WILL BE HEARD.

GIVE THEM AN EXAMPLE of HOW to pray. DESCRIBE, as I did, the THRONE of God -- how you're praying to the great God who dwells between the Cherubim; who is surrounded with myriads of angels, and the twenty four elders, and the two great Seraphim --- the Creator of ALL, who created the vast spiral nebulae that make up the many GALAXIES beyond our own --- tell them HOW to make the Sabbath day a SPECIAL day of PRAYER -- how they can USE the maps and articles they have received in the GOOD NEWS, and can even open their eyes, glancing at different places where God's work is being done, and PRAY INTELLIGENTLY for it -- not just saying, "Lord, help your work!"

TAKE PLENTY OF TIME on this -- making your sermon SINCERELY INSPIRATIONAL ON PRAYER -- showing them how to PRAY, at least THREE TIMES on the Sabbath, with not so much emphasis on "PRAYING BY THE CLOCK" as on TALKING TO THEIR GOD! Be sure to emphasize, however, that they certainly CANNOT claim to be truly TALKING TO GOD in a casual, 10-minute prayer about the work IN GENERAL!

- \* ON THE CONVERSATION: I showed how, especially here at Headquarters, where so many are DIRECTLY employed in the work, it is difficult NOT to talk about "spiritual" things. When we greet one another, and say, "How are you?" We're expressing brotherly concern for our BROTHER IN CHRIST. When talking about each other's health, children, families and personal problems -- that is SPIRITUAL talk! Many assume we must only talk of the Holy Spirit, or be "quoting the scripture" to be speaking SPIRITUALLY -- but this is NOT SO! When we make "spiritual psalms and hymns in our hearts to the Lord" we are REJOICING in being able to TALK of the problems, the triumphs, the jobs, and experiences on them; our cooking methods, our clothing projects, and our gardens and GENERAL WAY OF LIFE! I showed how we are all WALKING ALONG A WAY. The WAY OF LIFE that leads to God's kingdom. And we TALK as we walk along -- we talk of the PATHWAY DOWN WHICH WE'RE WALKING. Perhaps we talk of the stones and sticks in our path, or the depth of the ruts, or the obstacles we must surmount. But we're TALKING OF THE WAY.

The only CARNAL talk I showed people get into is WONDERING HOW SOON THE SABBATH WILL BE OVER -- wondering about WHAT'S ON AT THE MOVIE, or what we're doing tonight; or WHAT WE'LL DO FOR ENTERTAINMENT as soon as it's sunset. But I also showed it IS NOT WRONG to ask a true brother and sister in Christ to dine with us -- briefly making a "date for dinner" later -- that this is NOT a sin!



I showed how to LIVE through a JAM-PACKED Sabbath, in a FULL, DEEP, refreshing sleep-- LOTS of prayer and study, a FAMILY study; how it is NOT wrong (especially for widows and those alone) to write a couple of brief, one-page encouraging notes to loved ones, or to listen to a brief news-cast, or read the front page of the paper) and how to make the Sabbath a DELIGHTFUL day; and one you will regret seeing pass!

★ Many people, of course, labor under "guilt" complexes on the Sabbath. They seem to take the attitude of the hypothetical Catholic Priest who said, upon taking a bite of a juicy New York Cut steak, "WOW! That's so good, it ought to be a sin!!" MANY of our brethren expressed real THANKFULNESS for being shown, IN DETAIL just what IS "spiritual" talk, and what is NOT.

MANY had been feeling "GUILTY" for talking of their health (BUT CHRIST is our Healer, and our HEALTH is preserved of God, and HE wrote the laws that guard it, and OUR VERY BODIES are His TEMPLE, and we LIVE only by His grace!), or their jobs (BUT CHRIST is our true Boss, and we WORK for Him, and on our jobs we learn MANY lessons about getting into His Kingdom, and we NEED to share some of these experiences with the brethren, on the ONLY time of the week when many CAN visit together in this fashion!) or their children (but children are the GIFT OF GOD, and HAPPY is that man who has his quiver FULL of them-- and we can see OURSELVES in them, and etc., etc.)

And so it is with ALL these areas of conversation. I emphasized BRINGING GOD into our conversation-- NOT "being on the run" because many pseudo-sanctimonious protestant bodies FALSELY MISUSE the name of Christ, and USE IT IN REVERENCE in our conversation.

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Well fellows, perhaps this explanation, together with the notes taken by Henry McFarland I'm enclosing (since you wouldn't understand my own), will give you sufficient ammunition to preach an inspiring and instructive sermon on HOW TO KEEP THE SABBATH to all of God's people this coming Sabbath day.

I had MANY comments here, on how many were GREATLY helped by it-- and felt their Sabbath observance was going to be much more meaningful and spiritual than before.

Mr. Armstrong wanted me to RUSH this to you-- so I'm typing it at 8:10 tonight, and have asked our Xerox personnel, secretaries, and office personnel to remain at work to get it to you.

I know Christ will inspire all His servants to "speak the same thing" in these messages-- and show His own called out ones HOW to truly "CALL THE SABBATH A DELIGHT" and REJOICE in it as a WONDERFUL BLESSING, and the BEST day of the week-- as never before!

With much love in Jesus Christ,  
Garner Ted Armstrong





SERMON: by Mr. Garner T. Armstrong, "How to Keep the Sabbath"

Many in God's Church don't know how to properly keep the Sabbath. When we keep the Sabbath properly we won't always feel guilty about talking, walking, driving or falling short in prayer and Bible study on it. The Jews made a burden out of Sabbath keeping. Prophets of Baal cried and gashed themselves and God's prophet made fun of them.

Matt. 23:2-5 - The Scribes and Pharisees were ascetic and self-righteous in keeping the Sabbath. The Sabbath should not be a yoke of bondage or a chore to us. If you have a negative attitude toward the Sabbath and view it as a chore, you are breaking it regardless of how much prayer and Bible study you do on it.

John 5:5-8 - Great miracles were done in the early Church and gradually waned as time went by. In this age they are starting out gradually and will increase more and more. v. 9-10 - The Jews had the height of a wretched attitude in the laws they attached to God's Sabbath. v. 11-18 - They even accused Jesus Christ of breaking the Sabbath and sought to kill Him. John 7:19-23 - Even today people tend to want to get into rigorism and ritualism regarding the Sabbath. But this is not the way to keep God's Sabbath in the Spirit. The Jews would circumcise on the Sabbath but sought to kill Christ because He healed on the Sabbath. God hates a legalistic, ritualistic spirit.

It is perfectly all right to stay after Services and talk. But we must know the difference between physical and spiritual conversation. Luke 13:11-17 - The Sabbath is a time to loose bonds. Luke 6:1-5 - Jesus Christ is Lord of the Sabbath. v. 6-12 - These Sabbath examples are given so we can know how Christ kept the Sabbath. The opposite extreme is the way Sunday worshippers go into complete licentiousness on Sunday. This is what we are doing if we sleep 12 hours on the Sabbath and let our minds relax and use it as a day of total leisure.

Mark 2:27 - The Sabbath was made for man. Ex. 20:10 - Keep it holy. Physically speaking the Sabbath is just like any other day when 24 hours pass. We sleep on the Sabbath. The way to sleep differently on the Sabbath is to know that you don't have anything to do when you wake up except rejoice and take a walk and study in your favorite chair and fellowship with your best friends. This should give us a better quality of sleep than we normally have.

When you wake up on the Sabbath rejoice and clean up with the thought that you are cleaning up to present yourself to God. You can think of the spiritual analogy of God cleaning you up spiritually.



Breakfast on the Sabbath can be much more enjoyable than during the week. You can ask a longer blessing on the food and emphasize the Sabbath in the blessing. The family can do the dishes together. Then you can have a family Bible study and go over a special subject that is different from your routine. In family prayer concentrate on the Sabbath and its meaning.

Before Services go for a leisurely walk and think about how God has created the things you see. Everything we do is physical, even prayer which has a spiritual result because of contact with God.

You can write brief notes of encouragement to other Church members on the Sabbath. But don't get into routines on the Sabbath. Before you come to Services talk to God awhile. But don't pray any specific length of time by the clock. Just pray until you know you have talked to God and you have prayed for God's work and people around the world. In your one major Sabbath prayer sometime in mid-morning don't get up until you have prayed for everything we should pray for in God's work. Use the sample prayer Jesus Christ gave and expound upon each section of it.

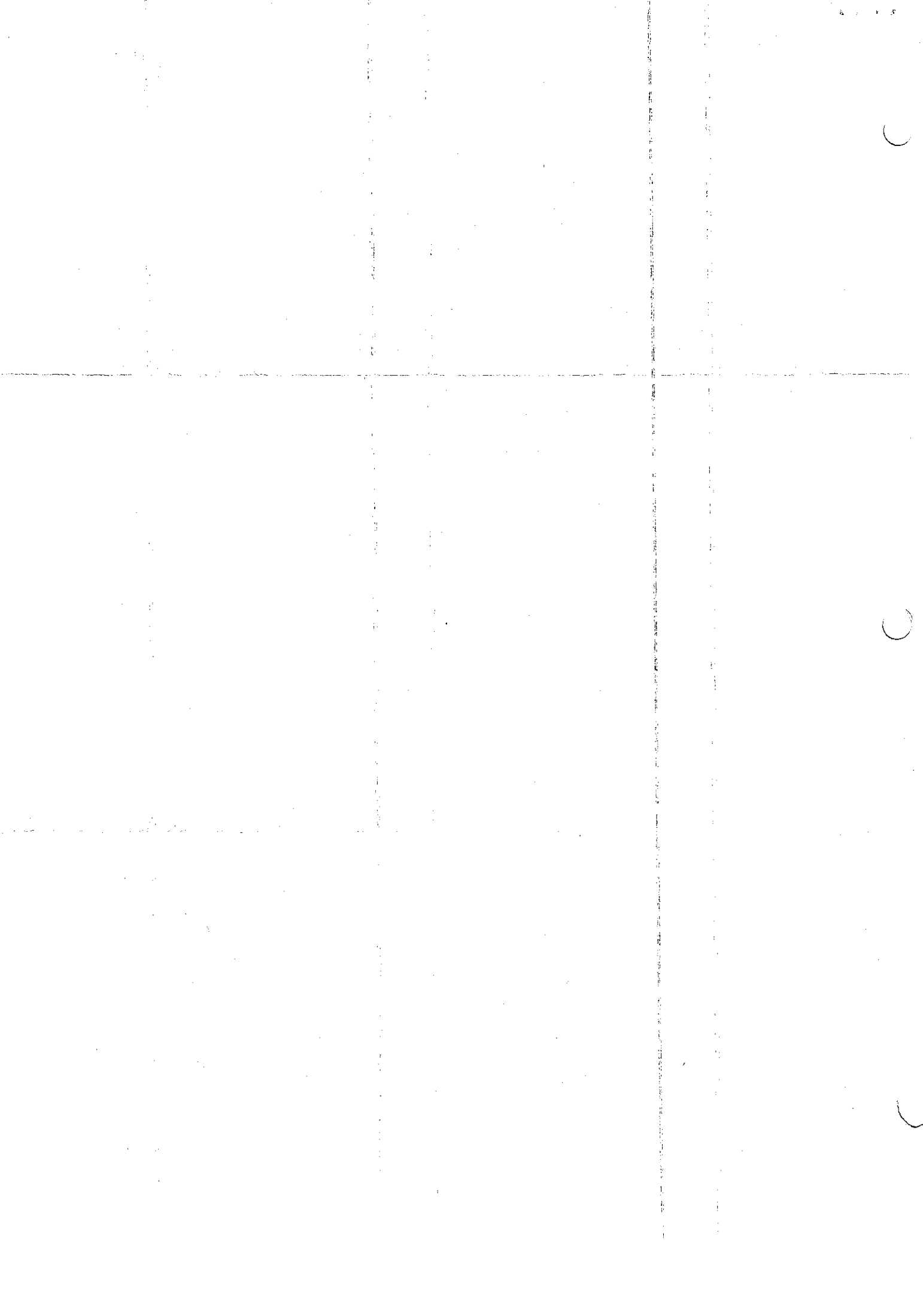
Do some private Bible study on the Sabbath. If you do all these things you will marvel that the Sabbath is gone so soon.

Take a light snack before Services. Come to Services in a Sabbath-Services attitude where you feel you are a highly trained specialist attending a seminar to teach you how to rule in the world tomorrow. We attend Services to fellowship with Jesus Christ and our brethren and to receive correction and knowledge we can use in overcoming and growing.

We are walking down a roadway toward the Kingdom of God and our brethren are on the same road. It is not carnal to talk about each other's children and welfare. There is nothing wrong with talking about our health. We can talk about food and the right preparation of it. We can talk about the clothing people wear and compliment and appreciate what others wear. It is not wrong to talk about going out to dinner with a brother after the Sabbath. But we shouldn't be talking about dates, movies and activities that we will be doing after the Sabbath.

Don't ask people what they thought of the sermon. But it is all right to just mention how much you got out of it. Some people think they can only talk about the Holy Spirit or the deep meaning of a technical Scripture and that they dare not talk about a physical thing. It is perfectly all right to talk about your job in God's work or an article you read in the PLAIN TRUTH or world affairs, or anything else that is friendly conversation within God's law.

We are a motley group and the only things that hold us together are the Holy Spirit and the Sabbath. Humanly we have nothing in common, but we have everything in common through Christ and His work. The very act of talking with our brethren is a spiritual act.



Desires for the Sabbath to be over, talking about what you will do after the Sabbath, speaking about people in a degrading manner or gossip are all wrong. It isn't natural to talk about positive, uplifting subjects. We only do it as a result of constructive thought.

Rom. 14:23 - If you don't have faith that you are talking about the right things, don't talk. But if you wonder ask a minister so you will know. Eph. 5:16 - Savor the Sabbath because the other days of the week are evil. v. 17-19 - We speak in Psalms and don't even realize it when we are giving God the credit for the blessings in our lives. Don't let the wrong use of Christ's name in Pentecostal talk embarrass you out of ever giving praise to God in your conversation. Ask Christ to put Himself in your conversation. Col. 3:16-17 - Teach and admonish one another by speaking of God's material creation and how it reveals God's glory.

Amos 8:1-5 - Beware that you don't even in the back of your mind think you will be glad when the Sabbath is over. If the Sabbath has been a chore to you, you haven't been keeping it spiritually. When it becomes a delight then you are keeping it properly. Isa. 58:17-18 - Do God's pleasure and not your own on the Sabbath. Call the Sabbath the best day of the week, the fun day, the savory day, and be a little sad when it is over.

The Sabbath is a memorial of the physical creation when we can observe how the creation operates. It isn't wrong to listen to a brief news broadcast or look something up in an encyclopedia on the Sabbath. It isn't wrong to talk about the Passover that is coming up or a trip you will be taking.

The Sabbath is a meaningful day looking forward to the Millennium. Keep it holy and know that your conversations are spiritual.

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## O U T L I N E

OF SERMON BY HERBERT W. ARMSTRONG, BEFORE  
HEADQUARTERS CHURCH, PASADENA, APRIL 1, '67

TO ALL MINISTERS: This is not a "directive" to preach on this subject next Sabbath--but a suggestion I feel may be well, or even needed in many churches. I am mindful that when a minister takes another's sermon, and tries to copy or closely follow it, it often falls flat. These notes are only suggestions. If you do speak on this subject, make your own outline in a way that is YOUR way and style--in a manner you can sink your "teeth in," and put your heart, enthusiasm and energies in--by changes, additions, deletions, or however YOU can best get the general Message to YOUR respective congregations.

WHY are we here? Customarily I ask that question at an annual Holyday or Festival. This is not an annual Holyday--but--WHY are we here? Do we know what DAY this is?

GOD has used Mrs. Armstrong's prolonged critical illness to SHAKE UP His Church--bring us to realization of lethargy, neglects, bogging down. He has used it to cleanse out spiritual waste from BODY of Christ--His Wife, to be re-married to Him at His coming. It must be presented a GLORIOUS Church--free of spot and wrinkle--holy and without blemish.

But, NOT YET fully cleansed--and not yet perfect. The cleansing and re-awakening has started--but, like

Luke 18:18-22 --ONE THING YET WE LACK!

NOT that we must go and sell all out material possessions--but in our case, something ELSE.

What have we already come to see--and to repent of? Minds been on cares, interests, even pleasures of this world--too much on physical, material interests--too LACKING in PRAYER and BIBLE STUDY! Thousands have repented. The BIG CHANGE HAS STARTED!

BUT--(as of Sabbath Apr. 1)--Mrs. Armstrong not yet healed--and last night it came to Mr. Plache and me that ONE THING LACKING we had not yet realized

To His Church--O.T.--ancient Israel, God put the emphasis on TWO Commandments! WHY these two? They are the two GOD'S PEOPLE most prone to BREAK! Commands against murder, stealing, adultery, etc., are against PEOPLE we see--are conscious of--are REAL to us. But GOD is NOT SEEN, NOT so REAL.

LEV. 26:1-3 (read only to first commas in v. 1,2).

Verse 3: "IF"--then will follow BLESSINGS. Blessings come from GOD. These two commandments keep us in CONTACT WITH GOD--in His GRACE!

The CHURCH has been repenting of having minds and interests on MATERIAL things--OTHER interests before The ETERNAL--lack of prayer--THOSE things coming BEFORE Him-- I D O L A T R Y! (Covetousness is Idolatry!)

BUT BRETHREN--we who make God's Sabbath a cardinal doctrine have NOT BEEN really KEEPING the Sabbath! We need to stop and realize more fully WHAT IT MEANS:

Gen. 2:1-3: 1) God ended WORK (not creating)--RESTED--but more! 2) Set apart for HOLY USE--He BLESSED--hallowed--made HOLY. HOW By His own presence in that Day! The Sabbath is MORE than physical rest--it is SPIRITUAL rest--rest from SIN in its typical MEANING.





The Sabbath is a space of TIME. Made HOLY! Belongs to GOD--HOLM to Him!

EX. 20:8: "REMEMBER" -- "KEEP it holy!" Cannot KEEP Sunday. Never made holy. Cannot KEEP ice-water HOT. & Cannot KEEP time HOLY unless has been MADE Holy. None but GOD has power to make future time HOLY.

To KEEP this time HOLY= "take foot off of"--quit trampling all over God's HOLY time, besmirching, dirtying, profaning. Moses learned what this meant-- EX. 3:1-5: -- and, ISA. 58:13-14.

But what's PURPOSE of the Sabbath? IMPORTANCE of--and WHY? Ex. 31:12-17: 1) a "SIGN" = badge of IDENTITY. A sign over a store, "JONES & SONS, DRY GOODS" identifies--tells ownership, and what kind of store, etc. A MARK (of Beast) is like a brand, forced on one. A sign is accepted or put up voluntarily. "Throughout generations" --how a SIGN--how IDENTIFY? "That ye may KNOW" who GOD is. It identifies God. And more ... "that doth sanctify YOU." Who sets us apart as HIS! It identifies US as His People--and the world KNOWS, recognizes and, carnality being hostile to God and those who are HIS, persecutes! Six days are OURS. But the 7th is GOD'S/ Holy to US (v. 14)--Holy to GOD (V. 15). V. 16: "throughout generations, for a perpetual COVENANT." It is a special COVENANT, binding FOREVER between God and His people! (V. 17). Sign FOREVER. HOW does it identify GOD? "For in 6 days He MADE heaven and earth, and on Sabbath day HE rested. It is ~~MEM~~ MEMORIAL of CREATION. Creation is the PROOF of God.

- Now, DOES IT MAKE ANY DIFFERENCE? IMPORTANCE of: Lev. 26:3-4, 14). Blessings for obedience--NATIONAL invasion, captivity, slavery, curses, for disobedience! Greatest punishment ever meted out to any people! Also -- JER. 17:21-27 with Jer. 52:12-13. Captivity--SLAVERY!

NOW--WHAT DOES GOD SAY TO US TODAY? (Hebrews = our Book for TODAY) The Book of the living CHRIST--what He is doing TODAY--what He has been doing since Resurrection and ascension into heaven. Heb. 1:1-3 (Moffatt)--Jesus sustains, rules UNIVERSE. ("All things" of A.V. = UNIVERSE). He is ALIVE--as ur High Priest. THEREFORE, Heb. 2:1-3 --CHRIST = living Head of Church--here WARNS us against NEGLECT. Will now show He means in re! Sabbath. WE are the Church already convinced of TRUTH of DOCTRINE of Sabbath-- BUT, perhaps didn't realize NEGLECT! Not deliberate, or intentional sin-- BUT NOW, (ch. 2:1) need to GIVE MORE EARNEST HEED." Don't let SLIP!

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HOW IMPORTANT? Briefly cover verses 6-10. We to be BORN of GOD, to inherit UNIVERSE. Now Heb. 3:1-3). Moses and Christ compared--CHRIST = GREATER. He is OUR LEADER. WE have HOLY SPIRIT--those under Moses did not! Heb. 3:7-10. Here WE, under Christ, compared to them, under Moses. Verse 7: Quoted from Ps. 95:7-11. This 95th Psalm is a SABBATH Psalm--regarding CONGREGATIONAL worship, on Sabbath. (Verses 1-2). Verses 6-7--Public worship "TODAY"--it was ON THE SABBATH! How did THEY (under Moses) harden hearts? Ex. 16:1-5, 10-14--(it was ON A SABBATH); Ex. 16:22-27 = REBELLION on SABBATH. One of EARLIEST SINS! Now, EX. 17:2-9--especially ~~xxx6x~~ v. 6-7: "Massah," and Meribah, (compare Ps. 95:8, margin or other translations).

On the SABBATH DAY (Dr. Hoeh has researched and proved)--God spoke to JOSHUA and Joshua preached--Josh. 4:14-15--verse 19--the 10th day of 1st mo. in that year was Sabbath, same as in year of EXODUS, and 31 A.D. when Christ made triumphal entry into Jerusalem just before Passover and His crucifixion. They had been 40 years in wilderness. This was year 1447 B.C. They left Egypt Abib 15, 1487 B.C. THEY were entering PROMISED LAND = type of our entering KINGDOM OF GOD. Because they hardened hearts--profaned Sabbath--that generation did not enter. Joshua warned this second



generation not to make the same mistakes their fathers did. So in HEBREWS  
we today are warned!

In PS. 95:7-11 David said: That was ON SABBATH Day.

On THIS SABBATH DAY, today, God says to US, Heb. 3:7-19. Actually the emphasis on this word "TODAY" in Heb. 3 and 4, always refers to THE SABBATH! The Promised Land, type of God's spiritual rest (Greek, "kataposin", which is type of being born into KINGDOM OF GOD. This "REST" is rest from slavery of SIN and its penalties and sufferings. Now read on thru HEB. 4. Especially v. 4, 7, 9. In v. 9 Greek for "rest" is "Sabbatismos" meaning "Sabbath Day REST." or "Keeping of a Sabbath." V. 10. If we enter into God's REST (kataposin), type of KINGDOM, we cease from work AS HE DID--Gen. 2:1-3. It was actual 7th-day Sabbath REST.

SO--the MESSAGE is--WHEN we come together TODAY (on the Sabbath), "Hear His VOICE--(in sermon)--have minds on, not carnal, material things WE too often ~~fwx~~ fill minds with--NOT material interests, cares, concerns, pleasures.

WE HAVE BEEN CARELESS!!--in HOW we keep God's Sabbath. HOLY to HIM! Best way to greet it = end all work an hour or more before sunset Fridays, get home, shower, put on CLEAN clothes, and WELCOME the Sabbath, as the sun is setting, calmly, peacefully, with Bible Study, or prayer, or singing hymns with words of PSALMS.

HOW ABOUT our "fellowshipping", visiting, etc., and conversation, AFTER services dismissed? Do we gossip, turn conversation to material or worldly things, immediately drive the spiritual message just heard out of mind? Do we STAND IN AWE of GOD, of HIS SABBATH, of HIS WORD?

Plenty other things, applicable to YOUR local congregations, will come to you.

Mr. Herbert Armstrong asked me to send this out after he had typed it directly from his typewriter. Please excuse the strike-overs.

D. J. H.

