



FOUNDATIONS

EXPLORE QUESTIONS

EPISODE 3 / SABBATH

1/ How does the Sabbath show us that God is the Creator and the rightful Owner of the universe?

2/ How beneficial would a simultaneous cessation of work be to me personally and to the planet as a whole?

3/ How would my life change (or how has it changed) if I would keep the Sabbath as God calls us?

4/ The early adventist pioneers not only studied but then shared the beautiful truth of the Sabbath. **How can you share the Sabbath in today's world?**

5/ How does the Sabbath "keep us?"