

## Lesson 7 Quality Time – Answers

### 1. Has God demonstrated that He wants to spend time with His children?

Come to Me, all you who labor and are heavy laden, and I will give you rest.

### 2. What special gift did God give the human family to ensure we would have regular time with Him?

And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

### 3. Was the Sabbath day intended only for Jews to keep?

The Sabbath was made for man.

### 4. How important is the Sabbath in the eyes of God?

Remember the Sabbath day, to keep it holy.

### 5. How is the Sabbath day important in our daily experience with God?

For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.

### 6. What else does the Sabbath tell us about our relationship with God?

Moreover I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the Lord who sanctifies them.

### 7. What day did Jesus keep holy?

So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day.

### 8. Which day of the week is the seventh—day Sabbath?

Then they returned and prepared spices and fragrant oils. And they rested on the Sabbath according to the commandment.

### 9. Did Jesus change the Sabbath day when He died on the cross?

Do not think that I came to destroy the Law or the Prophets. I did not come to destroy but to fulfill. For assuredly, I say to you, till heaven and earth pass away, one jot or one tittle will by no means pass from the law till all is fulfilled.

### 10. Did Jesus intend for the Sabbath day to be kept holy after He died?

And pray that your flight may not be in winter or on the Sabbath.

### 11. Did the early Christian church keep the Sabbath holy after Jesus died?

So when the Jews went out of the synagogue, the Gentiles begged that these words might be preached to them the next **Sabbath**. Now when the congregation had broken up, many of the Jews and devout proselytes followed Paul and Barnabas, who, speaking to them, persuaded them to continue in the grace of God. On the next Sabbath almost the whole **city** came together to hear the word of God.

**12. Does it really matter which day I keep as the Sabbath?**

The **seventh** day is the Sabbath of the Lord your God.

**13. Would failing to keep the Sabbath day holy really be regarded by God as a bad thing?**

Whoever shall keep the whole law, and yet stumble in **one** point, he is guilty of **all**.

**14. Does God want His people living in Earth's last days to keep the Sabbath holy?**

Here is the patience of the saints; here are those who **keep** the commandments of God and the faith of Jesus.

**15. Is a person who keeps the seventh-day Sabbath demonstrating that he or she believes in being saved by works?**

If you **love** Me, keep My commandments.

**16. In a world where most people do not keep the seventh-day Sabbath, what should a person do?**

We ought to obey **God** rather than **me**.

**17. Will the Sabbath day be kept holy throughout eternity?**

“For as the new heavens and the new **earth** Which I will make shall remain before Me . . . And it shall come to pass That from one New Moon to another, And from one **Sabbath** to another, All flesh shall come to worship before Me,” says the Lord.