
THE FORGOTTEN DAY

WHY MORE AND MORE PEOPLE
LOVE THE SABBATH

BEGINNERS GUIDE



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INTRODUCTION

THE MYSTERIOUS TRIANGLE

Have you ever come across one of those videos with a title like '15 things you didn't know the purpose of? One day I saw one being advertised on my Facebook timeline, the clickbait formula worked and it hooked me. Most of the things they shared were a bit fun, but did not add any value to my daily life. Except for one.

Apparently there was a person one day who thought it would be a good idea to put a small arrow triangle next to the fuel gauge on the dashboard of a car. Why? Get ready for this. It points to the side of the car where you have your fuel tank! No more pulling up on the wrong side at the fuel station or having your partner stick their head out of the window to

check if it's on their side (or is that just us?).

When you don't understand its purpose, it just looks like a useless little triangle. But when you understand the purpose of this simple, yet brilliant concept, it can prevent you from experiencing certain problems.

Granted, the problems you avoid in this example are not that big. But what if there is a concept of which we have forgotten the purpose, that could **solve environmental problems, promote strong social relationships, help you experience peace of mind in any circumstance and give you a unique opportunity to personally connect with God?**

Intrigued?

Let me tell you, millions of people around the world have rediscovered a concept that does exactly that, and it has changed their lives! In this guide, we help you to experience the incredible benefits of rediscovering the purpose of an ancient concept called, 'the Sabbath'.

AN ORIGINAL MASTERPIECE

Let's start at the beginning, literally. The Bible opens with those famous words, "in the beginning, God created the heavens and the earth" Genesis 1:1.

Over the course of six 24-hour days, God separated the land from the water, made the sun, moon and stars, the grass, trees and seeds. He made the animals in the air, sea and on the land, and as a crowning jewel, mankind. You've heard of Adam and Eve, right? And so, the Bible tells us, He was finished creating and he called what He had made, "very good"¹.

But then, God did something very remarkable. And this is so significant, I need you to read what happened immediately after what we just talked about.

"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."
Genesis 2:2-3

Did you catch that? If you are not scratching your head, you've probably missed it. We read that God finished His work on the sixth day. It

was "very good", remember? Yet here we read that God finished His work on the seventh day. What's going on? Did He finish it twice?

Think of an artist painting on a blank canvas. He paints his masterpiece, just like God created everything in six days. And then the painting is finished. But the work is not fully complete yet, it is missing one thing...

...the signature of the creator.

The seventh day is God's signature on His creation. God sits back, rests, and simply watches His creation. The original Hebrew language in which this part of the Bible was written, the word that got translated to the English word 'rested', is the word 'shabath'. Guess what we get from that? That's right, the Sabbath!

"The seventh day is God's signature on His creation."

And this Sabbath day is special. Very special. God sanctified it, which means He set it apart from the other previous six days. This specific day was consecrated for a unique purpose. What made it so special? It's God's signature on His creation. He worked for six days, but rested on the seventh (Saturday). That is the reason why we today have a 7-day weekly cycle.

¹ Genesis 1:31, 2:1

² Colossians 2:12, Romans 6:4-6



HERE YOU GO

So why is this significant for you and me today? The Bible tells us that *“the creator of the ends of the earth, neither faints nor is weary”* Isaiah 40:28. In other words, God doesn't get tired! Confused? Why did God make a seventh day and rested, if He doesn't get tired?

Good question! The creator answer us in His own words: *“The Sabbath was made for man, and not man for the Sabbath”* Mark 2:27.

Whoa! How's that for a plot twist? God made the Sabbath not for His sake, but for the sake of mankind! God didn't rest because HE needed to rest, He rested so that YOU can rest.

Adam and Eve, as the representatives of mankind, were just newly created on day six. There was no such thing as evil, pain or suffering. They could walk around and pick their food for free. They breathed clean air, did not have any radio frequencies around them and enjoyed amazing views all day long. They were just the two of them and their work was not burdensome in the slightest.

Yet before they even started their first day at the job, God said, rest with me. Rest, from what? They hadn't even worked yet!

“God didn't rest because He needed to rest, He rested so that you can rest.”

Still, God thought it **necessary to create a whole new additional day** for Adam and Eve's sake, to be able to rest with Him. Fast forward to our day and age, do you think the purpose of the Sabbath can offer us any value and significance today?





OUR WORLD TODAY

I don't know about you, but where I live, it sure ain't that perfect world Adam and Eve lived in. Most people in our world today experience things like stress, insecurity, worries, anxiety and fear on a daily basis.

We face an abundance of expectations of others, pressure to perform and deliver, yet we're always one step behind. It's never good enough and it never stops. Millions of companies pay big bucks to get our attention and expose us to their brand, message or product. There is always something, always a new next thing, in this fast-paced, 24/7-connected, ever-demanding world.

We are too busy, stressed, burned-out, even up to the point where in Japan they have a special word for 'death due to overwork' (karoshi¹)! And the interest and time for God is squeezed out of the day.

And I don't think any of us really enjoy the way the world operates. That's why when it gets too much, people seek to escape it and endlessly scroll on Facebook or Instagram, binge-watch Netflix, watch porn, play video games, sleep in till noon, etc.

There are many things people try to use to escape, trying to get that feeling of peace, but none of it really helps. Have you ever come back from a holiday, and as soon as you're back, you feel in need of a holiday as a result of your holiday? All these temporary fixes just numb our brain, giving us a seemingly feeling of relief, but as soon as that numbness fades, we're back to facing what we tried to escape.

That's why many people reach out to other alternatives, alcohol, cigarettes, drugs or yoga, while others continue going through these motions of life, forcing themselves to believe that's just the way it is. We are not in need of a shortcut 'fixing' the surface, but a more profound solution that deals with the underlying issues.

¹ *BusinessInsider*. "Japan is facing a 'death by overwork' problem – here's what it's all about"



THE GIFT THAT KEEPS ON GIVING

The Sabbath is the solution you need! It's what we all need. God designed the Sabbath to give you genuine peace and freedom; mentally, physically, spiritually, emotionally and all those other -ally's. God wants you to feel well-balanced and healthy in all those areas. Why? Because **He cares about you!** He knows exactly what you need to thrive and be happy. That's what He wants for you.

“God designed the Sabbath to give you genuine peace and freedom”

Check this out, this will blow your mind. He wants all that FOR you so bad, that **He commanded you to rest!**

In the 21 century we typically do not like being told what to do and not, but being told to rest?! I mean, come on, that's everybody's dream!

In the fourth of the famous ten commandments that God wrote with His own finger on two tablets of stone (meaning that these principles are unchangeable), He commanded the keeping of the Sabbath¹. In this commandment He literally commands us to stop, hit the pause button, and rest with Him. Ummm.. yes please!!

And the cool thing is, more than commanding us this opportunity, God also set up certain boundaries that accommodate an environment where we actually can enjoy the Sabbath to the fullest. It provides a kind of

protection, a 'permission slip' from our creator, so that we as individuals and as a community, can take hold of this gift that He made for us, without needing to feel guilty or make up excuses! Here's what I mean.

God tells us in the commandment, don't work. In other words, take a break from the regular, daily activities that you are engaged in during the week, whether physically, mentally, emotionally, etc. This is a time to fully disconnect.

We don't work to earn money. We don't worry about the laundry, the garden work or paying the bills. No need to be up to date about the latest news or tweets. All of that, **PAUSE!**

You're allowed to do that! God even commands you to, isn't that awesome?!

More than that, this is not just for you, this is for everyone. Your friends, family, boss, employees. People behind the cash register or those waiting on tables. It is even supposed to be a blessing to the animals! The land too was supposed to have a Sabbath, though not every seventh day, but every seventh year.

Can you imagine a day where kids don't need to wonder if daddy has time for them? A day where planet Earth can recover from all of our busyness. A day where we have time to visit the sick, take care of the homeless, widows and orphans. Each individual, as they spend time with their creator, is refueled with a sense of belonging, purpose and value.

You can see how the Sabbath was intended not only to benefit you personally, but even our communities, families, and environment.

¹ Exodus 20:8-11, Deuteronomy 5:12-15

DISCONNECT AND REFOCUS

Today, most people have no clue about what the Sabbath is, and/or how it can benefit their lives. Tragically, this has a lot to do with the fact that the vast majority of the churches doesn't know it either and is rather confused about it.

[Read: "The Sunday delusion - 6 proven facts why church on Sunday is unbiblical"](#)

I see many members even in the Sabbath-keeping church that I belong to, who miss out on the true value of this special day, as they don't (know how to) disconnect from their 'regular' life. On the Sabbath they can talk for hours about work and worldly things, are concerned about their household duties, or spend even more time on those temporary quick 'escapism' fixes we talked about earlier.

Most people have lost their focus, and have become **entangled in the complications of life** where they don't even have time for God.

“God tells us, what you need most, is resting with Me”

Remember, before Adam and Eve even started their first full day at the 'job', God told them to rest with Him. God wanted mankind to get into a right understanding of prioritizations, so that we could flourish and succeed.

Instead of being immersed and caught up in the web of life's duties, responsibilities, ambitions and distractions, God tells us, what you need most, is resting with Me.

That's why He even tells us to not even do our own pleasures or speak our own words on the Sabbath¹. It almost sounds a bit harsh, but without those helpful boundaries, it could be so easy for us to do what we feel for doing in the moment, talk about what is on our mind, and before you know it, the Sabbath won't be anything more than an extension of the previous six days! We still don't disconnect, and are 'trapped' in the mindset of daily life and miss out on the potential of the Sabbath.

Growing up, when my parents would ask me what I wanted to eat for dinner, I had my favorite list ready. And you might be able to relate, my list wasn't the most healthy. So we would have had McDonalds for example, because that's what I wanted in that moment.

Now, years later looking back, I wished I would have made different choices. Most people would agree that we tend to choose what may seem to satisfy us in the moment, but is not actually the best for us.

That's why all throughout the Bible God lays out certain principles that guide and help us to really disconnect. To get into a state or

condition where we can really be re-energized on a deeper level, for our body, mind and soul.

“we tend to choose what may seem to satisfy us in the moment, but is not actually the best for us”

The seventh day is supposed to be different from the others. Set apart for a unique purpose. It's a day where we can unapologetically rest with God, and not worry about the daily duties or pressures of life.

'Letting go' of what we are so used to, might seem a bit scary at first. From personal experience I can tell you that I felt a bit irresponsible and bored. But the more I kept the Sabbath in the way God laid out, the more I got to experience the freedom and peace, and much more.

The Sabbath will become the highlight of your week. For the whole week you will look forward to those last rays of the setting sun on Friday night!



It's a day where we can connect with God in a special way. To go out into the nature and find God's creative fingerprint on every living creature. To learn spiritual object lessons from what we see all around us.

A day to go to church and praise and worship the God of heaven. To hear His word preached and express your gratitude in giving back your tithes and offerings to God.

A day to seek the Lord alone or together with family or friends. Hearing stories about how good God has been to His people during the week. Sharing struggles and praying for one another. It's a unique time with God. What a gift!

[Read: "Rest or no rest - Powerful answers to 13 popular Sabbath questions"](#)

THE SABBATH INFLUENCE

As we weekly take the time to recharge and refocus, the holy influence of the Sabbath carries over into the new week. This day of rest helps us to see things clear again and reprioritize our daily life.

It changes our mindset, our pursuits, our habits, our preferences. We want more of that Sabbath-flavour in our workweek. We have experienced that life doesn't need to be as busy, stressing or vain as it was. And we look for how we can have more of that peace during the week.

So we decide to spend more time in prayer and the Bible, and less time on social media. And then we might take it a step further and decide to listen more to hymns or classical music that lift our minds to heaven, instead of worldly music with off-beat rhythms or unholy lyrics.





But more than practical changes in our lifestyle, it changes something on a deeper layer.

The world shapes you into believing that success and acceptance comes by what you do. But the Sabbath frees you from that pressure. You literally rest and don't do anything that's 'worthy' in the eyes of the world. Because with God, it's not about doing in order to be accepted. Keeping the Sabbath is a sign that you believe that in God's eyes you are accepted!

The world makes people believe that they are the mere result of billions of years of coincidental reactions. Your life is without meaning, value, hope or purpose. Yet the Sabbath sets you free from those lies!

The Sabbath is a weekly reminder that you have been handfully made by a loving Creator. A personal God who wants to spend time with you, who wants you to be happy and healthy and has tremendous plans for your life! Because He thinks you are so valuable, He made an incredible sacrifice at His own expense, so you can have a hope for a future.

The world tricks you into thinking that you don't need God to be happy. They serve you all kinds of escapism fixes on a silver platter; Hollywood, Netflix, social media, yoga, etc.

And all these distractions are designed to suppress our interest in God. The Sabbath sets you free from the grip of these controlling powers. It promotes what really matters in life; relationships with God and each other and our holistic well-being.

“Keeping the Sabbath is a sign that you believe that in God’s eyes you are accepted!”

The Sabbath changes how we look at ourselves, the world and others. We begin to unlearn the way in which the world has pressured us to live, and instead learn to live the way God designed us for.

A life of true freedom, identity, purpose and peace. That is what the Sabbath promotes! And that is why the Sabbath is a gift, you don't want to miss!

CONCLUSION

BE REST

ASSURED

The Sabbath truly is an incredible gift to mankind. And maybe today it is more relevant and needed than ever before!

“Only when you understand the purpose, can you experience the potential.”

Millions of Christians around the world, celebrate the Sabbath every week. And I can witness from personal experience, discovering the Sabbath truth has been a gamechanger in my life too. It greatly benefits my relationships, my character, my mindset and of course my faith life.

As stated earlier, for me there was a bit of a learning-curve, or 'getting-used-to feeling' in the beginning. But the more I studied it and experienced it, the more meaningful it became. Only when you understand the purpose, can you experience the potential.

The Bible tells us that God honors those who honor Him¹. There are a lot of people like you and me who have experienced God working

all kinds of miracles for them to be able to honor the Sabbath or because they honor the Sabbath.

Exodus 16 tells us how God performed a weekly Sabbath miracle for His people. They would gather food for the Sabbath on Friday (also called, preparation day) and where left-over food would normally spoil overnight on any other day, it did not on the Sabbath!

God is able to provide and bless in ways you cannot even imagine, if you put Him first and obey His Word.

Are you willing to make the decision today to celebrate the seventh-day Sabbath in your life?

If so, here's three things we recommend that you do next:

1. Get in touch with a local Sabbath-keeping church. Click [here](#) to find a church near you.
2. Read our other resources about the Sabbath, to solidify your decision and understanding, as well as get practical tips on how to have a rich Sabbath experience.
3. Send us an email (contact info on next page) and share how this ministry has been a blessing to you. We are always excited to hear stories of how God is working in people's lives.

¹ 1 Samuel 2:30





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Maranatha

COME, OUR LORD
