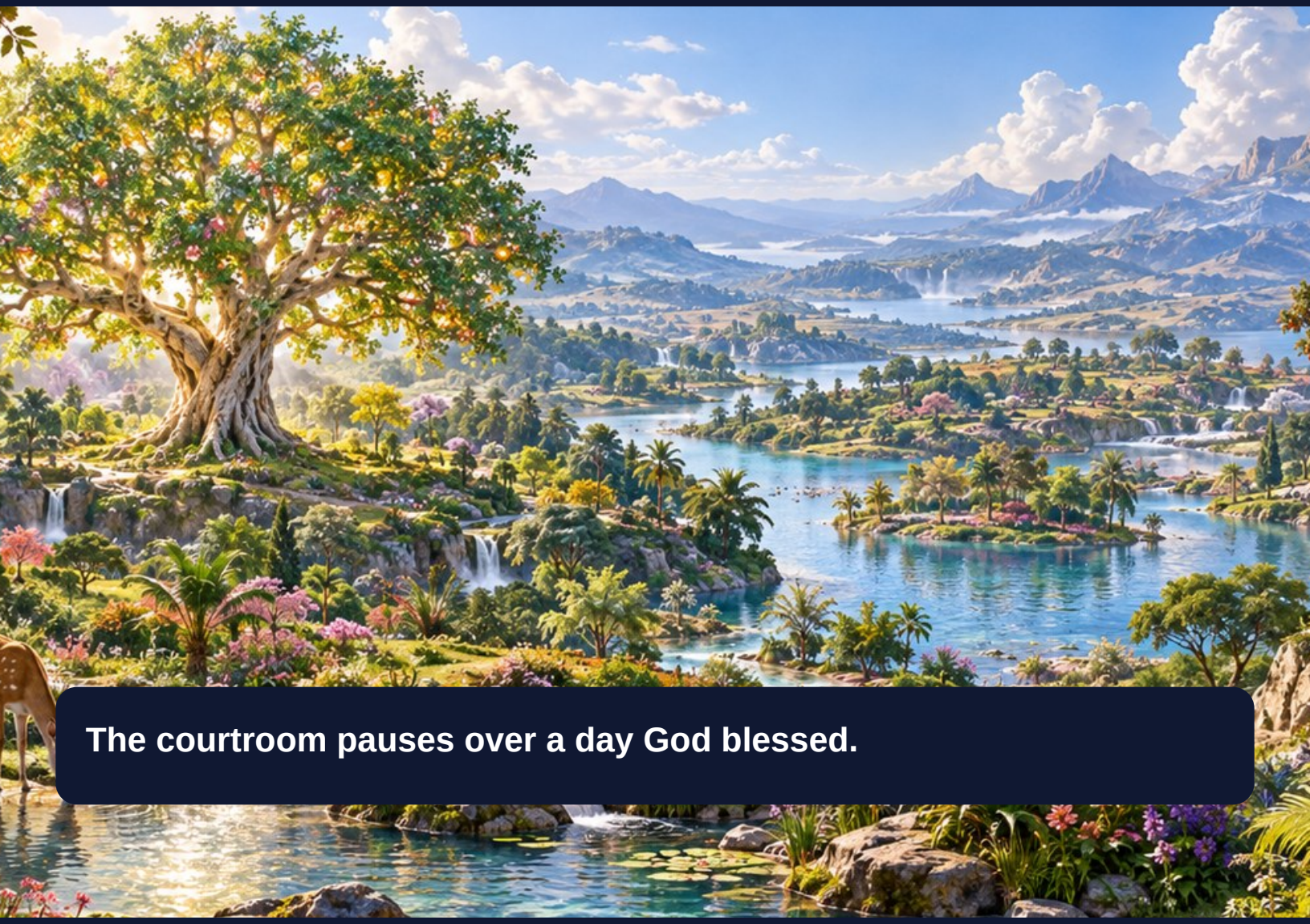
ISSUE 18 / VOLUME 3



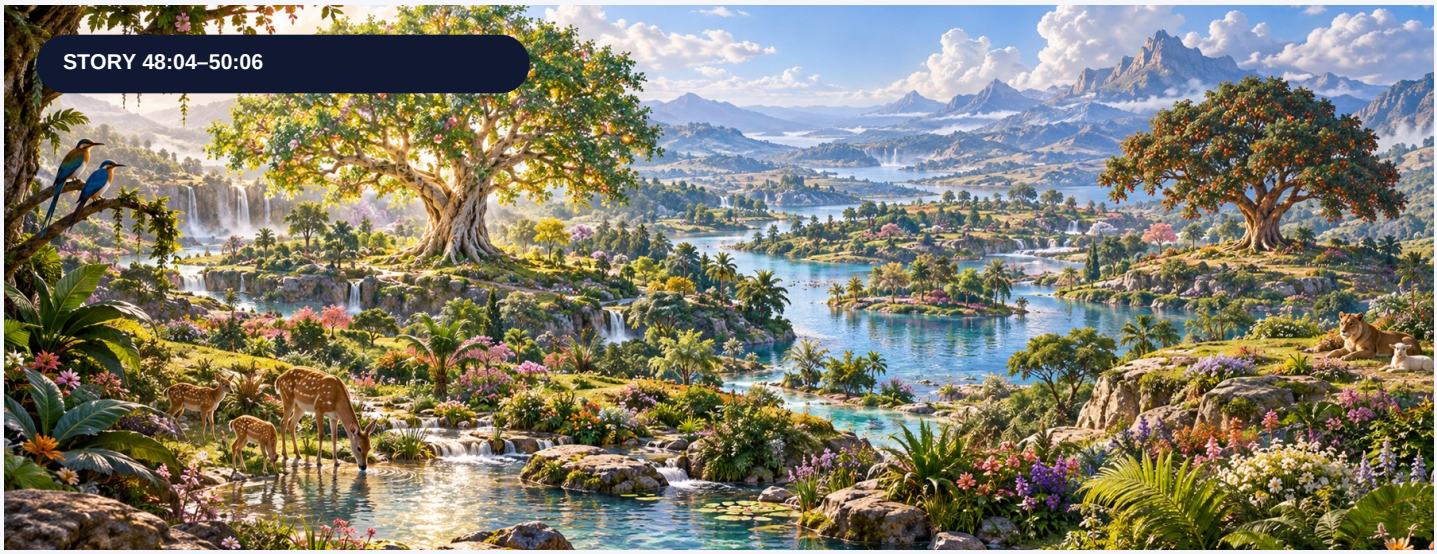
The courtroom pauses over a day God blessed.

THE FIRST SABBATH

Why does the courtroom linger over God blessing the seventh day?

WATCH / NOTICE / ASK

Stay with the narrator’s question



Existing movie environment concept / final scene still to be selected

Why does the courtroom linger over God blessing the seventh day?

Return to this part of Heaven’s Diary. Describe what the narrator sees, what surprises him, and what he has not yet understood. Read the Bible before accepting the story’s explanation as a doctrine.

Read / Observe

Open the Bible together

GENESIS 1:1-2:3 + EXODUS 20:8-11

Adventists affirm the historical Genesis creation account and a recent creation week of six literal days followed by the seventh-day Sabbath, the same seven-day unit we know today. The Creator made humanity in His image. Observe the completed work, rest, blessing, and sanctifying of the seventh day. Do not turn this into an unsupported date for the entire universe.

EXODUS 20:8-11 + DEUTERONOMY 5:12-15

The fourth commandment calls all people to seventh-day rest, worship, and ministry. Adventists observe Sabbath from Friday sunset to Saturday sunset. Its creation and redemption meaning belongs to grace, not earning salvation. Rest includes others within the household; it must not merely shift one person’s burdens onto another.

MARK 2:23-28 + EZEKIEL 20:12

Jesus teaches Sabbath’s human benefit and His lordship. Ezekiel calls it a sign of God’s sanctifying work. The day directs dependence toward the One who makes holy; it is not a method of self-salvation.

Look deeper

From the passage to Christ

THE CONNECTED PICTURE

Connect creation rest with dependence on the Creator. The day is a gift and sign; it does not make human rest a payment for righteousness. The movie's comparison between heavenly rest and Sabbath is an application.

THE CENTRAL QUESTION

Genesis 2:1–3: What does God do to this day? Exodus 20:8–11: What reason is given for the command? Mark 2:23–28: For whom was Sabbath made? Ezekiel 20:12: Who sanctifies?

EXPLAIN IT IN THREE SENTENCES

First: what the passage says in its original setting. Second: how the Adventist understanding brings the passages together. Third: how the movie illustrates that conclusion. Do not let an attractive scene substitute for the argument. Ask which connection reveals Christ’s work or character.

PHOTOTHEOLOGY / MAP THE TEXT

Trace the biblical movement

1

CREATION

Genesis 2:1-3 / God blesses the seventh day.

↓

2

DELIVERANCE

Deuteronomy 5:15 / Freed people extend rest to others.

↓

3

RELATIONSHIP

Ezekiel 20:12 / God is the One who sanctifies.

Use the passages to explain each step. A solid link needs textual support; use a dotted link for an illustration or a proposal that remains uncertain.

A fair objection

Questions worth taking seriously

ISN’T SABBATH ONLY JEWISH?

Its creation foundation precedes Israel, and Jesus says it was made for humanity. It also has a specific covenant role in Exodus 31. A serious case considers both rather than denying either. Issue 22 examines New Testament objections more fully.

IS KEEPING A DAY LEGALISTIC?

A practice can be distorted into earning, but that does not settle whether the practice itself is biblical. The Adventist case receives Sabbath as God’s gift and command within grace. Ask what trusting the Giver looks like.

DID JESUS BREAK THE SABBATH?

Read Mark 2:23-3:6. Jesus challenges interpretations that obstruct mercy and asserts His lordship. Explain His argument from the passage instead of assuming that healing either abolishes Sabbath or has nothing to teach about its purpose.

VISUAL STUDY / YOUR TURN

Build the picture yourself

Design a Sabbath day with four spaces: worship, rest, mercy, relationship. Add one passage and one realistic practice in each. Include how workers and dependents could share the rest rather than carry your burdens.

TEXTUAL EVIDENCE

CONNECTION OR REPLY

QUESTION TO KEEP

RETURN TO THE STORY

Use your work to answer the opening question. Name one claim you can support directly, one inference, and one detail supplied by the film’s visual staging.

For activities needing more panels or columns, continue on a separate sheet.

A PERSONAL RESPONSE

Let the truth shape your life

READ AND REFLECT

Read the first passage again. Identify what it reveals about God, what it asks of you, and how Christ supplies hope or help. Pray with one specific response in mind.

What might one day centered on God, rest, mercy, and relationships look like?

MY NEXT STEP

( ) I understand. ( ) I need more study.
( ) I would appreciate a Bible study conversation.

NEXT: Issue 19 / The Tree and the Covering

Participation and personal sharing are voluntary. Bring unresolved questions.

Leader companion

Guide the next conversation

75-MINUTE ROUTE

Scene and observation 10 / Bible investigation 20 / Christ-centered connection and map 15 / strongest objection 15 / visual activity 5 / response and prayer 10. Use a second meeting when the questions need it; do not force agreement to finish a schedule.

ISSUE-SPECIFIC GUIDANCE

Introduce the day as a Christ-centered gift before debating calendar controversies. Define sanctify as set apart or make holy in context. Invite exploration, not an instant public pledge.

SOURCE AND INVITATION

Story: Heaven’s Diary transcript, 48:04–50:06. Method: Phototheology Core Method v2. Apologetics sources and editorial limitations are mapped in the accompanying source register. This is new editorial wording, not a verbatim Ivor Myers quotation. Invite a voluntary next step and preserve unresolved questions.