

THE FOURTH DAY of July is a grand date in United States history, for it commemorates the adoption in 1776 of the Declaration of Independence. By opting for self-governance rather than rulership by a distant nation, the founders of this country signed a document that relinquished all guarantees of a predictable, routine life in favor of freedom. It is difficult to imagine the psychological burdens that were shed by people just from the knowledge that all potential oppressions could be eliminated by this formal announcement of independence.

In a way, God did the same with His "Declaration of Sabbath." Though few people in the world have the luxury of democratic freedom, everyone has been given the freedom to have an individual relationship with God by making use of His gift of Sabbath time without compelling or prodding. God

introduces us to an experience so lofty that many fight its benefits and blessings because they are unfamiliar with them. The Sabbath, established in perpetuity on the seventh day of Creation week, was designated by God as a day of rest. Sabbath is better than an idea—it is a reality!

Signing on to this day provides an opportunity for us to capture the essence of independence. The Sabbath is a space when the whole world gives way to our personal quiet time, uninterrupted, and ungoverned by any entity or being but God. Within the Sabbath we have freedom from worry, bills, work, deadlines, and pressure to produce and perform.

God gave humanity one common Declaration of Independence—the Sabbath, to be commemorated every seventh day. This 24-hour oasis in the midst of a barren and desolate, unfeeling world, refreshes the thirsty soul. Rather than a

burden, the Sabbath has at its core an emotionally cleansing effect that allows for quiet reflection and contemplation. Without its incorporation into the weekly life, we would rush to our ultimate end uninterrupted, lacking due notice that our arrival at life's conclusion is no longer a future event but a present reality!

Sabbath offers freedom from an oppressive and destructive world. Sabbath—enter into its obligations! Relish its quiet! Bask in its solitude! Submerge into the most soul-refreshing time that you will ever achieve in a 168-hour week.

Sign on to Sabbath and find true freedom!

SAMUEL THOMAS, JR.

Victory in Christ is our goal -  
Health of body, mind, and soul.

**Come and travel with us.**

## Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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# HEALTH TIPS!

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## Sabbath Freedom

Each week, work for six days only. 'The seventh day is a day of total rest, a holy day that belongs to the Lord. Anyone who works on that day will die.

Ex. 35:2, NLT.