

# TRY IT!

Would you be open to a challenge? God rewards those who diligently seek Him! (Heb.11:6)

Note, the strongest enemies against God are tradition (tradition that undermines God's desires) and hurdles in our minds (Matt.15:3, 1 Cor. 1:23).

Here's the challenge: Set one Friday night to Saturday night period aside for God, and do only points 1 through 4, noted below, for 24 hours. These points were created by stripping all traditions away and summarizing only the Bible verses, and all the Bible verses, about how to keep the Sabbath day holy. Please allow yourself to put aside any thought that might prevent you from trying it and simply say no to everything else for one day.

The goal: Do only what the Bible says to do (nothing extra ...and nothing less).

Here it is:

## 1. Rest

(Aim to "do nothing"! Nothing. That's when you'll enter God's rest.)

## 2. Don't buy anything

(This includes not causing others to be at work, e.g., not taking the bus; the only exceptions being pastors and *emergency* personnel doing their work.)

## 3. Don't cook anything

(Simply prepare food ahead of time and then eat only what was prepared ahead.)

## 4. Read only the Bible

(No other books or literature; I recommend reading the Bible for 1 hour.)

That's it!

Try the above for at least 2 weeks (i.e., twice) before adding the last item:

## 5. Go to church

(By doing only points 1 to 4 first, it helps to solidify the power of the first emphasis in God's Commandment, which is, resting.)

When I tried it, it was like nothing else I had ever experienced before with God! It has revolutionized my life, made me exponentially more productive, blessed my relationships, and brought me intimately close to God.

Once you have tried it, I recommend reading the following two Bible Studies. These will confirm within you that what you have experienced is what the Bible says to do, and is actually God's design for us. They will also help to answer common misconceptions:

[www.michaelzm.com/Sabbath-WhatIsIt.pdf](http://www.michaelzm.com/Sabbath-WhatIsIt.pdf) (This Study includes all the Bible verses for the above 5 points.)

[www.michaelzm.com/Sabbath-CommentsOnArticle.pdf](http://www.michaelzm.com/Sabbath-CommentsOnArticle.pdf) (This Study explores others' misquoted Bible verses.)

Try it! You will be amazed!

## Sabbath Start Times

Vancouver, BC, Canada

(starts when the sky is

"pitch black" per Genesis 1:1-5)

(Between dates, please interpolate.)

	FRIDAY
Jan-1	6:07 PM
Jan-8	6:15 PM
Jan-15	6:24 PM
Jan-22	6:35 PM
Jan-29	6:46 PM
Feb-5	6:57 PM
Feb-12	7:09 PM
Feb-19	7:21 PM
Feb-26	7:32 PM
Mar-5	7:44 PM
Mar-12	7:55 PM
Mar-19	9:05 PM
Mar-26	9:16 PM
Apr-2	9:27 PM
Apr-9	9:37 PM
Apr-16	9:48 PM
Apr-23	9:59 PM
Apr-30	10:09 PM
May-7	10:19 PM
May-14	10:29 PM
May-21	10:38 PM
May-28	10:47 PM
Jun-4	10:54 PM
Jun-11	10:59 PM
Jun-18	11:02 PM
Jun-25	11:04 PM
Jul-2	11:03 PM
Jul-9	10:59 PM
Jul-16	10:54 PM
Jul-23	10:46 PM
Jul-30	10:37 PM
Aug-6	10:27 PM
Aug-13	10:15 PM
Aug-20	10:02 PM
Aug-27	9:48 PM
Sep-4	9:31 PM
Sep-11	9:16 PM
Sep-18	9:01 PM
Sep-25	8:46 PM
Oct-2	8:31 PM
Oct-9	8:16 PM
Oct-16	8:02 PM
Oct-23	7:49 PM
Oct-30	7:36 PM
Nov-6	7:25 PM
Nov-13	6:15 PM
Nov-20	6:07 PM
Nov-27	6:01 PM
Dec-4	5:57 PM
Dec-11	5:56 PM
Dec-18	5:57 PM
Dec-25	6:01 PM

In the fall and spring,  
Friday times are ± 5 min.  
Saturday times are ± 9 min.