A HAPPY DAY

Consider God’s instructions to Adam in the Garden of Eden: “Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die” (Gen. 2:16, 17). When the serpent met Eve at the forbidden tree, he began his line of questioning with the prohibition: “Has God indeed said, ‘You shall not eat of every tree of the garden?’” (Gen. 3:1). Yet when God gave His instructions, He began with permission.

Not only did God mention what was permissible before what was prohibited, but what was permissible also far outweighed what was prohibited. Of every tree Adam and Eve were permitted to eat! Only one was withheld. Moreover, God did not grudgingly give them permission to eat, but they could freely eat. Yet as the serpent tempted Eve in the Garden of Eden, we tend to focus on what is proscribed more than what is prescribed.

There is a simple children’s song that does not ring true for many a Christian’s experience. The lyrics are as follows:

Sabbath is a happy day, happy day, happy day
Sabbath is a happy day
I love every Sabbath.

Most Sabbath keepers would concede to the benefits of Sabbath observance. But how many actually enjoy the Sabbath? There certainly is a joy in ceasing from your labor. But what of the benefits that derive not from what you are not doing, but from what you are doing?
Write out Psalm 92 from the translation of your choice. If you’re pressed for time, write out Psalm 92:7–13. You may also rewrite the passage in your own words, or outline or mind-map the chapter.
Go back to your scribed text and study the passage.

**Circle** repeated words/ phrases/ideas

**Underline** words/phrases that are important and have meaning to you

Draw **Arrows** to connect words/ phrases to other associated or related words/phrases

What special insights do your marks seem overall to point to?

Memorize your favorite verse in Psalm 92. Write it out multiple times to help with memorization.

How do the concepts of delight and holy reverence interface for you?

What are ways in which you show reverence for things that are holy?

Read more at www.inversebible.org/sab12-3
After looking at your scribed and annotated text, what special insights do your marks seem to point to overall?

What questions emerge after studying this passage? What parts are difficult?

What other principles and conclusions do you find?

While we should keep the Sabbath holy, in what ways does keeping the Sabbath keep us?

Read more at www.inversebible.org/sab12-4
What relationship do the following verses have with the primary passage?

Isaiah 58:13, 14
Psalm 122:1
John 5:1–15
Psalm 103
Deuteronomy 28:47, 48
Psalm 2:11

What other narratives come to mind in connection with Psalm 92?

Review your memorized verse from Psalm 92.
How does Sabbath worship enhance your relationship with Jesus?

How do you see Jesus differently or see Him again?

Prayer: How do you respond to seeing Jesus in this way?

Meditate on Psalm 92 again and look for where Jesus is.
Review the memory verse. How does it apply to your life this week?

After this week’s study of the chapter, what are personal applications you are convicted of in your life?

What are applications can be made in your social life?

Read more inSight from the Spirit of Prophecy at www.inversebible.org/sab12-7
Share insights from this week’s memory verse and Bible study as well as any discoveries, observations, and questions with your Sabbath School class (or Bible study group). Consider these discussion questions with the rest of the group.

How many trees do you think God created in the beginning?

Why is it that humanity focuses on the one prohibition amidst the vast avenues of permission?

How serious is holiness?

What are versions of animism we find prevalent today?

How is Sunday sacredness a form of idolism?

How can this idea be conveyed without offending keepers of Sunday?

Describe your nexus of worship, Sabbath, rejoicing, loyalty, salvation, and justice.

How was Sabbath a day of permission rather than prohibition for Jesus?

How has this week’s lesson changed your perspective on the Sabbath?