

citizen than a day of rest; and yet the observance of one day in seven as a day of restful recuperation for the body, as well as for the mind and soul, has not been without its abuses in later times. The institution of the Sabbath had for its object the providing for man a day of rest, a season wherein time might be taken to provide a corrective for any neglect of our physical, mental and moral health, during the week. Christ by his example shows that at least there must be no attempt made to proscribe the works of necessity and mercy on the Sabbath day.

Attendance at divine worship has always been a prominent feature of the Sabbath day. "**Thou shalt keep the Sabbath day to sanctify it,**" and the person who disobeys this commandment assumes a like responsibility with those who break any other of God's laws.

HINTS. After reading the account of Christ and his disciples finding themselves in the corn fields on the Sabbath day, a lesson may be given on the change of day from the seventh to the first day of the week, and the scene on the day of Pentecost when the change seems to have been inaugurated. Justin Martyr has described the simple way in which the early Christians observed the Sabbath by meeting together on the first day of the week.

QUESTIONS. 1. Give the derivation and meaning of *formalism, institution, corrective, responsibility, and recuperative*. 2. What were some of the regulations of the Pharisees in regard to Sabbath observance in the days of