**“Can We Keep the Sabbath?” The Bible Echo 7, 22.**

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There are thousands throughout the United States and in Europe who are ready at once to answer this question in the affirmative, for they know by experience that it is possible. Indeed, the question really admits of only one answer, and that is, “Yes; we can if we want to.” But there are many persons who imagine that they cannot keep the Sabbath, and for their benefit I propose to consider some of the so-called reasons which they give. This article is not intended for those who, in order to avoid the acknowledgment that the seventh day is the Sabbath, plead that the world is round, that time has been lost, and other flimsy objections against the Sabbath. It is only for those who acknowledge the truth of the Bible, are fully convinced that the seventh day is the Sabbath of the Lord, and know that it is the duty of all men to keep it, but fancy that they are so situated that it would be impossible for them to do so. I say they fancy, for it is not so in fact. No individual was ever yet placed in such a position that he could not do what was certainly his duty to do. He might find it difficult, and perhaps unpleasant, but never impossible. {BEST November 15, 1892, par. 1}

“I would like to keep the Sabbath,” says one, but my business will not let me.” Well, if this is really the case, then get some other business that will not hinder. If you saw that your present business was greatly injuring your health, and would cause your death in a few months, unless abandoned, you would lose no time in changing your occupation. But by disobeying GOD you lose his favor, and this will bring eternal death. {BEST November 15, 1892, par. 2}

“But I could not live if I were to keep the Sabbath.” This is of the same stamp as the reason given above, and is offered alike by those who are in prosperous business, and those who labor for their daily bread. How do you know that you could not live? Are there not thousands who are keeping the Sabbath, and do not they live? Ask those who have tried it, and see what testimony they bear. It is true, you may not be able to amass quite so much property, but “what is a man profited if he gain the whole world, and lose his own soul?” {BEST November 15, 1892, par. 3}

But let us consider this matter further. You say you cannot live if you keep the Sabbath. Are you sure that you can if you do not keep it? Have you any guarantee that your life will be continued indefinitely? Do those who violate GOD’S law live any longer on an average than those who keep it? You certainly know of no one who is not subject to death. The psalmist says: “What man is he that liveth, and shall not see death? shall he deliver his soul from the hand of the grave?” Psalm 89:48. “It is appointed unto men once to die,” and this without any distinction in regard to age or belief. Then why do you assume that you will be exempt if you do not keep the Sabbath. {BEST November 15, 1892, par. 4}

“But,” our friend will doubtless reply, “I expect, of course, to die sometime in the natural course of events, whether I keep the Sabbath or not; what I mean is, that I shall not be able to earn a living for myself and family.” Well, you profess to believe the Bible; let us see what it says in regard to this matter. “Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your HEAVENLY FATHER knoweth that ye have need of all these things. But *seek ye first the kingdom of GOD*, and his righteousness; *and all these things shall be added unto you*.” Matthew 6:31-33. Could any promise be plainer than this? If it does not mean just what it says, it does not mean anything. And GOD is fully able to fulfill this promise. Just consider what a vast estate he has. Here is a description of it: “For every beast of the forest is mine, and the cattle upon a thousand hills. I know all the fowls of the mountains: and the wild beasts of the field are mine. If I were hungry, I would not tell thee: for the world is mine, and the fulness thereof.” Psalm 50:10-12. Surely you need have no fear of starving, if you serve such a Master as that. {BEST November 15, 1892, par. 5}

Listen to another promise: “Trust in the LORD, and do good; so shalt thou dwell in the land, *and verily thou shalt be fed*.” Psalm 37:3. There you have the promise; now listen to the testimony of one who had an opportunity to know, as to how this promise is fulfilled: “I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.” Verse 25. You can verify this in your own experience if you choose. Who are they that form the great army of tramps, that wander through the country begging bread? Are they Christians, as a class? Are they those who have sunk their property in the service of GOD? I think no one ever saw a tramp that was noted for his piety. An active worker in the Young Men’s Christian Association says that of the hundreds who have applied for charity to the institution with which he is connected, all are irreligious persons, and that he has never known a regular attendant of church to apply for alms. Truly, “the blessing of the LORD, it maketh rich, and he addeth no sorrow with it.” {BEST November 15, 1892, par. 6}