



**INVITATION OF FRIENDS:
WHY JOIN THE SEVENTH-DAY ADVENTIST CHURCH?**

**Sabbath School Program
Option 2**

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Sabbath School Special Feature Option 2 (20 Minutes)

Purpose: To introduce non-Adventists to the Seventh-day Adventist Church and highlight the blessings of being a member.

Format: Three church members will share different aspects of SDA beliefs and benefits.

Opening – Sabbath School director (3 Minutes)

Happy Sabbath, everyone! Today is a special Sabbath School program because we have designated it as “Visitor's Day. Friends of Hope Sabbath.” We are blessed to have some special guests with us today. We warmly welcome each one of you in the name of the Lord!

We hope that this visit will not be your first and last, but rather the beginning of many more opportunities to meet and worship together. Many people may not be familiar with the Seventh-day Adventist Church, so today, we want to take this opportunity to introduce who we are and why being part of this church is a blessing.

Based on a 2020 survey, only 23 percent of Australians knew of a Seventh-day Adventist church in their local suburb or town. This shows us that we still have a lot to share about who we are, and the unique mission God has given us.

There are many joys, blessings, and benefits in attending our Adventist church, but unfortunately, these good aspects are not as well known to our neighbors as they should be. This also reflects that we have not actively promoted our church or reached out to our community as much as we could.

Today, we have invited three church members to share about our church—what kind of church we are, the core beliefs we uphold, and the things we can proudly share. Please listen attentively and be blessed.

Member 1: Bible and Jesus – The Foundation of Our Faith (5 Minutes)

Key Points:

1) Bible-Based Faith: Our church has 28 fundamental beliefs. Do you know what the very first one is? Let's guess. It's the Bible. Why is the Bible placed first, instead of God or Jesus? This is because none of us has seen God or received a direct revelation from Him. The only way we can know God is through the writings, the Word, the Bible that He has already revealed. Therefore, the Bible alone must be the standard and textbook for all Christians. In the Bible, we find our 28 fundamental beliefs. This is in line with what the Reformers declared: that our faith should be judged by Scripture alone. The Bible is our foundation. We believe every teaching should come from God's Word.

2) Jesus-Centered: While we emphasize the importance of the Word, we also stress the commandments, which are the specific teachings of the Word. Because of this, at times, people misunderstand our church as being legalistic. However, this is not true. We believe that salvation is through Jesus alone, through Jesus, and only through the righteousness He gives us. While we believe we are saved by faith in Jesus, we still value His commandments because of His teachings. In John 14:15 we read, "If you love Me, keep My commandments." We truly love Jesus. Therefore, we strive to keep His commandments. Salvation is through Jesus Christ alone. He is our Savior, our example, and our soon-coming King.

3) The Sabbath: The most outwardly noticeable difference between our church and other churches is that our day of worship is not Sunday, but the Sabbath. While all other Christian denominations observe Sunday as the day of worship, why do we observe Saturday? It is because we follow the Bible as it is written. The Ten Commandments, written by God's own finger on tablets of stone, say: "Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. . . . For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it" (Exodus 20:8-11).

- We worship on Saturday, the seventh day, as a gift from God for rest and spiritual renewal. Exodus 23:12 tells us, "Six days you shall do your work, and on the seventh day you shall rest, that your ox and your donkey may rest, and the son of your female servant and the stranger may be refreshed." The meaning of "be refreshed" in Hebrew is *naphash*, which means to breathe or to rest. How difficult it is for us to live in this busy and complicated world! The source of many of our diseases is stress, isn't it? Our Creator God asks us to rest on the Sabbath, leave everything in His hands, and remember Him as the Creator. We should rest, breathing freely away from the busyness of life.
- Ezekiel 20:20 also says that the Sabbath is a sign between God and His people. By observing the Sabbath, we remember that we are not alone—we have our Creator in heaven. Trusting in Him allows us to rest fully, both physically and spiritually.

Personal Appeal:

If you are seeking a church that follows the Bible and centers on Jesus, the Seventh-day Adventist Church is the place for you!

Member 2: Education and Health – A Life of Learning and Well-Being (5 Minutes)

Key Points:

1) Education:

- **Global Network:** The Adventist Church operates 10,381 educational institutions worldwide, including 7,220 primary schools, 3,015 secondary schools, and 107 tertiary institutions, serving over 2.3 million students.
- **Holistic Approach:** Our schools focus on mental, physical, social, and spiritual development. The world only teaches success. Amidst the infinite competition, we oppose the evolutionary thought that teaches *I must be more successful than others* and instead teaches the value of serving others. This is directly from the teaching of Jesus. We see many famous people who have achieved success but later get involved in moral crimes and scandals. If these people had been taught in Seventh-day Adventist educational institutions—where they would have learned to fight against sin, live a life glorifying God, and love and serve their neighbors— many histories might have been changed.

2) Health:

- **Healthcare Institutions:** We operate 244 hospitals and sanitariums, along with 136 nursing homes and retirement centers globally.
- **Health Message:** Emphasis on a balanced vegetarian diet, regular exercise, and trust in divine power.
- **Longevity:** National Geographic's research on Blue Zones—regions with high concentrations of centenarians—identifies Loma Linda, California, home to a significant Seventh-day Adventist community, as one such area. Residents here live up to a decade longer than the average American, attributed to their healthy lifestyle and strong faith.
- The NIH funded studies on Seventh-day Adventist health, confirming that their vegetarian diet, abstinence from alcohol and smoking, and regular Sabbath rest contribute to their increased lifespan.

Dr. Michael Orlich, lead researcher on AHS-2, found that: "Vegetarian Adventists live 9.4 years longer than non-vegetarians." (Orlich, M. J., & Fraser, G. E., JAMA Internal Medicine, 2013.)

Personal Appeal:

By becoming an Adventist, eating the foods that God originally allowed us, resting on the Sabbath, relying on God, and escaping from stress, while enjoying beautiful fellowship with fellow believers, you may be blessed with at least a longer life.

Member 3: World Mission and Community Outreach – Serving Others (5 Minutes)

Key Points:

1) Global Presence: The Adventist Church operates in 235 countries, with a membership exceeding 22 million, reflecting our commitment to spreading the gospel worldwide.

- Our church is growing very rapidly. For example, as of December 31, 2023, there was one Adventist for every 350 people globally, an improvement from a ratio of 519 to 1 in the year 2000. This demonstrates a steady and notable increase in membership. In 2003, 836,905 new members joined. That means approximately 2,292 people are baptized and join the Adventist Church every day.

2) ADRA (Adventist Development and Relief Agency):

- Mission: To serve humanity so all may live as God intended. As the humanitarian arm of the Seventh-day Adventist Church, ADRA operates in more than 118 countries. In 2018, ADRA's total budget was approximately \$158 million, serving 16.3 million people worldwide.
- Recent Disaster Relief Efforts:
 - Ukraine Crisis: Since February 2022, ADRA has been at the forefront, providing essential life-saving aid and offering hope to vulnerable populations affected by the ongoing conflict in Ukraine.
 - Gaza Emergency Response: In response to the recent Israel-Hamas ceasefire, ADRA is mobilizing critical, life-saving aid to support communities in Gaza, addressing urgent food security needs among displaced populations.
 - Hurricane Recovery in North America: ADRA partnered with Adventist Community Services (ACS) to assist victims of Hurricane Helene, granting \$150,000 to support relief efforts in areas such as Asheville, North Carolina, and Georgia.
- Local Outreach: Adventists engage in various community services, including health seminars, educational programs, and disaster response initiatives.

Personal Appeal:

If you want to be part of a church that makes a difference in the world, the Adventist Church is for you!

Closing – Sabbath School Director (2 Minutes)

Sabbath School Director:

If you are seeking a church that follows the Bible and centers on Jesus, the Seventh-day Adventist Church is the place for you! Seventh-day Adventists are and want to be “Friends of Hope.”

The Seventh-day Adventist Church is more than a place of worship—it’s a faith movement that follows Jesus, promotes health and education, and serves people worldwide. If you want to grow in faith, live a healthier life, and make a difference in the world, we welcome you to be part of our church family! We hope to see you again soon and thank you for joining us today.