

What We Believe - Our Faith

At the heart of Seventh-

promised life to come. The Bible is our source of this assurance as well as the source of our Christian beliefs. As we come to know and love our Heavenly Father, we realize our inheritance and discover His purpose for our lives. We learn that the God of love wants us to share His love with others.

This is written to help you understand who Seventh-day Adventists are and why we like you care deeply about the people in our community. Our ultimate desire is not simply to share a set of beliefs and grace.

So what do Adventists believe?

The Church is a Safe Haven for Growth

The Seventh-day Adventist Church is one of many Christian communities of faith. We treasure the knowledge that we are loved and accepted by the

our best interests in mind, and is with us no matter what happens.

Too often our conversation with God is one-sided. It is important that we not only talk to God, but that we listen through Bible study, through the still small voice of His Holy Spirit, through His created wonders in nature, and through our deepest human relationships. (Psalm 55:22; Romans 12:12; Jeremiah 29:11-12; Psalm 119:10-11)

Guarding Our Good Health

God gives each of us the opportunity to be all that He intends for us to be. Seventh-day Adventists believe a wholesome lifestyle contributes to good physical, mental and spiritual health.

Why are Adventists so passionate about good health?

(I Corinthians 3:16-17) A healthful diet, refraining from harmful substances, adequate exercise and rest are also important in taking care of our body-temple. (I Corinthians 10:31; 3 John 2)

Rest from Stress, Fear and Anxiety

The Bible tells us that after God created the world in six days, He rested on the seventh day. He sanctified the Sabbath – set it apart as a holy day. Later, when He gave the Ten Commandments to Moses, God explained the Sabbath in more detail. The Sabbath is a day to remind us that God is the Creator and worthy of our worship.

The Sabbath is not an ordinary day for ordinary activities. The Sabbath is a day to put aside work, secular pursuits and self-interests

The Bible says Jesus will come in glory to deliver His people and to restore all things. Loved ones who have rested asleep in their graves will be called back to life to join us in our new home in a perfect world a world