



SEVENTH-DAY ADVENTISTS

Seventh-day Adventists hold to the major Christian beliefs with a few exceptions. One of the key doctrines that differs from mainstream Christianity is the Judaic Sabbath. Seventh-day Adventists worship on the 7th day Saturday, instead of the on the 1st day of the week, Sunday.

The Sabbath begins at sunset on Friday and finishes on sunset on Saturday. During those hours, only humanitarian works or worship is permitted. In addition to this, most Seventh-day Adventists observe Christmas and see it as a family time although most Seventh-day Adventists do not believe that Jesus was born on the 25th December. They also celebrate Easter in the Christian calendar.

Many Seventh-day Adventists are vegetarian and although this is not a stipulation or a requirement of the faith, it is seen as beneficial to long-term health. Some Seventh-day Adventists are also vegan. With regards to health, Seventh-day Adventists do not drink alcohol, smoke tobacco, or take drugs.