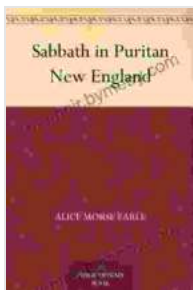


# Sabbath in Puritan New England: A Lost World of Religious Practice

The Puritans were a group of English Protestants who left England in the 17th century to establish their own colonies in North America. They were deeply religious people who believed that the Bible was the only source of religious authority. They were also known for their strict moral code and their emphasis on hard work and thrift.



## Sabbath in Puritan New England by Alice Morse Earle

★★★★☆ 4.3 out of 5

Language : English

File size : 344 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 300 pages

Lending : Enabled



The Puritans observed the Sabbath very strictly. They believed that the Sabbath was a day of rest and worship, and they were forbidden to work or engage in any kind of recreation on that day. They also believed that the Sabbath began at sunset on Saturday and ended at sunset on Sunday.

The Puritans' Sabbath rituals were elaborate and time-consuming. They typically began the day with a family prayer service, followed by a sermon at church. After the sermon, they would often have a meal together and

then spend the rest of the day in prayer, meditation, and Bible study. They would also often sing psalms and hymns.

The Puritans' Sabbath practices were not always popular with everyone. Some people found them to be too strict and restrictive. However, the Puritans believed that the Sabbath was a sacred day that should be observed in a holy manner.

Sabbath in Puritan New England is a fascinating look at the religious practices of the Puritans. Author David D. Hall provides a rich and detailed account of how the Puritans observed the Sabbath, from their strict rules about work and recreation to their elaborate rituals of worship. Hall's book is a valuable resource for anyone interested in Puritan history or the history of religion in America.

### **The Importance of the Sabbath**

The Sabbath was a central part of Puritan life. They believed that it was a day set aside by God for rest and worship. They also believed that the Sabbath was a day when they could reflect on their sins and seek forgiveness from God.

The Puritans believed that the Sabbath was a holy day, and they took great care to observe it in a holy manner. They would often spend the day in prayer, meditation, and Bible study. They would also sing psalms and hymns, and they would often attend church services.

The Puritans believed that the Sabbath was a day of rest, and they were forbidden to work or engage in any kind of recreation on that day. They believed that rest was necessary for both their physical and spiritual health.

They also believed that work was a form of worship, and that they should only work on days when it was necessary.

The Puritans' Sabbath practices were not always popular with everyone. Some people found them to be too strict and restrictive. However, the Puritans believed that the Sabbath was a sacred day that should be observed in a holy manner.

### **The Sabbath in Modern Times**

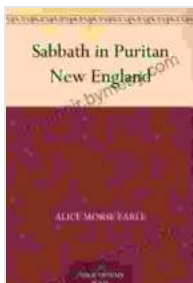
The Sabbath is still observed by many Christians today. However, the way that it is observed has changed over time. In many churches, the Sabbath is now a day of worship and fellowship. People attend church services, sing hymns, and listen to sermons. They also often spend time in prayer and meditation.

The Sabbath is still a day of rest for many people. They use the day to relax and spend time with their families. They may also use the day to pursue hobbies or interests that they don't have time for during the week.

The Sabbath is a special day for many Christians. It is a day to worship God, rest, and reflect on their faith. It is a day to set aside the cares of the world and focus on the things that are truly important.

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