



5 Facts You Need to Know About: The Seventh-day Adventist Church

1. The Seventh-day Adventist Church is a Protestant denomination that was formed in 1863 and today has nearly 20 million members worldwide including 1.2 million members in the United States and Canada.
2. Seventh-day Adventists believe the Bible is the sole source of faith and practice and has 28 fundamental beliefs stemming from their understanding of scripture. These beliefs include doctrines and teachings about the nature of God, humans, salvation, the church, what it means to be Christian and the end of times.
3. Unlike most Christian denominations and faith groups, the holy day for the Seventh-day Church is Saturday. Adventists consider Saturday reserved for rest, quality family time, and charity work.
4. Central to the Church is the belief that God requires people to take care of their bodies. Their approach to health, including advocating for a vegetarian diet and avoidance of drugs and alcohol, has resulted in numerous studies of Adventists as some of the “world’s longest living people” and led them to be the largest Protestant integrated network of hospitals and clinics worldwide including lodging, nursing homes, retirement centers, orphanages and children’s homes.
5. Since the first Adventist school was formed in the 1850’s, the Adventist Church has placed a high premium on education, building a global network of schools, enrolling more than 1.8 million students in more than 7,500 schools.

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Learn more at:

<https://www.adventist.org>

These five points are not meant to be comprehensive or authoritative. We hope they will encourage you to explore this tradition more deeply and seek out members of this community to learn about their beliefs in action. It is our firm belief that in understanding our differences we will better understand our common humanity.

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