



5 Starter Facts About The Seventh-day Adventist Church

1. The Seventh-day Adventist Church was formed in 1863 and today has nearly 20 million members worldwide, including ~1.2 million in the United States and Canada.
2. Seventh-day Adventists believe the Bible is the sole source of faith and practice. They have 28 fundamental beliefs stemming from their understanding of scripture, including doctrines and teachings about the nature of the divine, humans, salvation, the church, what it means to be Christian, and the end of times.
3. Unlike most Christian denominations, the holy day for Adventists is Saturday. It is reserved for rest, quality family time, and charity work.
4. Central to the Church is the belief that God requires people take care of their bodies. Their approach to health, including advocating for a vegetarian diet and avoidance of drugs and alcohol, has resulted in the largest Protestant integrated network of hospitals and clinic worldwide including lodging, nursing home, 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 and enrolling more than 1.8 million students in over 7,500 schools.

Learn more at:

<https://www.adventist.org>

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

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