
The Sabbath in Tonga: A Journey of Faith, History, and Redemption

Preface

The Sabbath has always held a special place in my heart as a Seventh-day Adventist (SDA) living in Tonga. It is a day that whispers of God’s creative power and sings of His redemptive love—a sacred pause in the rhythm of life. Here in Tonga, where the seventh day aligns with what the world calls Sunday due to the International Date Line (IDL), I’ve come to see the Sabbath not as a point of contention but as a profound gift. This book is my humble attempt to explore that gift through the lens of Scripture, history, and personal reflection, always pointing to the grace of Jesus Christ, who saves us not by our works but by our faith in Him (Ephesians 2:8-9, KJV).

Growing up in Tonga, I’ve witnessed debates among believers about whether we SDAs are keeping the “right” day. Some cling to Saturday as the universal seventh day, while others, like me, see Sunday in Tonga as the biblical seventh day due to our unique position on the globe. But this book isn’t about proving one side right or wrong—it’s about seeking truth with a prayerful spirit and a heart for unity. As Romans 14:5 reminds us, “Let every man be fully persuaded in his own mind,” and I trust that God, who “looketh on the heart” (1 Samuel 16:7), honours our sincere intent to obey Him.

My journey in writing this began with a desire to understand why we SDAs hold the Sabbath so dear, how it came to be observed on Sunday in Tonga, and what history and Scripture reveal about this practice. Along the way, I’ve uncovered stories of faith—from the SDA pioneers who brought the gospel to our shores to the framers of Tonga’s Constitution who sought to honour God in their own way. Through it all, I’ve been reminded that the Sabbath is more than a day; it’s a symbol of rest in Christ, who said, “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28).

This work is written for my fellow Tongans, SDA and beyond, who wrestle with these questions. It’s for those who seek clarity amid confusion, unity amid division, and above all, salvation through faith in Jesus Christ. I pray that as you read, you’ll find not just answers but an invitation—to rest in God’s love, to trust His guidance, and to look forward to the day when “there shall be no more curse: but the throne of God and of the Lamb shall be in it; and his servants shall serve him” (Revelation 22:3). May this book inspire us to lift our eyes to that hope, leaving behind petty disputes for the joy of His redemption.

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