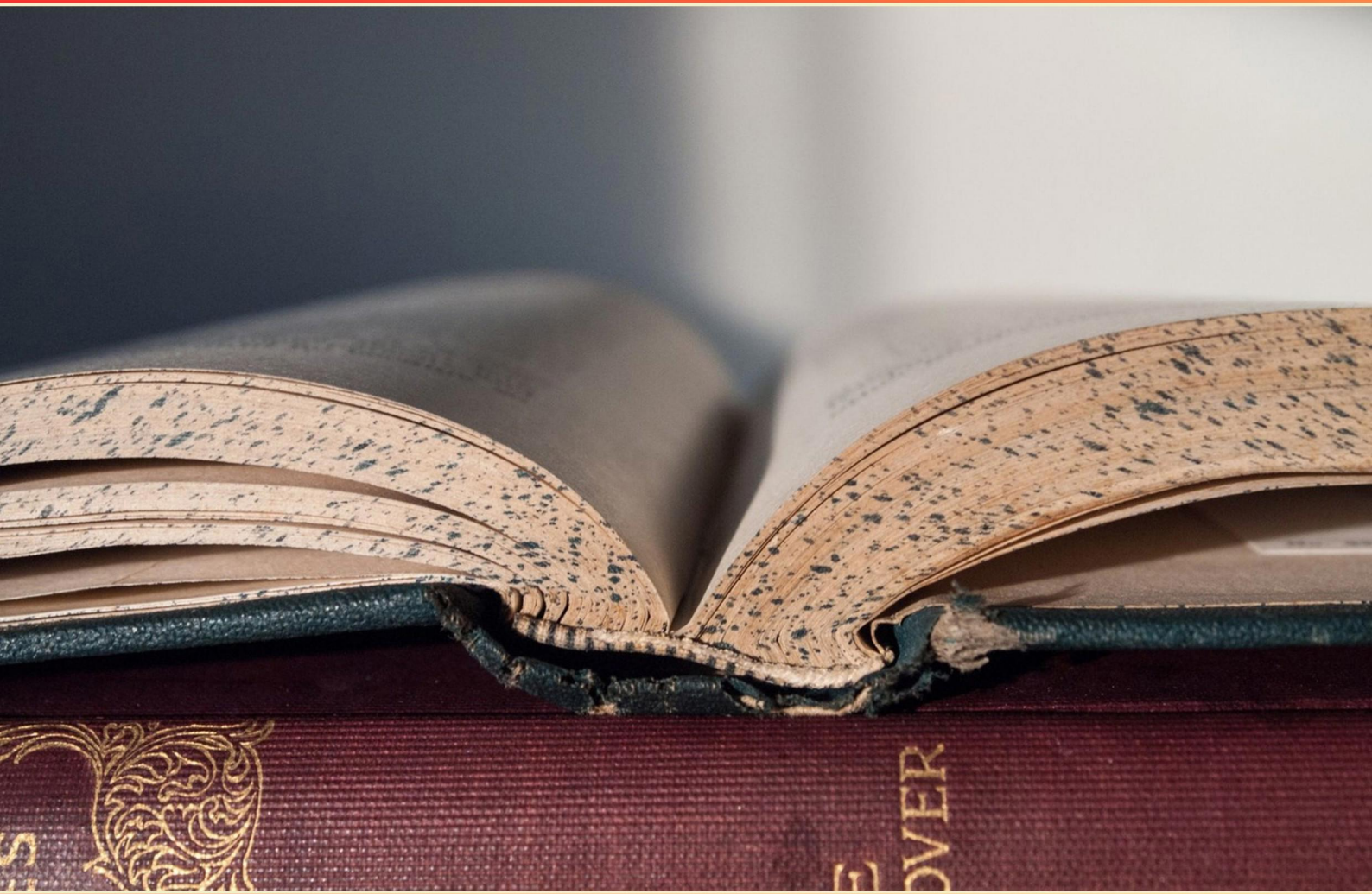


ADVENTIST HERITAGE TEST 1 PRACTICE (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which option is NOT among the seven doctrines of the Adventist church?**
 - A. 2nd Coming
 - B. Sanctuary in Heaven
 - C. Baptism by immersion
 - D. Sabbath/Law of God

- 2. What was the second organizational step in Adventist history?**
 - A. Forming a missionary society
 - B. Building a health reform program
 - C. Publishing work (teaching, uniting a body of believers)
 - D. Writing a confession of faith

- 3. Which verse records the Great Commission where Jesus instructs to go and make disciples?**
 - A. Matthew 28:19-20
 - B. Acts 1:8
 - C. Mark 16:15
 - D. Luke 24:47

- 4. Which figure wrote Rise and Progression of the Seventh-day Adventists and is regarded as the first Adventist historian in the West?**
 - A. Uriah Smith
 - B. John Loughborough
 - C. James White
 - D. Stephen Haskell

- 5. Which statement best describes the role of the Seventh-day Adventist Publishing Association in early SDA history?**
 - A. It published religious literature only
 - B. It could conduct business and own property
 - C. It served as the church's governing body
 - D. It managed all missionary activities

6. Which figure was known for preaching the 'fall of Babylon' sermon?

- A. William Miller
- B. Charles Fitch
- C. Josiah Litch
- D. S. Bates

7. Health reform is not about justification but about ____.

- A. Glory
- B. Salvation
- C. Sanctification
- D. Redemption

8. Which publication is associated with T.M. Preble?

- A. The Millerite Journal
- B. The Adventist Review
- C. The Hope of Israel
- D. The Bible Sabbath

9. Which of the following is NOT a component of NEWSTART?

- A. Nutrition
- B. Water
- C. Sunlight
- D. Sugar

10. Which phrase corresponds to 'by faith alone'?

- A. Sola Fide
- B. Sola Scriptura
- C. Sola Gratia
- D. Soli Deo Gloria

Answers

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1. C
2. C
3. A
4. B
5. B
6. B
7. C
8. C
9. D
10. A

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Explanations

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1. Which option is NOT among the seven doctrines of the Adventist church?

- A. 2nd Coming
- B. Sanctuary in Heaven
- C. Baptism by immersion**
- D. Sabbath/Law of God

Seventh-day Adventists frame seven fundamental beliefs as their essential doctrinal foundations, covering who God is, human destiny, salvation, the church, and how believers live out their faith. Among the items listed, the belief in Christ's second coming is a central doctrinal statement that shapes Adventist expectation and mission. The idea of a heavenly sanctuary describes Christ's ongoing priestly ministry in the heavenly temple, another core doctrinal theme. The Sabbath and the Law of God represent the identity and moral framework Adventists hold from creation, guiding worship and daily life. Baptism by immersion, while a widely practiced and biblically grounded rite in Adventism, is an ordinance rather than one of the seven fundamental beliefs. It is the method chosen for baptism, but the seven beliefs focus on the nature of God, salvation, the church, and related theological points, not on the procedural details of church ordinances.

2. What was the second organizational step in Adventist history?

- A. Forming a missionary society
- B. Building a health reform program
- C. Publishing work (teaching, uniting a body of believers)**
- D. Writing a confession of faith

The main idea this question tests is how the Adventist movement solidified and grew through organized communication and teaching. Publishing work served as a powerful unifying force, spreading the message, clarifying beliefs, and connecting scattered groups into a shared, identifiable community. Through periodicals and printed materials, believers learned what Adventists stood for and could align their practices and hopes, making it possible to move from loose preaching groups to a more cohesive body with common goals. While forms like forming missionary societies, health reform programs, or formal confessions of faith would appear in later stages, publishing the message and teaching people across regions was the crucial step that enabled unity and growth at this stage.

3. Which verse records the Great Commission where Jesus instructs to go and make disciples?

- A. Matthew 28:19-20**
- B. Acts 1:8
- C. Mark 16:15
- D. Luke 24:47

The main idea here is the explicit command Jesus gave to his followers to go to all nations and make disciples, with ongoing instruction. This is found in Matthew 28:19-20, where after his resurrection Jesus meets the disciples in Galilee and says: go and make disciples of all nations, baptizing them in the name of the Father, the Son, and the Holy Spirit, and teaching them to observe everything I have commanded you. He also assures his presence with them always. This combination of outreach, baptism, and teaching defines the Great Commission in its most direct form, which is why this passage is the best answer. The other verses relate to mission and proclamation but do not contain the exact directive to "make disciples" with the same framing. Acts 1:8 emphasizes being witnesses to the ends of the earth, Mark 16:15-16 calls people to hear the gospel and believe and be baptized, and Luke 24:47 speaks of preaching repentance and forgiveness to all nations. Each contributes to the missionary story, but Matthew 28:19-20 is the clear formulation of going, discipling, and teaching.

4. Which figure wrote *Rise and Progression of the Seventh-day Adventists* and is regarded as the first Adventist historian in the West?

- A. Uriah Smith
- B. John Loughborough**
- C. James White
- D. Stephen Haskell

*John Loughborough is the author of *Rise and Progression of the Seventh-day Adventists*, and he is recognized as the first Adventist historian in the West. As an early Adventist pioneer, he wrote this history to document how the movement began with the Millerite experience and evolved into the Seventh-day Adventist Church. His work provides an insider's narrative from a formative era, making it the earliest substantial history of the movement produced in the Western world. While Uriah Smith, James White, and Stephen Haskell were influential figures and contributors to Adventist literature, they did not write this particular history, nor are they regarded as the first Western historian in Adventist historiography.*

5. Which statement best describes the role of the Seventh-day Adventist Publishing Association in early SDA history?

- A. It published religious literature only
- B. It could conduct business and own property**
- C. It served as the church's governing body
- D. It managed all missionary activities

In early Adventist history, the Publishing Association acted as a formal, separate corporate entity built to support the publishing work that was central to spreading the message. The key point is that it could conduct business and own property. This legal status allowed it to acquire and operate a printing press, buildings, and offices; hire staff; enter contracts with printers, binders, distributors, and suppliers; and manage finances through subscriptions and sales. Having this independent corporate structure kept publishing activities organized and capable of growth, without making the church's governing body or missionary efforts depend on individual members. It wasn't the governing authority of the church, nor did it oversee all missionary work; its primary function was to handle publishing-related business and property.

6. Which figure was known for preaching the 'fall of Babylon' sermon?

- A. William Miller
- B. Charles Fitch**
- C. Josiah Litch
- D. S. Bates

A pivotal idea here is using the imagery of Babylon from Revelation to describe an established religious system that has strayed from true worship, and then predicting its fall as a sign of the end times. Charles Fitch is the figure most closely linked with publicly delivering and popularizing the "fall of Babylon" sermon. He argued that the institutions of organized religion, especially those connected with traditional creeds, would be judged and brought down as the final movements of prophecy unfolded toward Christ's return. This message circulated widely as a tract and helped crystallize a distinctive Adventist emphasis on prophetic timing and the critique of apostate churches, making Fitch's preaching the signature reference for this idea. The other figures are known for different prophetic themes or timelines, whereas Fitch gained particular notoriety for this specific sermon about Babylon's fall.

7. Health reform is not about justification but about ____.

- A. Glory
- B. Salvation
- C. Sanctification**
- D. Redemption

The main idea tested is that health reform expresses sanctification—the ongoing transformation of character into holiness that follows true faith. In Adventist understanding, adopting a healthier lifestyle, temperance, sensible diet, regular exercise, and avoiding harmful substances are practical outgrowths of being made holy by Christ, not the means by which salvation is earned. Justification is about being declared righteous by faith, whereas health reform shows the change God works in a believer's life as they grow toward Christlikeness. Glorifying God, while related to the ultimate purpose of life, isn't the ongoing process described here; salvation refers to the moment of being saved, and redemption to the broader deliverance from sin. Sanctification best fits the concept of health reform as a lived expression of transformed character.

8. Which publication is associated with T.M. Preble?

- A. The Millerite Journal
- B. The Adventist Review
- C. The Hope of Israel**
- D. The Bible Sabbath

After the Great Disappointment, early Adventists used periodicals to share their growing Sabbatarian messages, and T. M. Preble became known for editing and contributing to a dedicated publication that carried his prophetic interpretations and calls to Sabbath observance. The publication most closely tied to him is The Hope of Israel, a periodical he produced to reach believers with his Adventist views and to sustain interest in the movement during its formative years. This publication served as a specific outlet for Preble's voice, helping to shape and preserve the Sabbatarian strand of Adventism as other journals and editors rose in the years that followed. The Millerite Journal aligns with the broader Millerite phase before Sabbatarian Adventism solidified; The Adventist Review emerged later as the movement's main magazine; The Bible Sabbath is not connected to Preble in the historical record.

9. Which of the following is NOT a component of NEWSTART?

- A. Nutrition
- B. Water
- C. Sunlight
- D. Sugar**

The main idea here is the NEWSTART framework used in Adventist health teaching. NEWSTART is an acronym for Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust in God. Each part represents a dimension of holistic health. Of the options given, Nutrition, Water, and Sunlight are explicit components of NEWSTART. Sugar, on the other hand, isn't a labeled part of the framework; rather, it would be addressed within the nutrition guidance and temperance principles, promoting a wholesome, moderate approach to eating. So sugar isn't one of the components that MAKE UP NEWSTART.

10. Which phrase corresponds to 'by faith alone'?

A. Sola Fide

B. Sola Scriptura

C. Sola Gratia

D. Soli Deo Gloria

The expression that means "by faith alone" is Sola Fide. It captures the idea that justification—being made right with God—is received through faith in Jesus Christ rather than by any human works. This motto singled out faith as the instrument by which righteousness is applied, with grace as the source of salvation. The other phrases refer to related but distinct principles: Sola Scriptura holds that Scripture alone is the ultimate authority for belief and practice; Sola Gratia emphasizes salvation by grace alone, apart from human merit; and Soli Deo Gloria proclaims that all glory is due to God alone. So the phrase that corresponds to "by faith alone" is Sola Fide.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://adventistheritage1.examzify.com>

We wish you the very best on your exam journey. You've got this!

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