

TWO FAITHS, ONE CENTURY

A visual field guide to the
surprising differences between
Seventh-day Adventists
and Mormons

Both born in 19th-century America.
Both claim the Christian mantle.
But they are entirely different worlds.



TEMPLE ORDINANCES



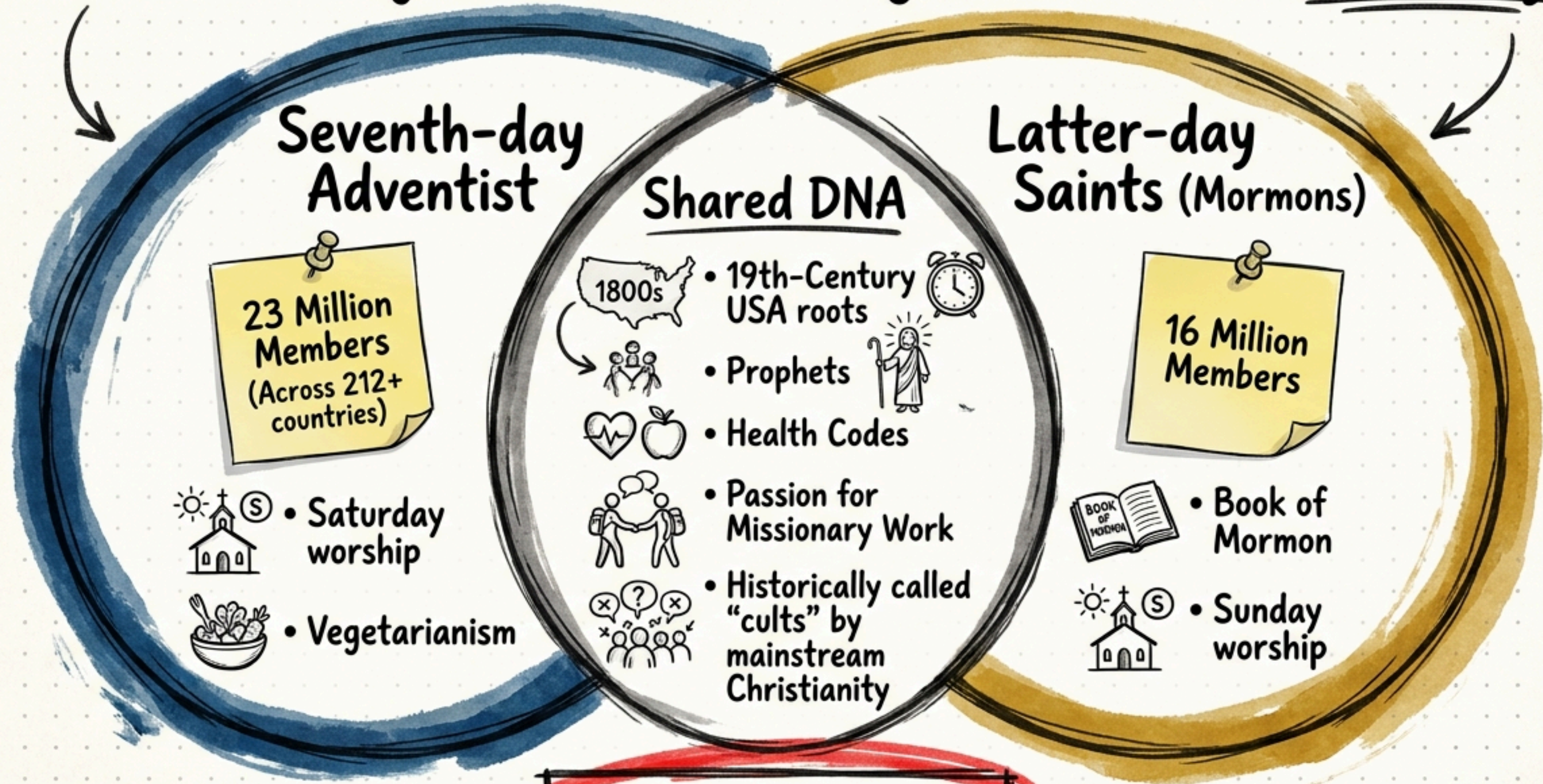
MODERN REVELATION
& SCRIPTURE

PLANT-BASED
DIET

HEALTH MESSAGE



Are Adventists just Mormons who go to church on Saturday?



Absolutely not.

19th-Century Second Great Awakening

1830



The First Vision: Joseph Smith visited by God the Father and Jesus; told all existing churches are wrong.

➔ **Outcome:** Angel Moroni leads him to gold plates. Church officially organized on April 6, 1830.

Interesting Fact:

Both visions occurred in the 1840s era. One was a solo prophet in isolation; the other was a community's voice of hope after devastating loss.

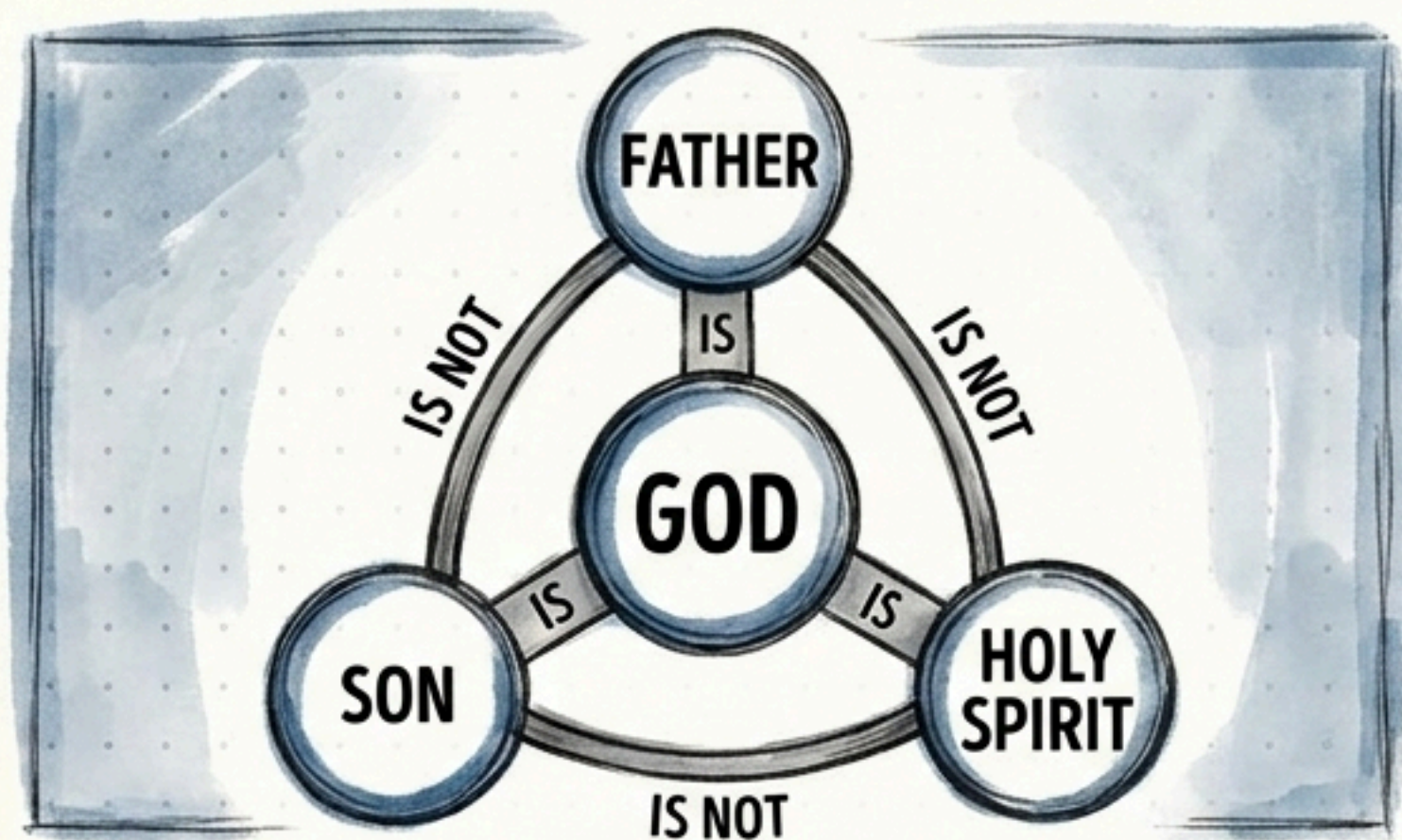
1844



The Great Disappointment: Baptist preacher William Miller miscalculates Jesus' return for Oct 22, 1844.

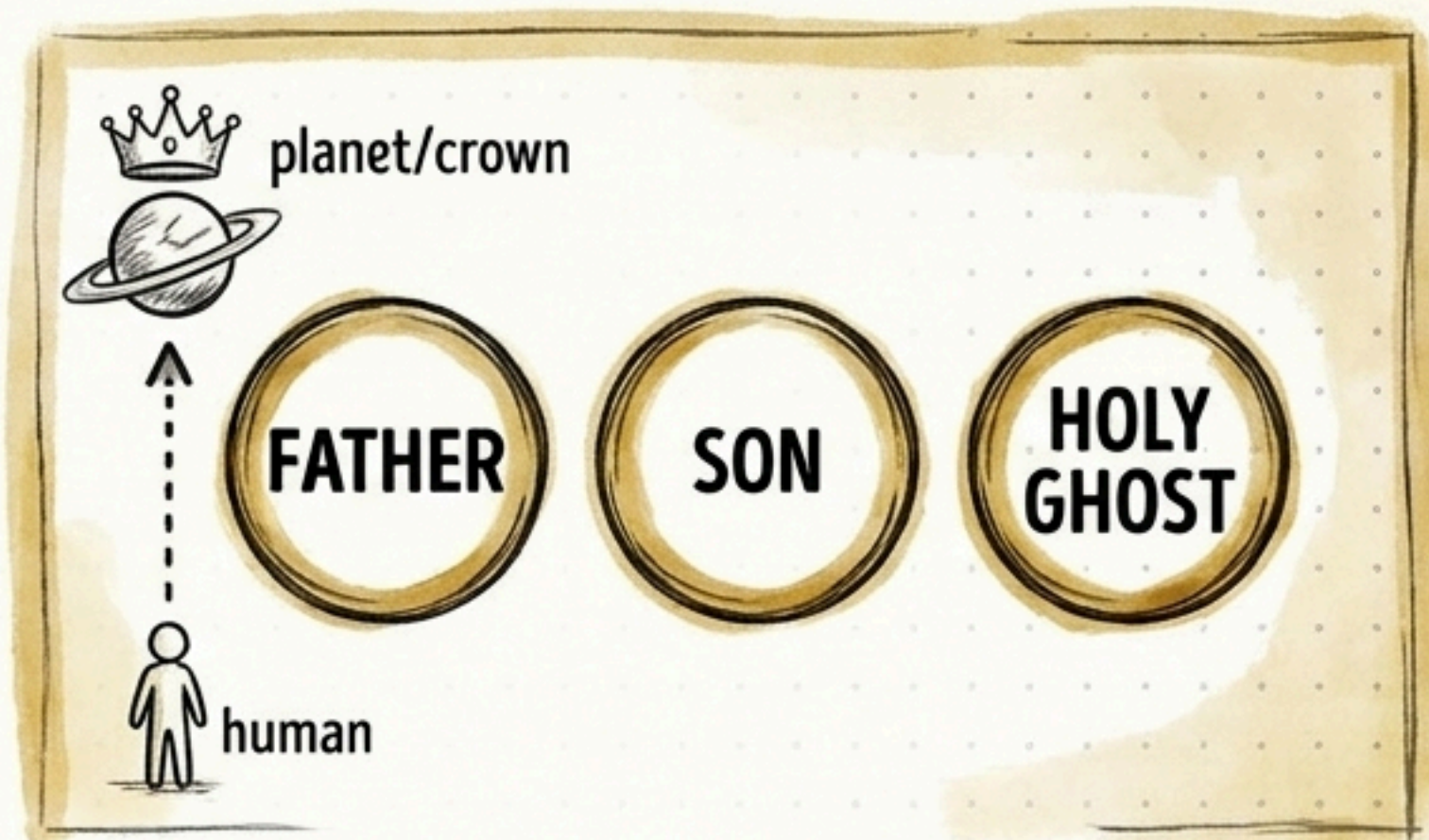
➔ **Outcome:** Ellen G. White has a vision: Jesus didn't return to Earth, but entered the heavenly sanctuary's "most holy place" for judgment. Formally organized in 1863.

The Nature of God: One or Three?



The Trinity. One God in three co-eternal, co-equal Persons. Firmly rooted in historic Christian orthodoxy.

Early Adventists (like James White) were actually anti-Trinitarian! The church embraced Trinitarianism later in the 19th century.

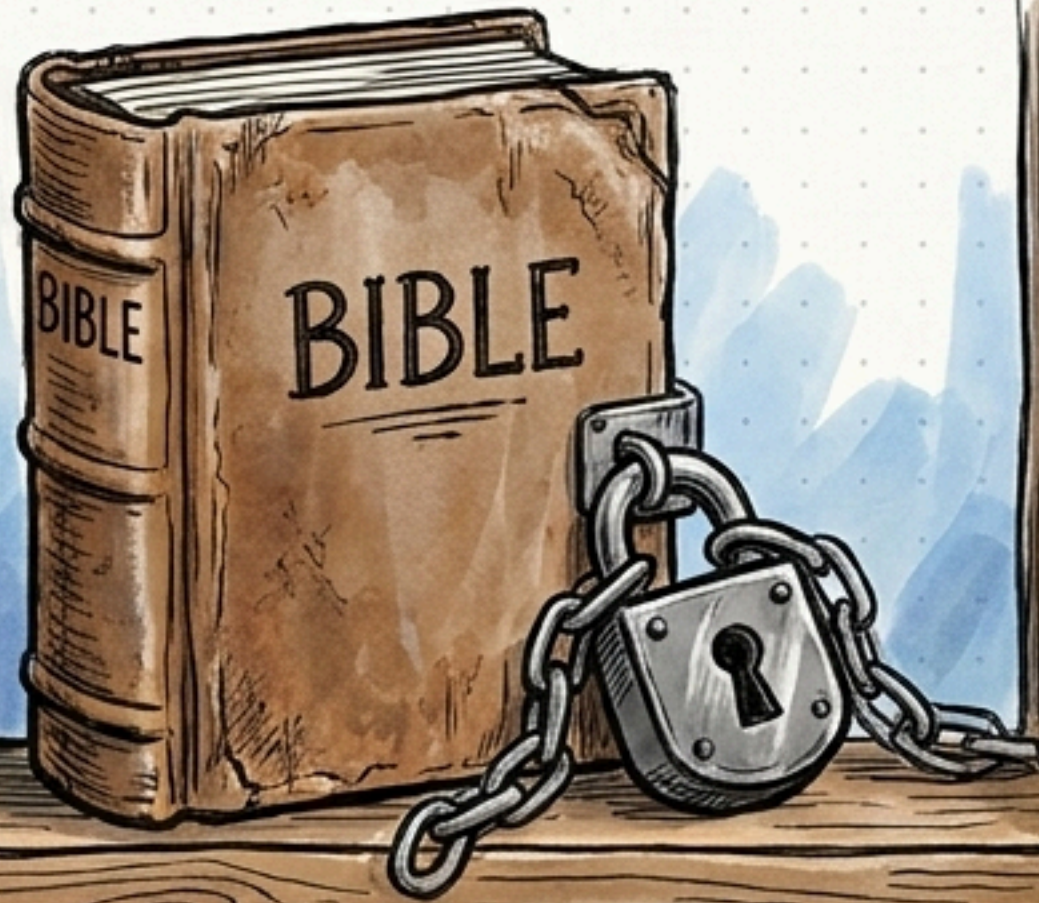


The Godhead. Three completely separate and distinct beings united only in purpose.



God the Father was once a man. Faithful Mormons can achieve exaltation to become gods and goddesses, ruling their own planets.

The Scriptures: Closed vs. Open

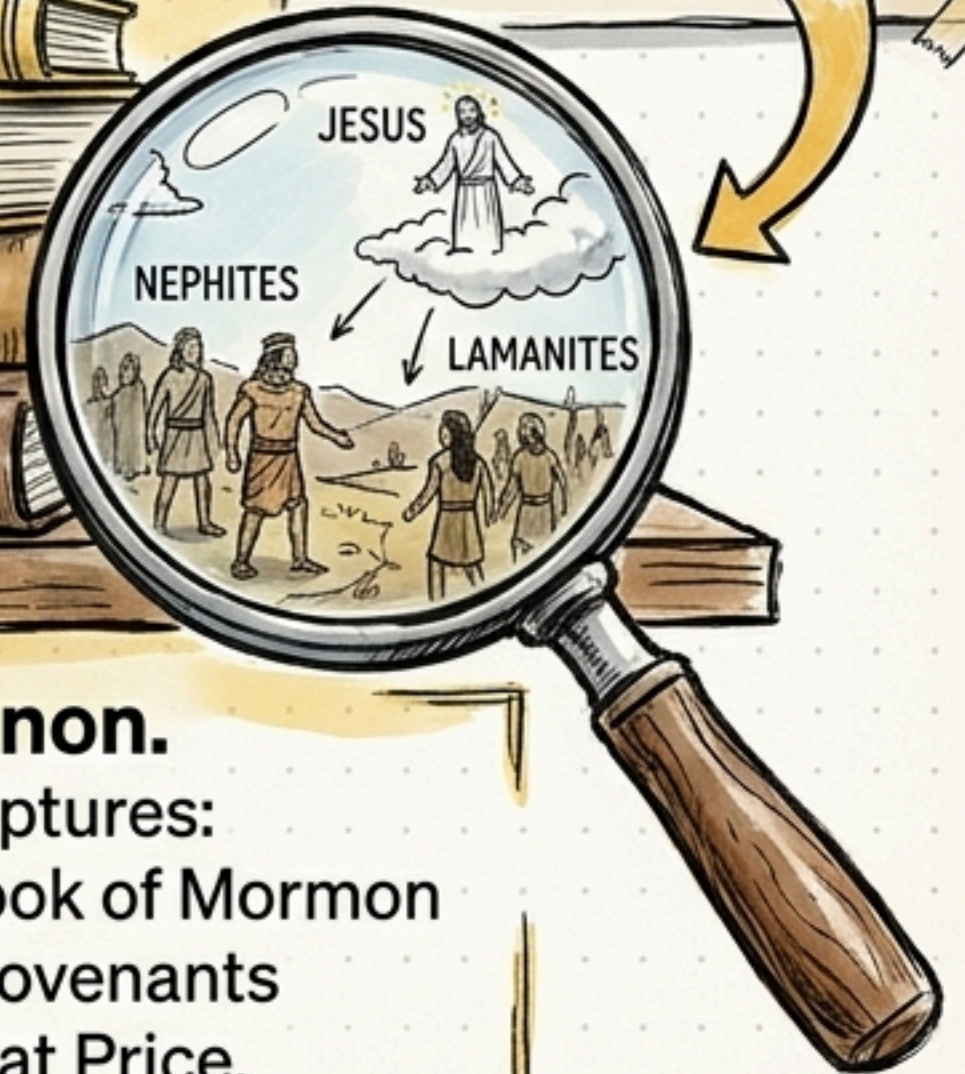


Sola Scriptura.

The 66 books of the Bible are the only creed and standard for doctrine. No additional scriptures.



Claims ancient Hebrews migrated to the Americas around 600 BCE, splitting into Nephites & Lamanites, and were visited by a resurrected Jesus.



Open Canon.

Multiple scriptures:
The Bible (KJV) + Book of Mormon
+ Doctrine & Covenants
+ Pearl of Great Price.

The Role of the Prophet

Ellen G. White (1827–1915)

The Lesser Light



Had the "spirit of prophecy", wrote 40 books & 5,000 articles. Her authority is strictly derivative—it only points back to Scripture and must be tested by it.

Joseph Smith (1805–1844)

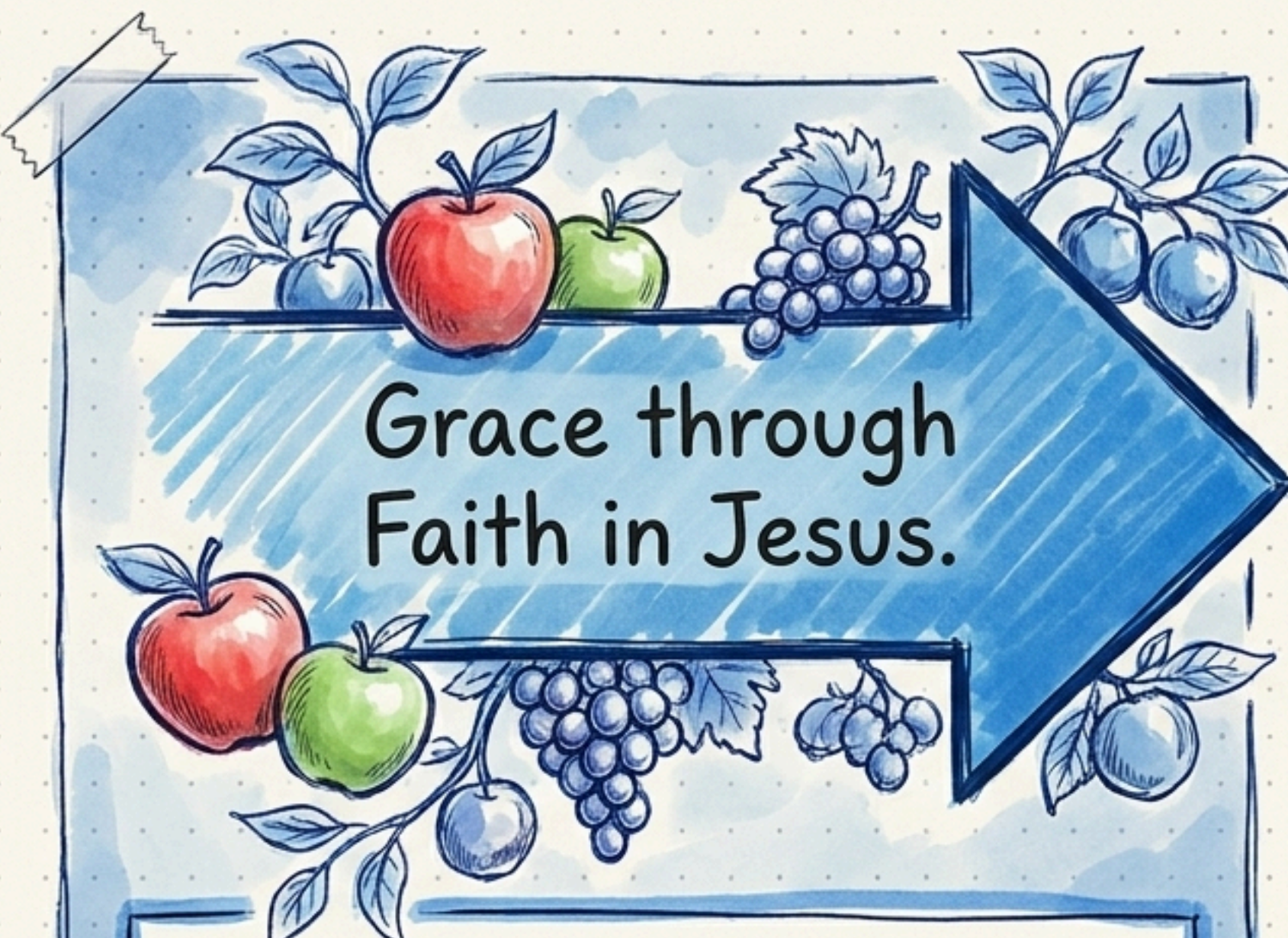
The Restorer



Translated gold plates. Did not just point to the Bible; he superseded and corrected its errors, bringing new revelation for the current age. He considered the Bible an "insufficient guide".

Both Paid a Price. Smith was killed by a mob in Carthage, IL.
White was shot at and nearly killed by a rock to the face.

Salvation: Grace vs. Exaltation



Grace through
Faith in Jesus.

The Free Gift. Salvation is by grace alone. Good works don't save you; they are the natural fruit of salvation, not the cause.

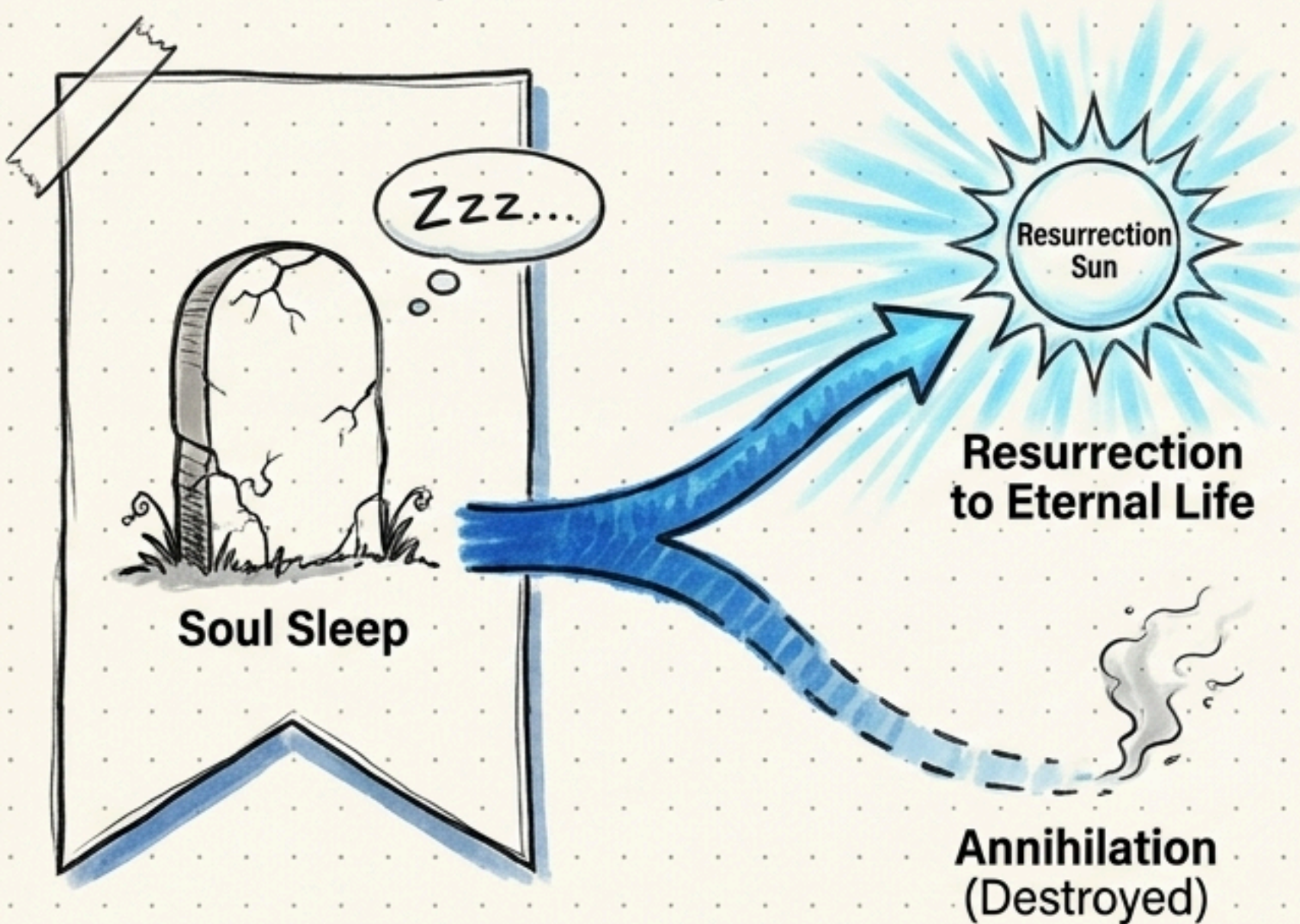
Exaltation



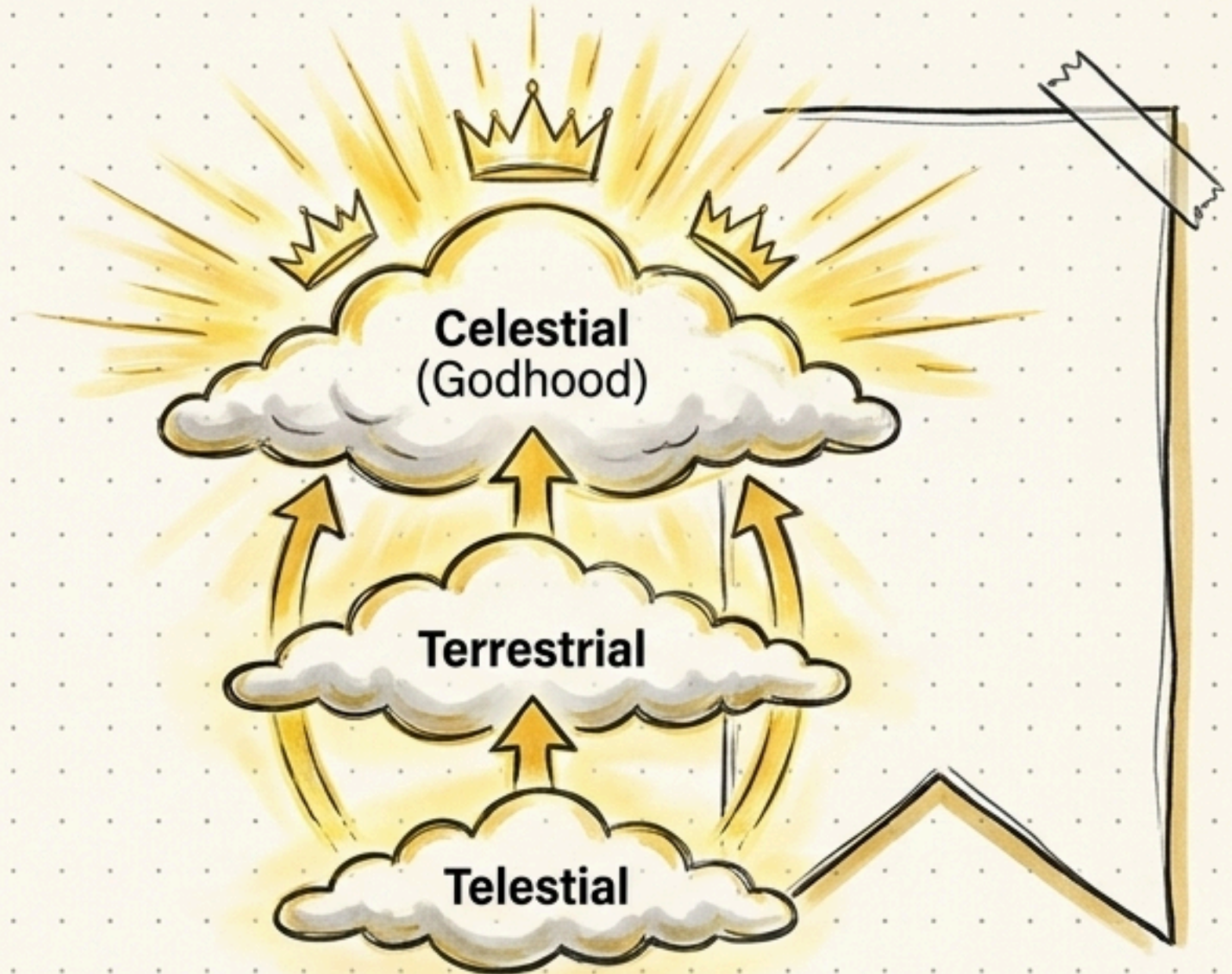
Mormons perform proxy baptisms inside temples on behalf of the deceased so they can accept the gospel in the spirit world.

The Journey. Grace plus works. Salvation requires completing specific ordinances.

The Afterlife: Two Different Good News Stories



Conditional Immortality. You remain unconscious until Jesus returns. The righteous are resurrected to eternal life. The wicked are annihilated (destroyed), not tortured forever. No eternal hell.



The Kingdoms of Glory. Almost everyone gets some form of heaven. The Celestial kingdom is where faithful Mormons become gods. Even the lowest (Telestial) kingdom is supposedly better than Earth.

The Day of Worship (The Most Visible Difference)



Saturday

7



A Seventh Day Baptist named Rachel Oakes Preston convinced early Adventist preacher J.N. Andrews to adopt the Saturday Sabbath.

Early Millerites kept Sunday!

Instituted at Creation and reaffirmed in the Ten Commandments. Sunday worship is seen as a human tradition, not biblical.



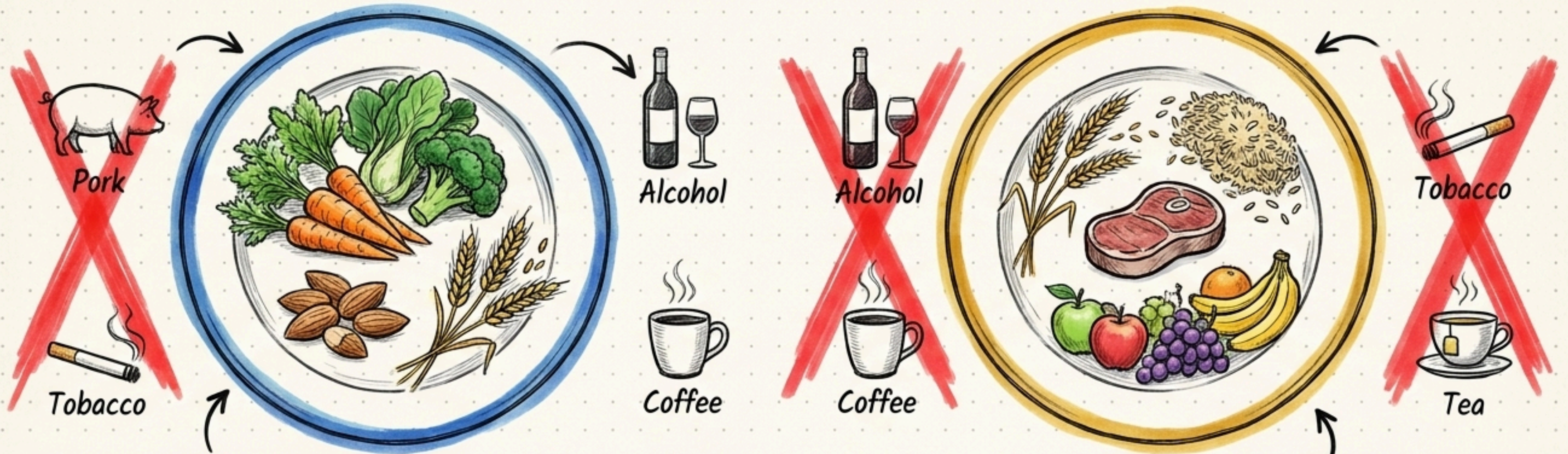
Sunday

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Follows the practice of the early Christian church, gathering on the first day of the week to commemorate Christ's resurrection.

Health Codes: Blue Zones vs. Word of Wisdom



Lacto-Ovo Vegetarianism. Linked to physical/spiritual well-being by Ellen G. White. Church runs 700+ medical facilities & 7,000 schools. Loma Linda, CA is a world-famous Blue Zone for extreme longevity.

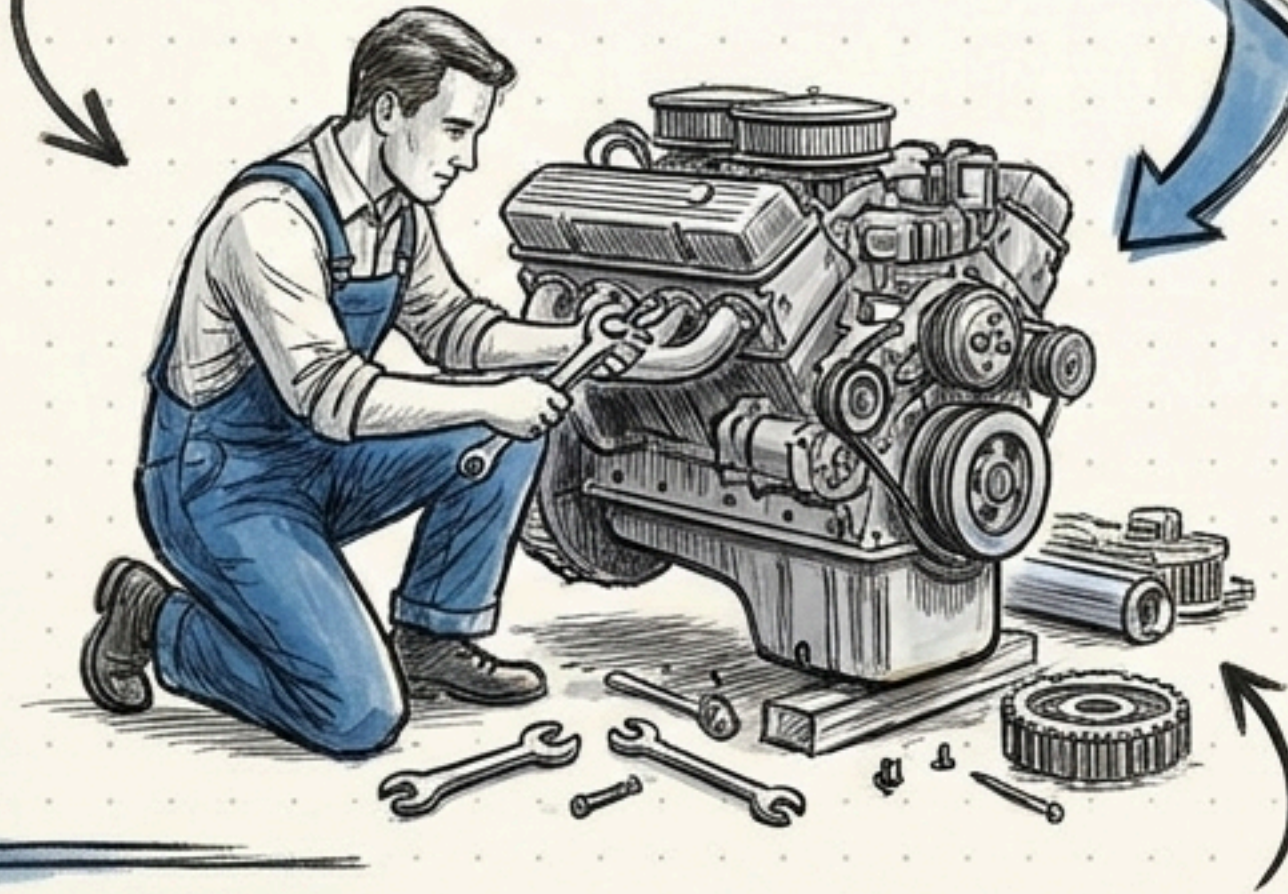
Word of Wisdom. A health code received by Joseph Smith in 1833. Advises using meat sparingly.

Science has noticed: Both groups live significantly longer than the average population, with lower rates of cancer and heart disease.

The Ultimate Difference

Despite their shared 19th-century origins and missionary zeal, their fundamental nature differs completely.

REFORM



Adventists stayed within the Protestant tradition. Their goal was to reform it, clean it up, and bring it back to its literal, biblical roots.

RESTORE



Mormons believed the original church was utterly lost. They sought to restore it by creating something entirely new new—with new prophets, new scripture, and a new cosmology.

The Field Guide Cheat Sheet

	Seventh-day Adventist	Latter-day Saint
 Origin	1844 (Great Disappointment)	1830 (First Vision / Gold Plates)
 God	The Trinity (One)	The Godhead (Three distinct beings)
 Scripture	☑ <i>Sola Scriptura</i> (Bible only)	☐ Open Canon (Bible + 3 new texts)
 The Prophet	Ellen G. White (Lesser Light)	Joseph Smith (The Restorer)
 Salvation	Free gift (Grace alone)	Exaltation (Grace + Works)
 Afterlife	Soul sleep & Annihilation	3 Kingdoms of Glory (Godhood)
 Practice 	Saturday Worship & Vegetarianism	Sunday Worship & Word of Wisdom

Two American originals.

Born in the exact same fire. Traveling to entirely different worlds.

