

The Sabbath Truth

The Fourth Commandment states:

Exodus 20:8-11

Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.

1. Was the Sabbath made just for the Jews?

Mark 2:27

And he said unto them, The sabbath was made for man*, and not man for the sabbath:

NOTE: *man: from the Greek; *ánthrōpos* – meaning all “mankind”; the human race; all people, not just Jews.

2. When was the Sabbath established? What day is it?

Genesis 2:1-3

Thus the heavens and the earth were finished, and all the host of them. And on **the seventh day** God ended his work which he had made; and he rested on **the seventh day** from all his work which he had made. And God blessed **the seventh day**, and sanctified it: because that in it he had rested from all his work which God created and made. (777)

3. How has God demonstrated the importance of His holy Sabbath?

Exodus 20:8

Remember the sabbath day, to keep it holy.

4. What 2 things did God say Sabbath is a sign of?

Exodus 31:17

It is a sign between me and the children of Israel for ever: for in six days the Lord made heaven and earth, and on the seventh day he rested, and was refreshed.

Ezekiel 20:12

Moreover also I gave them my sabbaths, to be a sign between me and them, that they might know that I am the Lord that sanctify them.

It is a sign that God is the Creator. For how long? Forever. It is also a sign that God sanctifies us,

meaning sets us apart for a holy purpose.

5. A Christian is a follower of Christ. Which day did Jesus keep?

Luke 4:16

And he came to Nazareth, where he had been brought up: and, as his *custom* was, he went into the synagogue on the sabbath day, and stood up for to read.

John 13:15

For I have given you an example, that ye should do as I have done to you.

6. What was the apostle Paul's custom?

Acts 17:2

And Paul, as his *manner* was, went in unto them, and three sabbath days reasoned with them out of the scriptures.

7. What day did the Gentiles (non-Jews) worship?

Acts 13:42

And when the Jews were gone out of the synagogue, the Gentiles besought that these words might be preached to them the next sabbath.

8. Did Jesus intend for his people to keep the Sabbath after His resurrection?

Matthew 24:20

But pray ye that your flight be not in the winter, neither on the sabbath day.

Jesus foretold in prophecy that Jerusalem would be destroyed in A.D. 70, and warned that their flight not be on the Sabbath. This means He fully expected His followers to be keeping the seventh day Sabbath after His ascension.

9. Will end-time people keep the seventh day Sabbath?

Revelation 12:17

And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.

Revelation 14:12

Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.

Revelation 22:14

Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.

10. Will the saved keep the Sabbath in Heaven?

Isaiah 66:22-23

²² For as the new heavens and the new earth, which I will make, shall remain before me, saith the Lord, so shall your seed and your name remain.

²³ And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the Lord.

11. How do we know Saturday is the same Sabbath day Jesus kept?

Luke 23:54

And that day was the preparation*, and the sabbath drew on.

Luke 24:1

Now upon the first day of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain others with them.

NOTE: The Greek word for Friday is Paraskevi (Παρασκευή) and is derived from a word meaning "to prepare." So the Bible tells us:

- Preparation Day = Friday
- Sabbath = Saturday
- First Day = Sunday

12. Does God allow anyone to change His Holy Day?

Proverbs 30:5-6

⁵ Every word of God is pure: he is a shield unto them that put their trust in him.

⁶ Add thou not unto his words, lest he reprove thee, and thou be found a liar.

13. How long did God intend for the Sabbath to be kept?

Leviticus 23:31

Ye shall do no manner of work: it shall be a statute for ever throughout your generations in all your dwellings.

14. When does Sabbath begin and end?

Leviticus 23: 32

From even unto even, shall ye celebrate your sabbath.

15. Some Christians refer to Revelation 1:10 (I was in the Spirit on the Lord's day...) and say, "You keep the Sabbath, but we keep The Lord's Day," referring to Sunday. But what day does the Bible say is the Lord's Day?

Exodus 20:10

But the seventh day is the sabbath of *the Lord* thy God.

Isaiah 58:13

If thou turn away thy foot from the sabbath, from doing thy pleasure on *my holy day*; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words.

Mark 2:28

Therefore the Son of man is *Lord* also of the sabbath.

16. What blessing is promised by keeping the Sabbath?

Matthew 11:28

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Exodus 33:14

And he said, My presence shall go with thee, and I will give thee rest.

Hebrews 4:9-11

⁹ There remaineth therefore a rest to the people of God.

¹⁰ For he that is entered into his rest, he also hath ceased from his own works, as God did from his.

¹¹ Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.

17. What did God say to Moses about the ground he walked on in Exodus 3:5?

Exodus 3:5

And he said, Draw not nigh hither: put off thy shoes from off thy feet, for the place whereon thou standest is holy ground.

Clearly Moses did not know that the ground where he stood was holy or God would not have to tell him so. Certainly the ground looked like every other place. It was the presence of God that made it holy. Likewise, the Sabbath day appears no different than any other day. It is only because God says it is *holy time* with His special presence that differentiates it from any other day.

Summary

The Sabbath:

- is one of the unchangeable Ten Commandments
- is Saturday, the seventh day of the week
- is a memorial of Creation
- is a sign that God sanctifies us
- begins at sunset Friday and ends at sunset Saturday
- is meant to be kept forever
- was given at Creation
- was kept by the patriarchs and prophets, Jesus and the apostles, will be kept by God's end-time people, and will be kept by the saved in heaven

Hasn't the Calendar Been Changed?

The calendar was changed once in October 1582, but it did not alter the weekly cycle. Ten dates were omitted from the calendar following October 4, 1582. What would have been Friday, October 5, became Friday, October 15. The diagram below will help you to visualize the change. You will see that it did not change the order of the days of the week.

OCTOBER 1582						
Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sab.
1	2	3	4	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31