

**Isaiah 66:23** - From one New Moon to another and from one Sabbath to another, all mankind will come and bow down before me," says the LORD.

**Hebrews 4:9** - There remains, then, a Sabbath-rest for the people of God;


## Scriptural References:

Exodus 20:8-11  
Exodus 31:12-17  
Exodus 35:1-3  
Leviticus 19:30  
Leviticus 23:3  
Deuteronomy 5:12-15  
Nehemiah 13:15-22  
Psalm 92  
Isaiah 56:2-7  
Isaiah 58:13-14  
Isaiah 66:23  
Matthew 12:8-13  
Mark 1:21-28  
Mark 2:27-28  
Mark 3:1-6  
Mark 6:2  
Luke 4:16-19  
Luke 6:5-10  
Luke 13:10-17  
John 5:1-15  
John 9:14  
Acts 13:14,26-27,42,44  
Acts 15:21  
Acts 16:13-15  
Acts 17:2-4  
Acts 18:1-4  
Hebrews 4:1-11  
Hebrews 10:26-29

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# Seventh-Day Sabbath Commandment



What is the Sabbath? Is keeping the Sabbath commanded of us today? If so, why, when and how do we keep the Sabbath day?

There are references to the 'Sabbath' in both the Old and New Testaments. Jesus Christ magnified the Old Testament laws in the New Testament, and He said that He came to fulfill and establish the law.

**Matthew 5:17** - "Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.

The Sabbath day is a memorial of God's sovereignty - His supremacy in power, rule and authority. Keeping the Sabbath day holy means that we revere God, and acknowledge His supremacy and authority in our lives, and that the Bible is our only source of authoritative instruction.

God's fourth commandment clearly mentions: **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.

God has commanded us to keep the Sabbath day holy. It is a special and sacred day of rest, holy and dedicated to God, which was sanctified - set apart as holy at creation, in which no work is to be done. We spend extra time in true fellowship and intimacy with God and His Son Jesus Christ through praise and worship, including prayer and bible study. A day when we focus completely on God, who is the Creator and sustainer of all life. We also deeply and thoughtfully study, reflect and meditate on God's Word. We grow spiritually and mature in the faith - build, develop and deepen our spiritual relationship with God.

The Son of Man is Lord of the Sabbath **Luke 6:5**. There is no Biblical authorization to change the Sabbath to Sunday. God blessed the Sabbath day which is Saturday, the seventh day of the week. Once a specific day is blessed by God, it is blessed forever.

In the Bible, weekly Sabbaths and annual Holy Days are observed from sunset to sunset and therefore, the Sabbath is observed from Friday sunset to Saturday sunset. It is a special day of holy convocation, which means sacred assembly, where we learn about God's Word. Jesus said: **Matthew 18:20** - For where two or three come together in my name, there am I with them."

Therefore, only six days are designated for work such as: occupation, home-work, house cleaning, shopping, laundry, etc. Friday is "preparation day" for Sabbath. It is ideal to complete all the house cleaning, including: dusting, ironing, dishwashing, vacuuming, baking and cooking by Friday before sunset.

We demonstrate our love for God by keeping His commandments, and the fourth commandment is to keep the Sabbath day holy. It is one of the marks of a true Christian, and a special identifying sign between the Lord and His people. A people that are separate from the world. We show God that He is first love and number one priority in our lives. This means that finance, money, business, career or your regular job is not. Where is room for God in your heart and your life, if you are busy with other things? Making room for focusing on God must be top priority. We are to set aside the cares and stresses of life, and spend quality time with our Creator. We demonstrate that we love God with all our heart, mind, soul and strength.

We can enjoy admiring the beautiful work of God's creation, by taking a walk along the beach to admire nature, including the sun, sand and ocean. Or we can admire the trees, plants and flowers, as we sit down and relax on the park bench. We can also take our Bibles with us to study, meditate and reflect on God's Word. Always remembering that we worship and honor God (not creation). It is a day of joy, delight, rejoicing, happiness, rest, peace, refreshment and relaxation.

God will really test us to see whether we are totally committed, devoted and dedicated to Him. The Sabbath is a special day where we truly demonstrate our faithfulness, passion, zeal, fervor and enthusiasm for God.

**Biblical Principles for Sabbath keeping:**

1. Day of rest, holy and dedicated to God.
2. No servile work is to be done.
3. There must be no elaborate or heavy food preparation on the Sabbath and we are forbidden to kindle a fire. Setting the table would not constitute food preparation.
4. Time for praise and worship where we sing psalms, hymns and spiritual songs to God with thanksgiving in our hearts.
5. Time of prayer, deep study, meditation and reflection on God's Word.

6. Exercise and develop the spiritual gifts of the Holy Spirit.
7. Time to teach God's Word. Preach the true Gospel using tracts and other material to educate, encourage and inspire others.
8. We must be very careful not to speak idle words on the Sabbath, ie. everyday talk that does not involve God. This means that we speak and think about God. All other words and thoughts are completely forsaken.
9. Time to do good deeds - feed the hungry, take care of and comfort the poor, sick and dying. For example visit nursing homes and orphanages. You can make encouraging phone calls and/or send inspirational greeting cards (via post) or ecards (via email).
10. No buying or selling on the Sabbath. According to scripture this is "an evil thing" to do on the Sabbath.

Christ mentioned that it is lawful and right to do good, and to save life on the Sabbath. For example: If you see someone who is hungry, feed him; if thirsty, give him water to drink; if naked, clothe him; if sick, look after him.

Jesus performed many miracles and healings on the Sabbath, including:

- 1) Healing a woman who was crippled for eighteen years.
- 2) Healing a man with a shriveled hand.
- 3) Healing a man who was an invalid for thirty-eight years.
- 4) Driving an evil spirit out of a demon-possessed man.

**Luke 13:15-16** - The Lord answered him, "You hypocrites! Doesn't each of you on the Sabbath untie his ox or donkey from the stall and lead it out to give it water? Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?"

It is crucial how we celebrate the Sabbath. We worship God in spirit and in truth **Jn 4:24**. We DO NOT make an idol in the form of anything in heaven above, or the earth beneath or the waters below. We are forbidden to make a representation of God in any shape or form **Ex 20:3-4**.

The sacrifice of giving up sport on the Sabbath cannot be compared with the sacrifice of Jesus Christ, who gave His life for us, to save us from all our sins. Also, It takes faith and trust in God, and courage to obey Him in whatever circumstance, even if it means losing your job. God will help you find another one.

God promises blessings for those who keep the Sabbath day holy and call the Sabbath a delight; and stop pursuing their own normal things of enjoyment. For example, sports recreational activities.

**Isaiah 56:2** - Blessed is the man who does this, the man who holds it fast, who keeps the Sabbath without desecrating it, and keeps his hand from doing any evil."

**Isaiah 56:6-7** - And foreigners who bind themselves to the LORD to serve him, to love the name of the LORD, and to worship him, all who keep the Sabbath without desecrating it and who hold fast to my covenant— these I will bring to my holy mountain and give them joy in my house of prayer. Their burnt offerings and sacrifices will be accepted on my altar; for my house will be called a house of prayer for all nations."

**Isaiah 58:13-14** - "If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land ....."

Jesus Christ, the apostles and New Testament Church kept the Sabbath.

**Luke 13:10** - On a Sabbath Jesus was teaching in one of the synagogues,

**Acts 18:4** - Every Sabbath he reasoned in the synagogue, trying to persuade Jews and Greeks.

Jesus said the Sabbath was made for man. This includes both Jews and Gentiles **Mk 2:27**. We encourage others to keep the Sabbath, and comfort and support them on this special day.

In the Old Testament, the penalty for breaking the Sabbath commandment was death. The consequences for rejecting and deliberately disobeying God's commandments after coming to a knowledge of the truth, is NOT inheriting the Kingdom of God, and that person has become an apostate! (Please read tract 'Repent or Perish!').

The Sabbath will exist in the Millennial reign of Christ when He returns as King of kings and Lord of lords. Christ's resurrected true saints will assist Him in ruling over the people who remain alive at the time of His Return. This is the true rest of the saints of God.