

# THE SABBATH DAY

---

What is the Sabbath day? Can we choose any day of the week to be our Sabbath day or is there a specific day that has been ordained for all creation to observe and keep as the Sabbath day? What should we do on the Sabbath day? Is it important to keep the Sabbath day? Most importantly, would you change the way you view the Sabbath day when you come to the knowledge of the truth?

Everyone in the world knows there is a day that has been set aside in which we are to down all tools and rest from our labours. We all do it to varying degrees. Every professing believer knows there is one day in the week in which we are supposed to rest and focus our attention on the God who created us, but the vast majority of us do not know:

- The origin of the Sabbath
- On which day of the week we are supposed to Worship
- How to keep the Sabbath

## THE ORIGIN OF THE SABBATH

It took the Lord, our God, six days to call forth light, to restore the earth, to create the sun and the moon and to divide day from the night. Within those six days the Lord our God created man and all the other living things we see today. After working for six days, God rested on the seventh day and hallowed the seventh day because on the seventh day He rested.

### **Genesis 2:1-3 New King James Version (NKJV)**

*<sup>1</sup>Thus the heavens and the earth, and all the host of them, were finished. <sup>2</sup>And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. <sup>3</sup>Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.*

God did not choose a random day of the week, sanctify it and rest before going back to His work. He worked continuously for six days and rested on the seventh day. The seventh day is the day God has given all men everywhere as an everlasting covenant because on that day, when He had finished His work, He rested.

## THE SABBATH DAY

---

Adam was the first custodian of this covenant: the Sabbath's rest along with all the other laws and commandments of God. But when Adam decided to eat of the tree of knowledge of good and evil, he also lost custody of the Earth, including all the laws and commandments of God, both physical and spiritual, to Satan the devil. Throughout the ages, all the righteous people of God have still been able to keep the laws and commandments of God because God protected them to keep the path to the tree of life open. Abel, Enoch, Noah, Abraham, Sarah and Ruth, just to name a few, all kept the Sabbath day and all the laws and commandments of God. All these men and women were deemed just in the eyes of the mighty God because they obeyed His voice and kept His laws and commandments.

### **Genesis 26:2-5** New King James Version (NKJV)

*<sup>2</sup>Then the LORD appeared to him and said: "Do not go down to Egypt; live in the land of which I shall tell you. <sup>3</sup>Dwell in this land, and I will be with you and bless you; for to you and your descendants I give all these lands, and I will perform the oath which I swore to Abraham your father. <sup>4</sup>And I will make your descendants multiply as the stars of heaven; I will give to your descendants all these lands; and in your seed all the nations of the earth shall be blessed; <sup>5</sup>because Abraham obeyed My voice and kept My charge, My commandments, My statutes, and My laws."*

The Sabbath day was reintroduced to the descendants of Abraham, the children of Israel, when the Lord brought them out of the land of bondage and into the wilderness. This was part of the written constitution of the Kingdom of God, as the fourth commandment.

### **Exodus 20:8-11** New King James Version (NKJV)

*<sup>8</sup>"Remember the Sabbath day, to keep it holy. <sup>9</sup>Six days you shall labour and do all your work, <sup>10</sup>but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. <sup>11</sup>For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.*

Remembering the Sabbath day, to keep it holy, is something the children of Israel already knew existed as a commandment of God which was passed down to them through their fathers. At that stage, God was making obvious to all its importance. Setting it in stone -

## THE SABBATH DAY

---

written with the finger of God as a written law, which is the constitution of the kingdom of God. It was not only given to that generation, but to all generations of God's people thereafter.

### **Exodus 31:15-17** New King James Version (NKJV)

*<sup>15</sup> Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the LORD. Whoever does any work on the Sabbath day, he shall surely be put to death. <sup>16</sup> Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. <sup>17</sup> It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed.' "*

No one is being put to death at the moment, because we live in the acceptable year of the Lord, but a time is coming when this covenant will be re-established as the law to all men in future generations as it is a perpetual covenant. The word perpetual means forever, endless. If this is a perpetual, everlasting covenant, why is everyone who professes to believe in God not keeping it now if we are to keep it in the Kingdom of God?

## THE IMPORTANCE OF THE SABBATH DAY

The importance God has placed on the Sabbath day cannot be overlooked, as it forms a critical part of the relationship between God and His people. Just how important is it to God? Consider:

### **Exodus 31:13** New King James Version (NKJV)

*<sup>13</sup> "Speak also to the children of Israel, saying: 'Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the LORD who sanctifies you.'*

And in the book of Ezekiel the Lord said:

### **Ezekiel 20:11-12** New King James Version (NKJV)

*<sup>11</sup> And I gave them My statutes and 'showed them My judgments, 'which, if a man does, he shall live by them.' <sup>12</sup> Moreover I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the LORD who sanctifies them.*

## THE SABBATH DAY

---

And it is repeated for emphasis:

**Ezekiel 20:19-20** New King James Version (NKJV)

*<sup>19</sup> I am the LORD your God: Walk in My statutes, keep My judgments, and do them; <sup>20</sup> hallow My Sabbaths, and they will be a sign between Me and you, that you may know that I am the LORD your God.'*

We must realise the Sabbath day is not man's day but it is God's day that He has made for man. It is a symbol, between God and all those who keep the Sabbath, that He is their Lord and God. The Lord our God added to the weekly Sabbaths the feast days of the Lord, listed in the book of Leviticus chapter twenty-three in which He has underpinned the road map to the salvation of His people. We have all heard of the feast of Pentecost, the Passover and the Feast of Tabernacles; all these feast days are the Sabbaths of the Lord which all mark different important stages illustrating the progress of the well-orchestrated plan of salvation.

### WHICH DAY OF THE WEEK IS THE SABBATH DAY?

The laws and commandments of God were given to the people of God, the nation of Israel, through Moses: the servant of God. We have to understand unequivocally that it was not a law just for the nation of Israel, but to all of God's people throughout the generations. Now, if you are the Lord's, part of the commonwealth of Israel, you should take heed because when Israel left Egypt a mixed multitude of people came with them - not just the descendants of Abraham, Isaac and Jacob.

The Lord Jesus Christ kept all the laws and commandments of God, including the Sabbath, which qualified Him as the Passover Lamb:

**Luke 4:16-17** New King James Version (NKJV)

*<sup>16</sup> So 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 to read. <sup>17</sup> And He was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written...*

Paul and the early church kept the Sabbath:

## THE SABBATH DAY

---

**Acts 17:2** New King James Version (NKJV)

*<sup>2</sup>Then Paul, as his custom was, went in to them, and for three Sabbaths reasoned with them from the Scriptures...*

But which of the seven days in the week did they observe as the Sabbath? We know the Lord Jesus Christ is a Jew. Jews today, the descendants of Abraham, keep Saturday as the Sabbath day, the last day of the week. If there were any changes to that day, it would have been noted in the Holy Scriptures, but this is not the case. We have to remember the word of God is the only truth, not what men have written. Here is proof from the Holy Scriptures:

**Matthew 28:1** New King James Version (NKJV)

*<sup>1</sup>Now after the Sabbath, as the first day of the week began to dawn, Mary Magdalene and the other Mary came to see the tomb.*

It is stated clearly that Mary Magdalene and the other Mary went out early on the first day of the week, which was after the Sabbath. If Saturday is the Sabbath, then Sunday is the first day of the week. If the Lord Jesus Christ, who came with the truth, and the apostles did not change the perpetual covenant of God, then Saturday remains the Sabbath to all generations.

There are people who take Sunday to be their Sabbath. This would imply that Monday is the first day of the week and therefore implies that the Lord rose from the dead on Monday. So those who observe Sunday as the Sabbath and also observe Easter Sunday as the day the Lord rose from the dead are in grave error and have no understanding of the Holy Scriptures. How can that be possible if Mary kept the Sunday as the Sabbath? This would mean that the Lord rose from the dead on Monday.

Is it not the same confusion attached to the Good Friday and Easter Sunday resurrection? Did not the Lord say He will be in the belly of the earth for three days and three nights, drawing parallels with what happened to the prophet Jonah? Three days and three nights add up to seventy-two hours, but Friday afternoon to Sunday morning is less than forty-eight hours. Don't be deceived. The truth is in the Holy Scriptures inspired by God, not what man decides. The Sabbath day is Saturday.

# THE SABBATH DAY

---

## HOW TO KEEP THE SABBATH

The Lord showed us countless examples of what to do on the Sabbath day throughout His ministry. The foundation of what should be done is based on this passage of Scripture:

**Mark 3:3-4** New King James Version (NKJV)

<sup>3</sup>And He said to the man who had the withered hand, "Step forward."<sup>4</sup>Then He said to them, "Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?" But they kept silent.

We are to do good on the Sabbath day. That is the foundation of what it entails, along with resting from all our labours. But we have to go back to the book of the prophet Isaiah to get more details of what God expects us to do on the Sabbath day:

**Isaiah 58:13** New King James Version (NKJV)

<sup>13</sup>"If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the LORD honourable, And shall honour Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words...

This is the minimum requirement of what is expected of any true servant of the Lord on the Sabbath day. Remember, the foundation of the church the Lord built, the Body of Christ, is based on what is written in the books of the law and the prophets.

## THE BENEFITS OF KEEPING THE SABBATH

There are many benefits attached to keeping the laws and commandments of God. This is the starting point for us to be able to reap the benefits of all the promises of God. When the Lord was asked by a young man what the requirements for eternal life were, the Lord said:

**Matthew 19:16-21** New King James Version (NKJV)

<sup>16</sup>Now behold, one came and said to Him, "Good Teacher, what good thing shall I do that I may have eternal life?"

<sup>17</sup>So He said to him, "Why do you call Me good? No one is good but One, that is, God. But if you want to enter into life, keep the commandments."

<sup>18</sup>He said to Him, "Which ones?"

## THE SABBATH DAY

---

*Jesus said, “‘You shall not murder,’ ‘You shall not commit adultery,’ ‘You shall not steal,’ ‘You shall not bear false witness,’<sup>19</sup> ‘Honour your father and your mother,’ and, ‘You shall love your neighbour as yourself.’ ”*

*<sup>20</sup> The young man said to Him, “All these things I have kept from my youth. What do I still lack?”*

*<sup>21</sup> Jesus said to him, “If you want to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me.”*

The benefit of eternal life hinges on two important factors: keeping the commandments of God, which includes the Sabbath day, and faith in Jesus Christ. This is why the Lord told the young man to go and sell what he had and come and follow Him. Eternal life will come at the appointed time, what about now? What benefits are there in keeping the Sabbath day?

### **Psalm 111:10 New King James Version (NKJV)**

*<sup>10</sup> The fear of the LORD is the beginning of wisdom; A good understanding have all those who do His commandments. His praise endures forever.*

An understanding of the truth of God is tied to keeping the laws and commandments of God. It is the Lord who gives wisdom to His people, to all those who fear and give reverence to Him and to those who obey His commandments. To them He will give wisdom. Understanding of the truth is only given to the wise, those who have God’s wisdom. There is another benefit of keeping the Sabbath day:

### **Psalm 119:165 New King James Version (NKJV)**

*<sup>165</sup> Great peace have those who love Your law, And nothing causes them to stumble.*

All those who love the laws of God and remember to obey His commandments have great peace. Nothing will cause them to stumble because they also understand the truth, but most importantly - the Lord will uphold them from falling because they have put their trust in Him.

This is the sum of the matter:

### **Isaiah 56:1-7 New King James Version (NKJV)**

*<sup>1</sup> Thus says the LORD: “Keep justice, and do righteousness, For My salvation is about to come, And My righteousness to be revealed. <sup>2</sup> Blessed is the man who does this, And the son of*

## THE SABBATH DAY

---

*man who lays hold on it; Who keeps from defiling the Sabbath, And keeps his hand from doing any evil.”<sup>3</sup> Do not let the son of the foreigner Who has joined himself to the LORD Speak, saying, “The LORD has utterly separated me from His people”; Nor let the eunuch say, “Here I am, a dry tree.”<sup>4</sup> For thus says the LORD: “To the eunuchs who keep My Sabbaths, And choose what pleases Me, And hold fast My covenant,<sup>5</sup> Even to them I will give in My house And within My walls a place and a name Better than that of sons and daughters; I will give them an everlasting name That shall not be cut off.*

*<sup>6</sup> “Also the sons of the foreigner Who join themselves to the LORD, to serve Him, And to love the name of the LORD, to be His servants— Everyone who keeps from defiling the Sabbath, And holds fast My covenant—<sup>7</sup> Even them I will bring to My holy mountain, And make them joyful in My house of prayer. Their burnt offerings and their sacrifices Will be accepted on My altar; For My house shall be called a house of prayer for all nations.”*

The Israel of God is the church the Lord Jesus Christ built, which is also known as the body of Christ. The commandment to keep the Sabbath day is a perpetual covenant to all generations. Now that you know about it, what are you going to do?

### **Ecclesiastes 12:13 New King James Version (NKJV)**

*<sup>13</sup> Let us hear the conclusion of the whole matter: Fear God and keep His commandments, For this is man’s all.*