

## SABBATH

**Saturday or Sunday?** — Throughout the Bible, God commands His people to honor and worship Him by keeping the weekly Sabbath day holy—the *seventh* day of the week (Exodus 20:8-11; Deuteronomy 5:12-15). This day occurs each week from *sunset Friday evening until sunset Saturday evening* (Genesis 1:31, 2:2-3; Leviticus 23:32). Not only did the prophets of the Old Testament keep the seventh-day Sabbath—but Jesus Christ, the Apostles, and ALL Christians of the New Testament did as well. And you can't find a single Scripture in either the Old Testament or New Testament commanding us to keep Sunday (as even many Roman Catholic theologians readily admit).

**Isa 58:13-14** — “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 honorable, and shall honor Him, *not doing your own ways, nor finding your own pleasure, nor speaking your own words*, then you shall delight yourself in the Lord; and I will cause you to ride on the high hills of the earth, and feed you with the heritage of Jacob your father. The mouth of the Lord has spoken.”

**Gen 2:2-3** — 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. *Then God blessed the seventh day and sanctified it*, because in it He rested from all His work which God had created and made.

**Ex 16:5, 22-30** — “And it shall be on the sixth day that they shall prepare what they bring in, and it shall be twice as much as they gather daily.” And so it was, on the sixth day, that they gathered twice as much bread, two omers for each one. And all the rulers of the congregation came and told Moses. Then he said to them, “This is what the Lord

has said: *‘Tomorrow is a Sabbath rest, a holy Sabbath to the Lord. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.’*” So they laid it up till morning, as Moses commanded; and it did not stink, nor were there any worms in it. Then Moses said, “Eat that today, for today is a Sabbath to the Lord; today you will not find it in the field. Six days you shall gather it, but on the seventh day, which is the Sabbath, there will be none.” Now it happened that some of the people went out on the seventh day to gather, but they found none. And the Lord said to Moses, “How long do you refuse to keep My commandments and My laws? See! For the Lord has given you the Sabbath; therefore He gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day.”

**Ex 20:8-11** — “REMEMBER THE SABBATH DAY TO KEEP IT HOLY. Six days you shall labor and do all your work, 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 manservant, nor you maidservant, nor your cattle, nor your stranger who is within your gates. *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.”

**Ex 23:12** — “*Six days you shall do your work, and on the seventh day you shall rest,* that your ox and your donkey may rest, and the son of your maidservant and the stranger may be refreshed.”

**Ex 31:12-18** — And the Lord spoke to Moses, saying, “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.* You shall keep the Sabbath, therefore, for it is holy to you. Everyone who profanes (defiles) it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. 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. Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. 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.” And when He had made an end of speaking with him on Mount Sinai, He gave Moses two tablets of the Testimony, tablets of stone, written with the finger of God.

**Ex 35:2-3** — “Work shall be done for six days, but *the seventh day shall be a holy day for you, a Sabbath of rest to the Lord.* Whoever does any work on it shall be put to death. You shall kindle no fire throughout your habitations on the Sabbath day.”

**Lev 19:1-3** — And the Lord spoke to Moses, saying, “Speak to all the congregation of the children of Israel, and say to them: ‘You shall be holy, for I the Lord your God am holy. Every one of you shall revere his mother and his father, and KEEP MY SABBATHS: I am the Lord your God.’”

**Lev 23:3** — “Six days shall work be done, but *the seventh day is a Sabbath of solemn rest, a holy convocation.* You shall do no work on it; it is the Sabbath of the Lord in all your dwellings.”

**Lev 23:32** — “...FROM EVENING TO EVENING, YOU SHALL CELEBRATE YOUR SABBATH....”

**Lev 22:5-7** — “or whoever touches any creeping thing by which he would be made unclean, or... whatever his uncleanness may be—the person who has touched any such thing shall be unclean until EVENING, and shall not eat the holy offerings unless he washes his body with water. And WHEN THE SUN GOES DOWN he shall be clean...”

**Num 15:32-36** — Now while the children of Israel were in the wilderness, *they found a man gathering sticks on the Sabbath day*. And those who found him gathering sticks brought him to Moses and Aaron, and to all the congregation. They put him under guard, because it had not been explained what should be done to him. Then the Lord said to Moses, “*The man must surely be put to death; all the congregation shall stone him with stones outside the camp.*” So, as the Lord commanded Moses, all the congregation brought him outside the camp and stoned him with stones, and he died.

**Deut 5:12-15** — “OBSERVE THE SABBATH DAY, TO KEEP IT HOLY, as the Lord your God commanded you. Six days you shall labor and do all your work, but *the seventh day is the Sabbath of the Lord your God*. In it you shall not do any work: you, nor your son, nor your daughter, nor your manservant, nor your maidservant, nor your ox, nor your donkey, nor any of your cattle, nor your stranger who is within your gates, that your manservant and your maidservant may rest as well as you. And remember that you were a slave in the land of Egypt, and that the Lord your God brought you out from there by a mighty hand and by an outstretched arm; therefore the Lord your God commanded you to keep the Sabbath day.

**2 Kings 11:4-12** — [Guards take shifts on the *Sabbath*].

**Neh 10:28-31** — Now the rest of the people... joined with their brethren, their nobles, and entered into a curse and an

oath to walk in God's Law, which was given by Moses the servant of God, and to observe and do all the commandments of the Lord our Lord, and His ordinances and His statutes—that... *if the peoples of the land bring wares (merchandise) or any grain to sell on the Sabbath day, we would not buy it from them on the Sabbath, or on a holy day...*

**Neh 13:15-22** — In those days I saw people treading wine presses on the Sabbath, and bringing in sheaves, and loading donkeys with wine, grapes, figs, and all kinds of burdens, which they brought into Jerusalem on the Sabbath day. And I warned them about the day on which they were selling provisions. Men of Tyre dwelt there also, who brought in fish and all kinds of goods, and sold them on the Sabbath to the children of Judah, and in Jerusalem. Then I contended with the nobles of Judah, and said to them, “What evil thing is this that you do, by which you profane the Sabbath day? Did not your fathers do thus, and did not our God bring all this disaster on us and on this city? Yet you bring added wrath on Israel by profaning the Sabbath.” So it was, at the gates of Jerusalem, *as it began to be dark before the Sabbath, that I commanded the gates to be shut, and charged that they must not be opened till after the Sabbath. Then I posted some of my servants at the gates, so that no burdens would be brought in on the Sabbath day.* Now the merchants and sellers of all kinds of wares lodged outside Jerusalem once or twice. So I warned them, and said to them, “Why do you spend the night around the wall? If you do so again, I will lay hands on you!” From that time on they came no more on the Sabbath. And I commanded the Levites that they should cleanse themselves, and that they should go and guard the gates, to sanctify the Sabbath day....

**Isa 56:2** — BLESSED IS THE MAN... WHO KEEPS FROM DEFIL-

ING THE SABBATH...

**Isa 56:4-5** — For thus says the Lord: *“To the eunuchs who keep My Sabbaths, and choose what pleases Me, and hold fast My covenant, 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.”*

**Isa 56:6-7** — *“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—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.”*

**Isa 66:22-23** — “For as THE NEW HEAVENS AND THE NEW EARTH which I will make shall remain before Me,” says the Lord, “So shall your descendants and your name remain. And it shall come to pass that from one New Moon to another, and *from one Sabbath to another, all flesh shall come to worship before Me,*” says the Lord.

**Jer 17:21-22** — “Thus says the Lord: ‘Take heed to yourselves, and bear no burden on the Sabbath day, nor bring it in by the gates of Jerusalem; nor carry a burden out of your houses on the Sabbath day, *nor do any work, but hallow the Sabbath day,* as I commanded your fathers.’”

**Ezek 20:12** — “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.*”

**Ezek 20:20** — “HALLOW MY SABBATHS, and they will be *a sign between Me and you, that you may know that I am the*

*Lord your God.”*

**Ezek 44:23-24** — “And they [the priests] shall teach My people the difference between the holy and the unholy, and cause them to discern between the unclean and the clean.... They shall keep My laws and My statutes in all My appointed meetings, and THEY SHALL HALLOW MY SABBATHS.”

**Ezek 45:17, 46:3** — “Then it shall be the prince’s part to give burnt offerings, grain offerings, and drink offerings, at the feasts, the New Moons, the Sabbaths, and at all the appointed seasons of the house of Israel.... Likewise the people of the land SHALL WORSHIP at the entrance to this gateway BEFORE THE LORD ON THE SABBATHS and the New Moons.”

**Mat 12:1-8** — At that time Jesus went through the grain fields on the Sabbath. And His disciples were hungry, and began to pluck heads of grain and to eat. But when the Pharisees saw it, they said to Him, “Look, Your disciples are doing what is not lawful to do on the Sabbath!” Then He said to them, “Have you not read what David did when he was hungry, he and those who were with him: how he entered the house of God and ate the showbread which was not lawful for him to eat, nor for those who were with him, but only for the priests? Or have you not read in the law that on the Sabbath the priests in the temple profane the Sabbath, and are blameless? But I say to you that in this place there is One greater than the temple. But if you had known what this means, ‘I DESIRE MERCY AND NOT SACRIFICE,’ you would not have condemned the guiltless. *For the Son of Man is Lord even of the Sabbath.*”

**Mat 12:9-13** — Now when He had departed from there, He went into their synagogue. And behold, there was a man who had a withered hand. And they asked Him, saying, “Is

it lawful to heal on the Sabbath?”—that they might accuse Him. Then He said to them, “What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out? Of how much more value then is a man than a sheep? *Therefore it is lawful to do good on the Sabbath.*” Then He said to the man, “Stretch out your hand.” And he stretched it out, and it was restored as whole as the other.

**Acts 17:2** — THEN PAUL, AS HIS CUSTOM WAS, went in to them, and *for three Sabbaths reasoned with them from the Scriptures.*

**Acts 18:4** — AND HE [PAUL] REASONED IN THE SYNAGOGUE EVERY SABBATH, and persuaded both Jews and Greeks.

**Heb 4:9-11** — *There remains therefore a rest [Sabbath] for the people of God.* For he who has entered His rest has himself also ceased from his works as God did from His [on the seventh day of creation week]. *Let us therefore be diligent to enter that rest, lest anyone fall after the same example of disobedience [as displayed by the ancient Israelites].*

**Heb 4:9** — RSV — *So then, there remains a SABBATH rest for the people of God.*

**Heb 4:9-11** — JB — *There must still be, therefore, a place of rest reserved for God's people, THE SEVENTH-DAY REST, since to reach the place of rest is to rest after your work, as God did after His. We must therefore do everything we can to reach this place of rest, or some of you might copy this example of disobedience [that the ancient Israelites displayed] and be lost.*

**Heb 4:9** — NEB — *Therefore, a SABBATH rest still awaits the people of God.*



**Heb 4:9** — NIV — *There remains, then, a SABBATH-rest for the people of God.*