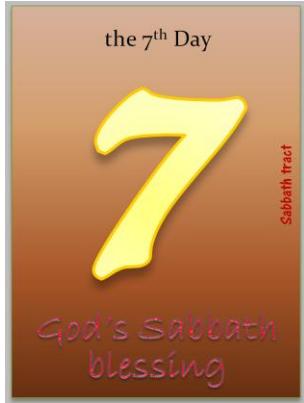


~ Sabbath ~



In the beginning God created everything, our natural world (Genesis 1).

Genesis 2:1-3 Thus the heavens and the earth, and all the host of them, were finished. (2) 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. (3) Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

Here was God making (instituting or setting-up) a special day. Literally, every 7th day, we know this as Saturday. [There was a calendar shift in 1582 with the Gregorian calendar to account for leap year and drifting, but that didn't change the weekly cycle of Monday, Tuesday, Wednesday...it just shifted the date. We have a confirmed Sabbath of Saturday with the Cross of Jesus: when He was crucified on a Friday ("Good Friday"), rested in the tomb on Saturday, then rose on Sunday, resurrection morning. Again, we have a fixed Sabbath 2000 years ago with the Passion.]

Mark 2:27 "The Sabbath was made for man, and not man for the Sabbath.

Jesus says clearly here in the New Testament, the Gospel of Mark, that the Sabbath was made for PEOPLE! The Savior says Sabbath is for man--*anthrōpos* in the Greek text—not just for Jews or a certain group. It will be around in heaven!:

Isaiah 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. (23) 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.

In the future, when God creates or restores the new heavens and new earth, there will still be Sabbath for worship.

So here we have Sabbath from the beginning of our world, through Jesus, and into the future—heaven—when God fixes things. Sabbath is constant, throughout all our time. In fact, Sabbath is called a *temple in time* and we have to learn how to recognize or respect that a certain 24-hour period each week is special—sanctified by holy God. We have to learn how to enjoy it, and like the Gospel, receive its blessings through faith. (In this life, we know we sometimes can keep some things special or separate, saving them for a special purpose: that's somebody else's lunch money, or their car, or I'm saving this money for a special trip or a purchase....) God has set a period of time each week, the Sabbath, which is Friday sunset through Saturday sunset (a 24-hour period). This is special time with Him and a break from our regular, daily life. Can you use a break each week?! ☺ [Days in the Bible are not midnight-to-midnight as we count them in our society or Roman calendar system, but are sunset-to-sunset (such as in Genesis 1 and Leviticus 23:32).]

Exodus 20:8-11 – the 4th Commandment of the 10

- (8) "Remember the Sabbath day, to keep it holy.
- (9) Six days you shall labor and do all your work,
- (10) 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.
- (11) 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.



Sabbath is a day of rest and blessing where we don't work our regular jobs or chores (including shopping). This, by God's grace and wisdom, is so we can have a day of rest, spiritual blessings, get refreshed, spend time with God and spiritual things, and worship. It's such a good day—how many of us are tired and worn out or even need a vacation or to get away? God gives us a free one every 7 days! We don't have to travel, do 'worldly things' things to make us feel better, or spend lots of money.... God's refreshes our spirit on Sabbath, our minds, each week if we relax and say yes and partake of His blessing for all mankind.

Videos about Sabbath

video 1 (short): <https://tinyurl.com/y4a7j2a5>

video 2 (more detail): <https://tinyurl.com/yyenze7ar>

Nice history and discussion on the Sabbath:

www.1844paper.org/seventhday

Didn't Jesus or the New Testament get rid of the Sabbath or do away with it?

Jesus said in Matthew 5:17-20 "Do not think that I came to destroy the Law or the Prophets. I did not come to destroy but to fulfill. (18) For assuredly, I say to you, till heaven and earth pass away, one jot or one tittle will by no means pass from the law till all is fulfilled. (19) Whoever therefore breaks one of the least of these

commandments, and teaches men so, shall be called least in the kingdom of heaven; but whoever does and teaches *them*, he shall be called great in the kingdom of heaven. (20) For I say to you, that unless your righteousness exceeds *the righteousness* of the scribes and Pharisees, you will by no means enter the kingdom of heaven.

some other issues:

Hebrews chapter 4 says "There remains therefore a rest for the people of God." (Hebrews 4:9). There still is a rest; it does not mention Christ in the passage but

- the literal 7th day (Heb. 4:4 & 8)
- "My rest" has never referred to Christ in Scripture (God uses it in Psalm 95, Heb. 4:3 & 5, 3:11)
- Heb. 4:9 literally uses the Greek word *sabbatismos*, not a general rest like *anapauō* (Matthew 11:28).

Jesus is many wonderful things: "Come to Me, all *you* who labor and are heavy laden, and I will give you rest." (Jesus says in Matthew 11:28). And God has given us a rest every week, which Jesus kept (Luke 4:16).

God wrote the 10 Commandments (and thus the Sabbath) with His own finger (Exodus 31:18).



The Pharisees of Jesus' time (strict religious rulers who had modified God's commands with their own rules and regulations) were upset with Jesus at various places in the Gospels because Jesus wasn't following their man-made traditions. Jesus kept a proper, healthy Sabbath as you can see from illustrations or stories in the Gospels.

"It is lawful to do good on the Sabbath."
(Matthew 12:12)

In Colossians 2:16-17, some people will tell you it gets rid of the Sabbath, but it is really talking about the 'ceremonial laws' given to Moses (like Old Testament feast days) because "food, drink, a festival or a new moon" (Col. 2:16) are clearly referring to ceremonies, nowhere near the 10 Commandments (Exodus 20:1-17, as food and drink are not in the 10 Cs).

Sunday is popular in Christianity (as the "Lord's Day") or the day celebrating Jesus' resurrection. But Sunday is a tradition of men (a non-Bible teaching) that has been going on for a LONG TIME. Indeed, Sunday history goes way back, but the Scripture does not actually teach or support Sunday—there's no command for Sunday in the New Testament. Christians simply imply it or *assume*, perhaps reading too far into some verses, and there's no direct command or teaching.

(Jesus in Matthew 15:9) "In vain they worship me, teaching as doctrines the commandments of men."

So Sunday/Sabbath can be a big debate, as most Christians participate on Sunday (but thus they violate the 'holiness' of Saturday Sabbath because they are busy doing other things on that day when they keep Sunday "holy".) Among other things, this is a violation of the 10 Commandments (sin). But God wants us to return to Sabbath in these end-times. That's why Sunday has been going on for so long and it's time to change and people didn't know about it for so long.

(Proverbs 4:18) But the path of the just *is* like the shining sun, That shines ever brighter unto the perfect day.

Other, more advanced things (which require study):

1. John the Revelator (the beloved disciple of Jesus who wrote the book of Revelation at the end of the New Testament, which is the last book in the Bible):

(Revelation 11:19) Then the temple of God was opened in heaven, and the ark of His covenant was seen in His temple. And there were lightnings, noises, thunderings, an earthquake, and great hail.

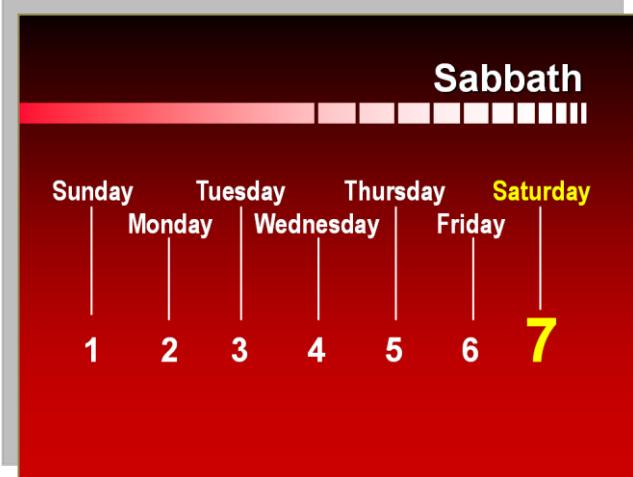
John still sees the **ark of the covenant** (thus the 10 Commandments, Exodus 34:28) in our New Testament period.

2. **Daniel 8:14** And he said to me, "For two thousand three hundred days; then the sanctuary shall be cleansed."

God is fixing the sanctuary; of course that could include the day of worship.

3. "God's laws" are part of the New Covenant to be written on our heart:

Hebrews 8:10 For this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put My laws in their mind and write them on their hearts; and I will be their God, and they shall be my people. (also in Hebrews 10:16 & Jeremiah 31:33)



The Sabbath is

- blessed
- sanctified (meaning God set it apart for special and holy use)
- day of rest
- day of worship

On Sabbath we can also:

- ◆ go for nature walks or enjoy nature
- ◆ do good deeds or ‘works’
- ◆ relax/rest
- ◆ spend time with God or spiritual/Christian things
- ◆ church service (Leviticus 23:3)
- ◆ meditate or think on God’s creation

* Don’t do your regular job (or chores or shopping, etc.) on Sabbath; it is a day of rest ☺.

Therefore the LORD blessed the Sabbath day and hallowed it. ([Exodus 20:11](#))

Jesus is Lord of the Sabbath ([Mark 2:28](#)).

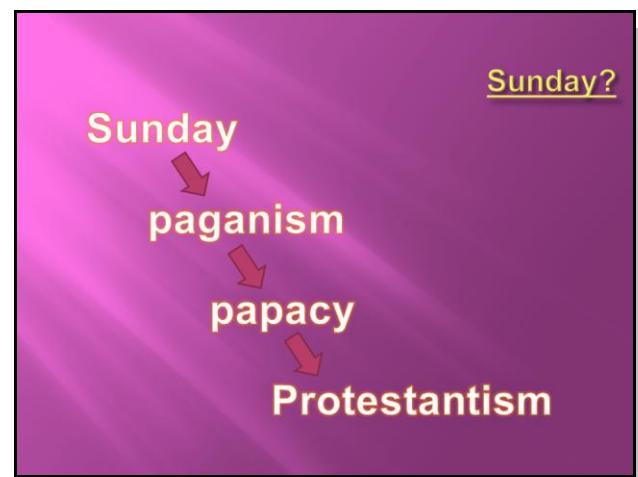
An Old Testament promise:

[Isaiah 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, ([14](#)) 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."

Thought & Summary: Sunday is a long-time tradition of men and Christian churches, but God wants us to get back to His Bible truth ☺.

Sunday actually comes from paganism (non-Jewish or non-Christian religions), it went to or was adopted by the Papacy (the Catholic Church), and continued on by Protestants and many churches.



Sabbath matters as all 10 Commandments matter ☺.
YOU WILL BE BLESSED!

this Sabbath tract free at
www.1844paper.org/resources

or study here, “The Lost Day of History”:
www.amazingfacts.org/study/bible-study-guides/the-lost-day-of-history
(short link <https://tinyurl.com/45kufruv>)

“the seventh day *is* the Sabbath of the LORD your God” ([Exodus 20:10](#))