

# Say Yes to the Sabbath!

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How many of us read the Bible regularly?



In your private Bible study and reading you  
have come across scriptures about the  
Sabbath.



Some are captivated by the Sabbath  
command while others are less mindful of  
it.



We invite you to take a closer look at the Sabbath command and discern whether Christians – followers of Christ - need to keep the 7<sup>th</sup> day Sabbath.



In the previous Bible Study on God's  
Treasured Possession, we learned that  
God's people are a holy people to the  
Lord.



# 1 Peter 2:9

“You are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.”



The original context of this verse came from  
the Old Testament. It's a quote from  
Deuteronomy 7:6.





# Deuteronomy 7:6

“For you are a people holy to the Lord your God. The Lord your God has chosen you out of all the peoples on the face of the earth to be his people, his treasured possession.”



God has instituted statutes on holiness for His people. These statutes sanctify God's people from the rest of the world.



The statutes on holiness are detailed in  
Deuteronomy 14-16.



The Sabbath day observance is one of these statutes – the command to remember the Sabbath day to keep it holy.



We all know that this is the 4<sup>th</sup> command of  
the 10 Commandments of God.



Yet, millions of professing Christians ignore  
the observance of the 7<sup>th</sup> day Sabbath.



Today we will show you, from the pages of  
the Bible, that you - true and faithful  
Christians - need to keep the Sabbath day  
holy.



These are the subjects that we will tackle  
today in reference to the Sabbath:





1. Origin of the Sabbath day
2. What is there to remember?
3. Why the command to keep it?
4. Why is the day holy?
5. Lord of the Sabbath
6. Did Jesus and the apostles observe the Sabbath day?
7. Did Jesus do away with the Sabbath day?
8. Are New Testament Christians obligated to keep the Sabbath command?
9. Why do you need to keep the Sabbath day holy?



We believe keeping the Sabbath day  
command is essential for salvation.



Many Christian churches and ministry teach  
otherwise to the harm and peril of their  
members.



We will lay down before you what the Bible  
says about the observance of the Sabbath  
day and not what your ministers say.



There is a huge difference between what God said and what man said. God's word is your safe place for His words are truth.



# Exodus 20

1 And God spoke all these words:

2 “I am the LORD your God, who brought you out of Egypt, out of the land of slavery.

3 “You shall have no other gods before me.



# Exodus 20

4 “You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below.



# Exodus 20

5 You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me,





# Exodus 20

6 but showing love to a thousand generations of those who love me and keep my commandments.

7 “You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.



# Exodus 20

8 “Remember the Sabbath day by keeping it holy.

9 Six days you shall labor and do all your work,



# Exodus 20

10 but the seventh day is a **sabbath to the LORD your God**. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.



# Exodus 20

11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.



# Deuteronomy 5

12 “Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you.

13 Six days you shall labor and do all your work,



# Deuteronomy 5

14 but the seventh day is **a sabbath to the LORD your God**. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do.



# Deuteronomy 5

15 Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.



God personally spoke this command to the Israelites whom He called His “first born son.”





God brought the entire assembly of the children of Israel – the descendants of Abraham – to confirm His promise to Abraham, express His love for them and make a covenant to bless and prosper them.



God wrote this very command in tablets of stone with His finger. “When the LORD finished speaking to Moses on Mount Sinai, He gave him the two tablets of the covenant law inscribed by His own finger.” (Exodus 31:18). This is God’s command etched in stone.



Since many have been saying that New Testament Christians are no longer required to observe the 7<sup>th</sup> day Sabbath, the logical question is 'who repealed and declared that the Sabbath is no longer to be kept holy'?



# 1. Origin of the Sabbath



What is a Sabbath day? What is its origin  
and who sanctified it?



The Sabbath day is very interesting because its origin is God. God sanctified it during the creation week.



The Sabbath therefore has great significance. It is a unique day to God. God hallowed it as a perpetual day of remembrance of His omnipotence and power over all creation.



Consider how we measure time – how we count the minute, the hour, the day, the month and the year.





They all have their roots and measurements  
in the celestial cycles.



# Genesis 1:14

God said in Genesis 1:14, “Let there be lights in the vault of the sky to separate the day from the night, and let them serve as signs to mark sacred times, and days and years,



The hour is rooted and measured by the  
movement of the Earth on its axis;  
consisting of the rising and the setting of  
the sun.



Time is marked and told by the movement of the sun upon the earth. The third hour of the rising of the sun is 9 o'clock in the morning. The sixth hour of the rising of the sun is noontime when sun is at its highest point. The 9th hour of the rising of the sun is the time of the setting of the sun at 3 o'clock in the afternoon.



The day is the completion of one rotation of the Earth on its axis. The day consists basically of 12 hours of daylight and 12 hours of nighttime. The evening and the morning constitute one whole day of 24 hours.



A month is the equivalent of one cycle movement of the moon around the earth. A lunar month consists of 4 phases of the moon, the new moon, half moon, full moon and another half moon. New moon signals the start of the month and full moon a half of the month.



And, a year is one whole rotation of the  
Earth around the sun.



Time is told by the movement of the earth  
vis-à-vis the movement of the heavenly  
bodies.





Each movement is rooted and measured in an empirical and systematic manner. The distance of the Earth from the sun determines the season. Some countries go through four (4) seasons of spring, summer, autumn and winter.



However, the week has no celestial pattern or movement. The week has no relation to the movement of the earth, the moon, the sun or any celestial body.



A month can either be 30 or 31 days and a year can be 365 or 366 days. But, the week is fixed at 7 days per cycle irrespective of a 30 or 31-day month, a regular year or a leap year.



In Biblical context, sunset marks the end of a day and the beginning of the night.



New moon marks the beginning of the month. The spring equinox marks the beginning of the year.



Sabbath marks the end and beginning of a week.



The week has a different set of time calculation. The week is not referenced or measured by any movement of a celestial body.



The week is totally unique. There is no scientific way of measuring a week as we measure a day, a month, and a year.





No scholar knows the origin of the Sabbath  
why the week has 7 days, or how it came  
to use universally.



Hebrew days have no names. Hebrew days are called by numerical numbers. The first day of the week, the second day of the week, the third day of the week, the fourth day of the week, the fifth day of the week, the sixth day of the week and the Sabbath – the 7th day of the week.



Only the 7th day is given a name called  
“Sabbath” while the rest of the days of the  
week are only numbered.



The 7-day week existed before Abraham.  
The 7-day week and the Sabbath day  
were ordained at creation. We can find  
the account in the Book of Genesis  
chapters 1 and 2.



The origin of the days, the 7-day week and the Sabbath day came from God. The God of creation is the author of time. The origin of the Sabbath day is from God. God set it aside and sanctified it to be holy.



# Genesis 2:1-3

- 1 “Thus, the heavens and the earth were completed in all their vast array.
- 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.



# Genesis 2:1-3

3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.



The 7-day week has never been interrupted  
since the time of creation.





The word for Sabbath in Hebrew “Shabbat” means to cease or to rest is derived from the verb “shabat.”



Note worthy is the fact that the word Sabbath refers to the 7th day of the week. It is celebrated only on one specific day of the week.



No other day is called Sabbath except the  
7th when rest from all work is required.  
Sabbath day, the 7th day of the week is a  
unique day.



It is the only day that is named and it is the  
only day that is ordained by God to be holy  
to Him and His people.



## 2. What is There to Remember?



The command to keep the Sabbath starts with the word “remember.” The use of the word “remember” is revealing and enlightening.



The English word 'remember' had its origin in the Latin word *rememorari*. It is a combination of two Latin words *re-* and *memorari*.



The root Latin word for *memorari* is *memor* meaning mindful. Synonyms of the word REMEMBER are recollect, recall, remind and reminisce.





All mean to bring an image or idea from the past into the mind. The word “remember” implies a keeping in memory or to remember again.



What is the opposite of to remember?



The antonym of to remember is to forget.



To help us fully understand the word  
“remember,” it is important for us to learn  
the meaning of “forget”.



To forget, in modern usage, is simply to have an idea, notion, event or person slip out of the mind. It is the failure to think about a thing or something or someone.



Now, let us take a look at the Hebraic context of the word remember and forget. It is only in the Hebraic context that you will understand the significance of the command



The Hebrew word for “remember” is Zakar (zah-khor) which means more than merely recalling something.



In Hebraic context the word “Zakar” - to remember - the Sabbath is to acknowledge that the law is still active, that it is applicable in the past, present and forever.





To remember in Hebrew is to “take to heart”,  
to be ever present accompanied with  
positive action.



In contrast, the Hebrew word for “forget,”  
“nasha,” means something more serious  
since it is related to action.



In Hebrew, forgetting has to do with an  
active taking away of something.  
Something was forgotten because it was  
taken away.



Scripturally speaking to forget is to erase, ignore, disregard, remove or blot out the notion of the past; be it an event, thing or person from one's memory.



This is exactly what many Christians have done to the Sabbath. Sabbath has no place and application in their lives today as New Testament dispensation.



They say Sabbath is a thing of the past,  
never again to be repeated neither to be  
observe in the present. Sabbath is now  
obsolete never again to be remembered.



Sabbath is forgotten – completely blotted out  
from the mind. Isn't this how mainstream  
Christianity has treated the Sabbath?



# Ezekiel 22:26

Ezekiel 22:26 has this to say; “Her priests do violence to my law and profane my holy things; they do not distinguish between the holy and the common; they teach that there is no difference between the unclean and the clean; and **they shut their eyes to the keeping of my Sabbaths**, so that I am profaned among them. “





They shut their eyes to the keeping of my  
Sabbaths! That is to forget the Sabbath!



Frequently the Bible says, "Do not forget the Lord your God" meaning, do not forsake him.



This is exactly what people has done to the Sabbath. They do not simply fail to recall the Sabbath rather they had actually disregarded, abolished and forsaken the Sabbath as a whole.



Many erroneously assume that the Sabbath was only instituted at Mount Sinai during the Exodus and God instructed them to always remember it as reminder of their freedom from slavery in Egypt.



On the contrary, the command to remember  
the Sabbath is tied to the creation account.  
Sabbath was ordained and originated at  
creation.



For the intervening years between creation and the exodus, the people and the Israelites knew and kept the Sabbath command until they went into forced labor.



# Genesis 26:4-5

4 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;

5 because **Abraham obeyed** My voice and kept My charge, **My commandments**, My statutes, and My laws."



The scripture confirmed that Abraham kept the commandments of God and that include the 4<sup>th</sup> command to observe the Sabbath day. The commandment keeping would have passed on from generation to generation; to Isaac, Jacob and the children of Jacob.





Therefore, during the exodus, God reminded them to keep the Sabbath day as originally intended even from the creation.



# 3. What is to Keep?



“To keep” in English means to hold, maintain  
or retain in one’s possession; to hold as  
one’s own.



Examples of the use of the word keep are: If you like it, keep it. Keep the change. Keep yourself happy.



The Hebrew word for keep is Shamar.  
Shamar in Hebrew has a broader and more  
active connotation.



The word shamar means to guard, to observe, to watch, to preserve and to protect (as with thorns).



The word Shamar is first used in scripture in  
Genesis 2:15. Adam is told to keep the  
garden.



# Genesis 2:15 (NKJV)

Then the Lord God took the man and put him in the garden of Eden to tend and **keep** it.





Interestingly, the word shamar is derived from the root word Shamiyr which means a thorn.



The original picture painted by the Hebrew word shamar is a sheepfold. When a shepherd was out in the open field with his flock, he would gather thorn bushes to erect a corral to place his flock in at night.



The thorns would deter predators and  
thereby protect and guard the sheep from  
harm. That is the picture of the word  
shamar.



The word Shamar emphasizes the protective element of the command. Therefore, the command “to keep” means to preserve, protect and guard. What are we to preserve, protect and guard?



The answer is: we are to preserve, protect  
and guard the holiness of the Sabbath  
Day.



The Sabbath Day was sanctified by God to  
be Holy as a celebration and a memorial  
of God's creative act.



It is the day our Creator rested from all His works. Sabbath is His identifying sign.



We are commanded by the 4th  
commandment to preserve and protect the  
holiness of the Sabbath!





# What to Keep?

How are we to observe and keep the Sabbath day? There are two interrelated commands on how to keep the Sabbath Day. They are to cease from work and to hold a holy convocation.



1. To appear before God to worship and have fellowship with Him and with His Son, Jesus Christ.
2. To cease from work.



# Leviticus 23:1-3

- 1 The LORD said to Moses,
- 2 “Speak to the Israelites and say to them:  
‘These are my appointed festivals, the  
appointed festivals of the LORD, which  
you are to proclaim as sacred assemblies



# Leviticus 23:1-3

3 “ ‘There are six days when you may work, but the seventh day is a day of sabbath rest, a **day of sacred assembly**. You are **not to do any work**; wherever you live, it is a sabbath to the LORD.



The discussion would not be complete  
without a discussion of the work that is  
forbidden on the Sabbath Day.



The command prohibits “melachah” translated as “work” in English. Melachah generally refers to the kind of work that is creative, or that exercises control or dominion over your environment.



The word is related to “melekh.” The classic example of melachah is the work of creation. In our modern translation it would be better rendered as occupation, employment or profession.



Therefore, the command is to cease from servile work; i.e., occupation, employment and profession, and devote the day to worship God.





The Jews in their zealousness for the law,  
erected a wall of 39 categories of  
forbidden acts, that formed part of the  
Jewish tradition (Talmud) to prevent and  
guard the Sabbath from being desecrated.



# The forbidden acts are:

1. Sowing, plowing, **reaping**, binding sheaves, threshing, winnowing. (Planting and harvesting)



## 2. Selecting, grinding, sifting, kneading and baking. (Grain processing)



3. Shearing wool, washing wool, beating wool, dyeing wool, spinning, weaving, making two loops, weaving two threads, separating two threads, tying, untying, sewing two stitches, tearing. (Cloth fabrication)



4. Trapping, slaughtering, flaying (whipping/  
lashing) and salting meat. (Meat  
processing)



## 5. Curing hide, scraping hide, cutting hide up. (Leathering)



6. Writing two letters, erasing two letters.  
(Writing)



7. Building, tearing a building down,  
extinguishing a fire, kindling a fire and  
hitting with a hammer. (Constructing)





8. Taking an object from the private domain to the public, or **transporting an object** in the public domain. (Trading)



The intention of the Talmud was good  
because it prevented people from  
desecrating the observance of the  
Sabbath day.



Unfortunately, the wall that was created to protect the Sabbath became restrictive traditions.



Instead of doing good and enjoying the Sabbath rest as God intended, the rabbinic tradition overlooked and robbed the Sabbath of its original intent of grace, mercy, liberty, freedom and love.



Thus, Jesus often came into conflict with the Pharisees and the experts of the law on the interpretation of Sabbath observance. We will talk more about this later.



People think Sabbath day is a day of restrictions. But to God's people, it is a day of great joy and delight, a time when we rest our worldly cares and devote ourselves to the worship of God.



# Mark 2:27

Jesus said: “the Sabbath was made for man  
and not man for the Sabbath.”



Meaning Sabbath keeping is beneficial to man and it is a precious gift from God.





# Law vs Tradition

In order to prevent sinning on the Sabbath, the Jews, Pharisees and the experts in the law went out with good intent and clear conscience to guard the Sabbath by erecting ordinances.



They came up with 39 regulations of “do nots” to safeguard the Sabbath. In their zealousness, they hindered the true intent of God with man made traditions and restrictions.



We will consider two (2) accounts one in Luke 6 and the other in John 5 that illustrate the divergence of the tradition of men to the true intent of the law:



# Luke 6

1 One Sabbath Jesus was going through the grainfields, and his disciples began to **pick some heads of grain**, rub them in their hands and eat the kernels. **(the Jewish tradition considers picking heads of grain as harvesting)**



# Luke 6

2 Some of the Pharisees asked, “Why are you doing what is unlawful on the Sabbath?” (According to the Talmud, the Jewish tradition, it as a forbidden act.)



# Luke 6

3 Jesus answered them, “Have you never read what David did when he and his companions were hungry?”



# Luke 6

4 He entered the house of God, and taking the consecrated bread, he ate what is lawful only for priests to eat. And he also gave some to his companions.” (Jesus technically told them picking some heads of grain to eat when you are hunger does not violate the law of the Sabbath. Because it is not work – its not harvesting – its not business related.)

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# Luke 6

5 Then Jesus said to them, “The Son of Man is Lord of the Sabbath.” (Jesus with all authority said that He is the Lord of the Sabbath. He is the author of the Sabbath and He sanctified it to be holy. Therefore, He knows how the Sabbath is to be kept. Picking grain to satisfy a hunger is not work. Nowhere in this account did Jesus say that Sabbath is not to be kept. On the contrary, Jesus was showing how to properly keep the Sabbath day!)





# Luke 6

6 On another Sabbath he went into the synagogue and was teaching, and a man was there whose right hand was shriveled.

7 The Pharisees and the teachers of the law were **looking for a reason to accuse Jesus**, so they watched him closely to see if he would **heal on the Sabbath**.



# Luke 6

8 But **Jesus knew** what they were thinking and said to the man with the shriveled hand, “Get up and stand in front of everyone.” So he got up and stood there.

9 Then Jesus said to them, “**I ask you, which is lawful on the Sabbath: to do good or to do evil, to save life or to destroy it?**”



# Luke 6

10 He looked around at them all, and then said to the man, “Stretch out your hand.” He did so, and his hand was completely restored.

11 But the Pharisees and the teachers of the law were **furious** and began to discuss with one another what they might do to Jesus.



# John 5

2 Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades.

3 Here a great number of disabled people used to lie—the blind, the lame, the paralyzed.

5 One who was there had been an invalid for thirty-eight years.

6 When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?”



# John 5

- 7 “Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.”
- 8 Then Jesus said to him, “Get up! **Pick up your mat and walk.**”
- 9 At once the man was cured; he picked up his mat and walked. The day on which this took place was a Sabbath,
- 10 and so the Jewish leaders said to the man who had been healed, “**It is the Sabbath; the law forbids you to carry your mat.**”
- 11 But he replied, “The man who made me well said to me, ‘Pick up your mat and walk.’ ”
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# John 5

12 So they asked him, “Who is this fellow who told you to pick it up and walk?”

13 The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there.

14 Later Jesus found him at the temple and said to him, “See, you are well again. Stop sinning or something worse may happen to you.”

15 The man went away and told the Jewish leaders that it was Jesus who had made him well.



The contention was on the tradition and regulation that the Jews added to the command. Jesus and the disciples absolutely kept the Sabbath.



# Mark 7:13

In Mark 7:13 Jesus chastised the Jews saying: “Thus you **nullify the word of God by your tradition** that you have handed down. And you do many things like that.”





Did Jesus abolish the keeping of the Sabbath? Of course, NOT! Jesus upheld the Sabbath!



The Sabbath day is a day of delight.



# Isaiah 58:13-14

13 “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,



# Isaiah 58:13-14

14 then **you will find your joy in the LORD,**  
and I will cause you to ride in triumph on  
the heights of the land and to feast on the  
inheritance of your father Jacob.” The  
mouth of the LORD has spoken.



The delight of the Sabbath is in the attitude  
– an attitude of obedience and respect to  
God.



The right and only attitude of keeping the Sabbath must be one of delight, joy and eager anticipation.



The delight here refers to the delight in the Lord. Keep the Sabbath with the right attitude and perspective and you will be blessed for keeping it.



# 4. Why is the Sabbath Holy?





The English word “holy” comes from the original Hebrew word “qodesh.” “Qodesh” in Hebrew means “separate or set-apart.”



The separation means that certain object is special, dedicated, sanctified, devoted, consecrated or honored.



The Hebrew word “Qodesh” for “holy” means “setting apart for God.” In relation to the 4th command: it means to set-apart the Sabbath Day for God!”



God alone is “Holy.” Revelation 15:4; “Who shall not fear You, O Lord, and glorify Your name? **For You alone are holy.**”



The scripture says there is no one like God.  
God is unique by Himself and intrinsically  
good. His goodness is separated from the  
sinfulness of the world.



An object becomes 'holy' when it is set apart for a special and divine purpose by God.



It carries with it a sense of belonging. It is  
‘holy’ because God separated it for His  
own purpose; therefore, it belongs to Him.  
That is the simple meaning of “holy.”



The Sabbath Day is holy because God set apart the 7th day at creation from the other six (6) days. He appropriated the 7th day for Himself. The Sabbath belongs to Him while the six (6) working days belongs to us.





# Genesis 2:3

“Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”



Why did God set a day for Himself? The purpose for sanctifying the 7th day is so that the people may know the One True God and revere Him always.



I have always asked people what the most important book of the Bible is. The answer is the Book of Genesis. It is only in the account of the Book of Genesis that you will know the one true God of creation.



Who is He you may ask. He is the Creator  
God who created all things in 6 days and  
rested on the Sabbath Day.



My creator is the God who rested and  
sanctified the Sabbath Day.  
How about yours?



The Sabbath Day is the sign and identity of the One True God of creation. The Sabbath has become His sign and also the sign of His people.



# 5. Lord of the Sabbath



Who is the author of the Sabbath Day?  
Jesus declared that He is the Lord of the  
Sabbath. He was the God of creation and  
He sanctified the Sabbath Day.





# Colossians 1:15-17

15 The Son is the image of the invisible God, the firstborn over all creation.



# Colossians 1:15-17

16 For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.

17 He is before all things, and in him all things hold together.



Jesus is the Creator and He is the Lord of the Sabbath. Therefore, He knows what is lawful and what is not lawful to do on the Sabbath Day.



Jesus never violated or abolished the Sabbath day. Jesus kept the Sabbath, and His disciples kept it too.



Who is the One True God of creation? He is  
The I AM – the Creator through whom  
everything exists.



What is His identifying sign? The identifying sign of the One True God is the Sabbath. He rested on the Sabbath and blessed it.



At Mt. Sinai, God spoke directly to the people and gave them the 10 commandments written with His own fingers.



Exodus 20:8-11 brings us back to the creation week. It is a day to remember God and a day to congregate and worship the Creator.





# Exodus 20:8-11

8 “Remember the Sabbath day by keeping it holy.

9 Six days you shall labor and do all your work,



# Exodus 20:8-11

10 but the **seventh day is a sabbath to the Lord your God**. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.



# Exodus 20:8-11

11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.



## 6. Did Jesus and the Apostles Observe the Sabbath Day?



Many claim that Jesus and the disciples did not keep the Sabbath day. They do not realize that if Jesus transgressed the Sabbath day, He would have sinned and he would have been disqualified to be our savior.



Since Jesus was without sin, He must have  
faithfully kept the 10 commandments  
including the 4th command to keep the  
Sabbath day holy.



The truth is Jesus, the apostles and the first century Christians all kept the Sabbath day.



The law was never repealed nor taken away as proven in the decision of the Jerusalem council. The Jerusalem council convened to tackle the circumcision issue. Now, consider the decision of the apostles.





# Acts 15

19 “It is my judgment, therefore, that we should not make it difficult for the Gentiles who are turning to God.



# Acts 15

20 Instead we should write to them, telling them to abstain from food polluted by idols, from sexual immorality, from the meat of strangled animals and from blood.



# Acts 15

21 For the law of Moses has been preached in every city from the earliest times and is read in the synagogues on every Sabbath.”



Does Acts 15 in any way suggest that  
Sabbath is no longer to be kept?



On the contrary, the Acts 15:21 instruction is clear – Moses, referring to the writings of Moses the first 5 books called the Torah or the law continues to be preached every Sabbath; not Sunday.



Following are some verses that show Jesus and the apostles taught and preached on the Sabbath and not on Sundays.



# Mark 1:21

They went to Capernaum, and when the **Sabbath came**, Jesus went into the synagogue and began to teach.



# Mark 6:2

When the Sabbath came, he began to teach in the synagogue, and many who heard him were amazed. “Where did this man get these things?” they asked. “What’s this wisdom that has been given him? What are these remarkable miracles he is performing?”





# Luke 4:16

He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, **as was his custom**. He stood up to read,



# Luke 13:10

On a Sabbath Jesus was teaching in one of  
the synagogues,



Did Jesus keep the Sabbath? The scripture says He did. In fact, Jesus taught in the synagogues on the Sabbath. How about the disciples?



# Acts 13:14

From Perga they went on to Pisidian Antioch. On the **Sabbath they entered the synagogue** and sat down.



# Acts 13:27

The people of Jerusalem and their rulers did not recognize Jesus, yet in condemning him they fulfilled the words of the prophets that are **read every Sabbath**.



# Acts 13:42

As Paul and Barnabas were leaving the  
synagogue, the people invited them to  
speak further about these things on the  
**next Sabbath.**



# Acts 13:44

On the **next Sabbath** almost the whole city gathered to hear the word of the Lord.



# Acts 16:13

On the **Sabbath** we went outside the city gate to the river, where we expected to find a place of prayer. We sat down and began to speak to the women who had gathered there.





# Acts 17:2

As was his custom, Paul went into the synagogue, and on three Sabbath days he reasoned with them from the Scriptures.



# Acts 18:4

**Every Sabbath** he reasoned in the  
synagogue, trying to persuade Jews and  
**Greeks.**



On what day did Jesus and the apostles  
teach in the synagogues?



It was the Sabbath!  
We are sure it was not on a Sunday



Now, which day did Jesus and the apostles  
keep, Sabbath or Sunday?  
It was the Sabbath!



# 7. Did Jesus Do Away with the Sabbath Day?



I will give P10,000 to anyone who can show me a scripture from the New Testament that Jesus abolished the keeping of the Sabbath day and sanctified Sunday in its place.



In fact, there is no scripture to support the claim that Sabbath was done away with. You can search the scripture, Google it, ask your pastors and ministers and if you can find a single verse that says the Sabbath had been abolished and is no longer required to be kept by Christians, you may come back next week to claim your cash prize.





The best scripture anyone can come up with  
is Colossians 2:16

“Therefore do not let anyone judge you by  
what you eat or drink, or with regard to a  
religious festival, a New Moon celebration  
or a Sabbath day.”



The verse in no way abolishes the keeping  
of the Sabbath day. It says do not let  
anyone judge you just because you keep  
the Sabbath.



The verse should be understood in the context of the letter. The letter was written to the church – the law keeping Christians of the church at Colossae.



When they became Christians and began to observe the Sabbath, many of them were persecuted for their faith.



Paul in this particular verse encourages them to take courage and not let anyone judge them by their faithfulness in keeping the Sabbath. This is the correct context of the verse.



# Lexham English Bible

## Colossians 2:16

Therefore **do not let anyone judge you** with  
reference to eating or drinking or  
**participation** in a feast or a new moon or **a**  
**Sabbath,**



# 8. Are New Testament Christians Obligated to Keep the Sabbath Command?



By now your answer should be: YES! The writer of the Epistle to the Hebrews has this to say:





# Hebrews 4

9 There remains, then, a Sabbath-rest for the people of God; (This is indeed interesting. Some will tell you that the Sabbath rest here refers to eternal salvation. That is partly true. But, if people were no longer keeping the Sabbath, the reference to a Sabbath rest would be empty rhetoric and sound ridiculous. This verse alone proves that Sabbath is to be kept as it represents our eternal rest in Christ.)



# Hebrews 4

10 for anyone who enters **God's rest** also **rests from their works**, just as **God did from his**. (If you desire salvation, desire to enter into God's rest, then keep the Sabbath and rest from your work as God did from his at creation.)



# Hebrews 4

11 Let us, therefore, make every effort to enter that rest, so that no one will perish by following their **example of disobedience**. (No not be disobedient. Keep the Sabbath if you want to enter into life. This is the proper way to read this verse.)



# Hebrews 4

12 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.



# Hebrews 4

13 Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.



# 9. You Need to Keep the Sabbath Day Holy



God is holy. When the Holy Spirit comes upon you, you are holy to the Lord. God has made you holy.



# 1 Peter 1:14-16

14 As obedient children, do not conform to the evil desires you had when you lived in ignorance.

15 But just as he who called you is holy, so **be holy in all you do;**

16 for it is written: **“Be holy, because I am holy.”**





You now belong to the Lord. Therefore,  
Sabbath has become holy to you. The  
Sabbath Day is holy to God.



Consequently the Sabbath Day is holy to His people. Sabbath is the identifying sign of the One True God. It is also the identifying sign of His people. The Sabbath is a sign between God and His people.



# Exodus 31:13-15

13 “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**.



# Exodus 31:13-15

14 You shall **keep the Sabbath**, therefore, for **it is holy to you**. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people.



# Exodus 31:13-15

15 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.



# Leviticus 19:1-3

- 1 And the Lord spoke to Moses, saying,
- 2 “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**.
- 3 ‘Every one of you shall revere his mother and his father, and **keep My Sabbaths: I am the Lord your God**.



# Summation



The Sabbath sets apart God's people as holy. There is no other day in the week that God set aside as a holy day for His holy people except the Sabbath day.





Therefore, when we keep the Sabbath, we belong to God. As such, God sets us apart as holy. Sabbath is one of the statutes that make you holy to the Lord. For that reason you must keep it!



In closing, let us be reminded that there is a blessing attached to the observance of the Sabbath day.



# Isaiah 58:13-14

13 “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,



# Isaiah 58:13-14

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.”



Now, when you come across the command regarding the Sabbath in your personal Bible study and reading, we hope you will remember this Bible study.



Sabbath keeping makes you holy. When  
you keep the Sabbath, you will be able to  
enter God's rest!



A blessed and happy Sabbath to everyone!  
God bless...



