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Understanding The Sabbath

Doctrinal Statement:

The seventh-day Sabbath is to be taught and kept holy in accordance with biblical instruction. Instituted at Creation, reaffirmed to Israel as part of the covenant at Sinai, and taught by Jesus Christ, who is the Messenger of the New Covenant, the observance of the Sabbath is considered basic to a Christian's relationship with God.

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The Church of God continues to observe the seventh-day Sabbath as did Jesus and the New Testament church. The Sabbath was established by God at Creation week; it was made for man, reaffirmed by Jesus, taught by the apostles, and observed down through the centuries by faithful Christians. The importance of the Sabbath in the Old Testament cannot be disputed. Its continued observance is exemplified in the New Testament which confirms Sabbathkeeping as a fundamental practice of Jesus and the apostolic church.

The original twofold function of the Sabbath in the Old Testament was not ceremonial. The Sabbath (1) provided needed rest for the body and the psyche, and (2) gave opportunity for closer contact with God through prayer and hearing the Word of God. When God established Israel as His people, the Sabbath was utilized as the time for congregational services, a commanded assembly of all the people. These needs are still very much extant in the twenty-first century.

The weekly Sabbath celebration is a memorial of Creation, serving to remind us that God is Creator. It also affords a view toward a future new creation resulting from God's Kingdom on earth.

While a simple, straightforward command from God to keep the Sabbath would be sufficient for us to keep it, an understanding of the Sabbath's purpose and intent is helpful and enlightening. The purpose behind most laws is clear, and that which lies behind the Old Testament commands about the Sabbath is evident. Once this purpose is understood, it becomes obvious why no New Testament restatement of the basic command was necessary or even likely. The New Testament discussions and examples concern how to keep the Sabbath (in spirit rather than in a rigid, legalistic manner), not whether to keep it.

The most important New Testament statement on the Sabbath was spoken by Jesus Christ as quoted in Mark 2:27,28. Jesus not only affirms the Sabbath command, He also instructs us about its purpose. "The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of man is also Lord of the Sabbath." Thus, it is apparent that the Sabbath was made for man, for his spiritual and physical benefit. It provides the means for loving God to a greater degree through direct worship and, indirectly, by the spiritual renewal which enables one to maintain a focus on godly matters throughout the week. It is in our earnest attempt to express loyalty and love toward our Creator and to worship Him in spirit and in truth that we, as Christians, continue to keep the seventh-day Sabbath.

Christians must keep the Sabbath day in the Spirit. To draw detailed lines of Sabbath dos and don'ts would be of little use and would only confuse those seeking to understand the real intent of the Sabbath, which must come from the Spirit of God.

The Sabbath is a special day, a holy day, a day specifically devoted to God and to spiritual matters. It is not a day for regular business (Isaiah 58:13), but a time to turn from the cares and concerns of the mundane life to the things of God.

It is a day to rejoice, to enjoy, to rest and have time for God and for one's family. The concept of rest, however, does not mean inactivity, since spiritual activity is quite important. Physical activity per se is not prohibited since certain kinds may be conducive to a better observance of the day (Matthew 12:1).

Whatever does not contribute to a proper use of the Sabbath goes against its purpose. Doing one's normal business, earning a living, becoming burdened with the mundane cares of daily life, following

purely physical pursuits to the exclusion of spiritual ones, or regularly participating in activities which prevent the needed rest of mind and body, are contrary to the purpose of the Sabbath. These all defeat its very intent, the reason it was given to man, because they do not generate the benefits that the Sabbath was created to give.

It is not the responsibility of the church to create an encyclopedic handbook of dos and don'ts for Sabbath observance. The church teaches the broad principles and the members apply them in situations as they arise. The church cannot legislate on every last situation that may be encountered. Each member must be educated and encouraged to make personal value judgments according to his own character and conscience within the general guidelines provided by the church.

God created the Sabbath day to serve man, not vice versa. Man was not intended to be enslaved to a period of time. Sabbath observance should not be allowed to become an end in itself. Rather, the day is to serve and help those who observe it.

The Sabbath was created, as Christ pointed out, *for the service of mankind.* It was the day upon which God “rested,” that is, ceased from His labors of Creation, “and was refreshed” (Exodus 31:17). The example is clear: God rested, therefore man also should rest from his weekly labors. When man observes the Sabbath day, he is imitating his Creator and commemorating the Creation itself.

If you have prayed about this lesson, and have your Bible, you are ready to begin!

Understanding the Sabbath

The English word *Sabbath* is basically an Anglicized pronunciation of a Hebrew word meaning “rest” or “repose.” This Hebrew noun is itself evidently related to the verb “to stop, rest, or cease.” This same verb is found in ordinary usage. (For example, in Lamentations 5:14, “The elders have *ceased* from the gate.”) “Ceasing” is exactly what God did on the seventh

day of Creation week.

In the Hebrew, Genesis 2:2 literally says that God “sabbathed”—“ceased” or “rested”—on the seventh day from all His work.

By definition, the Sabbath is a weekly holy day, a solemn rest, an appointed feast, a holy convocation (Leviticus 23:3). As such it is approximately twenty-four hours reckoned from sundown Friday evening until sundown Saturday evening. The period of observation is borne out both by the repeated phrase, “And the evening and the morning were the...day,” in Genesis 1 and by direct statements in such passages as Leviticus 23:32 on observing an annual sabbath “from evening to evening.”

Jesus Kept the Sabbath and Set the Example for the Church

Much emphasis is placed on the keeping of the Sabbath in the Old Testament. But much is also written about Sabbath observance in the New Testament.

However, the emphasis changes from a nationalistic system of communal Sabbathkeeping, fulfilling the *letter* of the law, to an individual responsibility of personal worship on the Sabbath, fulfilling the *spirit* of the law.

The New Testament never deals with *whether* the Sabbath should be kept, but rather *how* the Sabbath should be kept.

When Jesus was called into account by the Pharisees or Sadducees for doing certain things on the Sabbath, it was not for breaking the law of the Sabbath, but for His disavowal of non-inspired traditional regulations concerning the Sabbath.

The law of the Sabbath in the Old Testament did not forbid one to pick ears of grain on the Sabbath, “to eat on the spot.” Yet when Jesus and His disciples did this He was called to account. The reason? Because religious leaders had classified picking ears as “reaping,” and rubbing loose grain as “threshing.” The incident of the disciples plucking grain to eat in the fields (Matthew 12:1–8; Mark 2:23–28; Luke 6:1–5) was no violation

of property law since this was specifically permitted in the Old Testament (Deuteronomy 23:25). They were accused only of Sabbathbreaking. Jesus did not defend their actions on the grounds that the Sabbath was done away, Rather, He used relevant analogies: David and the shewbread (“bread of the presence”), and the priests in the Temple. It was only after He had shown that the actions of the disciples were not a true violation of the Sabbath that He asserted, “The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of man is also Lord of the Sabbath” (Mark 2:27,28).

By this means He did not show that the Sabbath was done away, but rather He showed the correct spirit in which to keep the Sabbath. Jesus was a *Sabbathkeeper, not a Sabbath breaker.*

It was also forbidden by extrabiblical Jewish law to treat a sickness when the sick person’s life was in no immediate danger.

Although being watched by the Pharisees and scribes, Jesus healed a man with a withered hand on the Sabbath (Matthew 12:9–14; Mark 3:1–6; Luke 6:6–11). To defend Himself He used the analogy of pulling a sheep out of a pit on the Sabbath. This shows that it was not His intent to break the Sabbath, but to show that relieving suffering was wholly consistent with the purpose of the day.

Similarly, when He healed a cripple who had been ill thirty-eight years, He told the man to pick up his pallet and go home (John 5:8). This carrying of a few ounces of weight was in no way a violation of the law against bearing a burden on the Sabbath (Jeremiah 17:21,22,27). It was only in the opinion of certain onlooking religious leaders that He had violated the Sabbath. Other healings are also described in such passages as John 9; Luke 13:10–13; 14:2–4.

Jesus is recorded in Matthew 24:20 as saying, “And pray that your flight may not be in winter or on the Sabbath.” This admonition is directed by Jesus to His own followers. Such

instructions would have had little place in a non-Sabbathkeeping community.

The dual implications of this prophecy also show that Jesus knew that the Sabbath would be kept by His people millennia later in the “time of the end.”

In addition, Christ’s own example of attending the weekly synagogue is significant. In Luke 4, Jesus attends the synagogue on the Sabbath day in His own city “as His custom was” (verse 16). Evidently it had not been His custom heretofore to speak in the synagogue since the listeners were astonished at His teaching. This indicates He attended regular services as a means of Sabbath observance rather than just for the purpose of teaching. And it is impossible to overemphasize the importance of Christ’s own example since He told His disciples to teach all nations those things that He had commanded them (Matthew 28:20).

Thus, we may conclude that the picture of Jesus as a lawbreaker or antinomian radical, while maintained in some fundamentalist circles, is easily refuted by the Scriptures and is also generally rejected by scholarship.

Review

1. *God sabbathed, ceased, and rested on the seventh day from all His work.*
2. *The Sabbath is a weekly holy day, a solemn rest, an appointed feast, a holy convocation.*
3. *The Sabbath is twenty-four hours long, spanning from sun-down Friday to sundown Saturday.*
4. *For the Christian, keeping the Sabbath is an individual responsibility of personal worship, fulfilling the spirit of the law.*
5. *Jesus’ example teaches us how to keep the Sabbath in the spirit of the law.*
6. *Jesus was a Sabbathkeeper, not a Sabbath breaker.*
7. *The Scribes and Pharisees were upset with Jesus because He paid no attention to their nonbiblical laws.*
8. *Jesus shows clearly that we can do good on the Sabbath, relieving*

suffering, without breaking the spirit of the law.

9. *It was the custom of Jesus to keep the Sabbath and go to the synagogue.*

10. *Jesus set the example of Sabbathkeeping and told His disciples to teach all nations those things He had commanded them.*

Scriptures to Read, Remember, and Recite

Lamentations 5:14; Genesis 2:2; Leviticus 23:3,32; Matthew 12:1–8; Mark 2:23–28; Luke 6:1–5; Deuteronomy 23:25; Mark 2:27,28; Matthew 12:9–14; Mark 3:1–6; Luke 6:6–11; John 5:8; Jeremiah 17:21,22,27; John 9; Luke 13:10–13; 14:2–4; Matthew 24:20; Luke 4:16; Matthew 28:20

Jesus Created the Sabbath Day

The recurring seven-day weekly cycle has continued down through the ages, making the exact day of the Sabbath effortless to determine.

Jesus Christ kept the Sabbath, becoming our living example. Since Jesus created the Sabbath day, it is extremely unlikely that He would break His own Sabbath command, or do away with any of the laws He created.

It is quite notable what the apostle John had to say about Jesus! “In the beginning was the Word, and the Word was with God, and the Word was God” (John 1:1). The term *Word* was used by both Hebrew and Greek theologians and philosophers in a number of ways. In Hebrew Scripture, the Word was an agent of Creation (Psalm 33:6). It was the source of God’s instructions to His people through the prophets (Hosea 1:2). It was also God’s law, His standard of holiness (Psalm 119:11).

We find in Greek philosophy that the “Word” was the godly essence that sustained all things and held them together. John’s description makes it evident that he is speaking of Jesus (John 1:14).

That “the Word was God” was blasphemy to the Jews.

That “the Word was made flesh” to

the Greeks was inconceivable.

To John, the Word—who was with God and was God, and dwelt among us—was the gospel of grace and truth!

Therefore we see that it was Jesus Christ, the Word, who created all things (John 1:3). If Jesus, the Word, created all things, then He must have created the Sabbath day.

Because of this Jesus was able to say to the scribes and Pharisees that He was the Lord of the Sabbath (Mark 2:28; Luke 6:5).

This would make Jesus the “Lord” or “God” of the Old Testament. He made the Sabbath at Creation (Genesis 2:2,3), and created everything else that exists (Colossians 1:16). Hebrews 2:9,14 and 1 John 4:2, making this understanding evident.

Since Christ is the Creator of the Sabbath day, He is the only one qualified to tell us how, and when, to keep the Sabbath.

Jesus lived a perfectly sinless life. He never kept or honored any days except God’s Sabbath day and God’s holy days.

Both the apostles Peter and Paul exhorted Christians to follow Jesus Christ (1 Peter 2:21,22; 1 Corinthians 11:1).

Review

1. *Jesus Christ, the Word, and as the Lord God of the Old Testament, created the Sabbath.*
2. *Jesus is Lord of the Sabbath day.*
3. *Jesus Christ is the only one qualified to tell us how and when to keep the Sabbath.*
4. *Both Peter and Paul admonished Christians to obey and follow Christ in all things.*
5. *Jesus told the disciples to teach all nations what He had commanded them, and therefore this would include teaching them to keep the Sabbath.*

Scriptures to Read, Remember, and Recite

John 1:1; Psalm 33:6; Hosea 1:2; Psalm 119:11; John 1:3,14; Mark 2:28; Luke 6:5; Genesis 2:2,3;

Colossians 1:16; Hebrews 2:9,14; 1 John 4:2

Sabbath Analogy of God's Plan

The Sabbath day has two great overall purposes according to the Bible: (1) It looks back as a witness to the physical creation; (2) It looks forward as a shadow to the spiritual rest and creation. (A third purpose can be listed as well: The Sabbath was to be a remembrance of the God who brought Israel out of Egypt—Deuteronomy 5:15.) God does things in type and antitype, in “shadow” and in “substance.”

When God finished His creative work in six days and then rested on the seventh, this completed the physical Creation. There is no more physical Creation going on. The works are finished as Genesis 2:2,3 and Hebrews 4:3 attest. Therefore, the Sabbath day looks back to that week of the physical creation (Exodus 20:11; 31:17). It is a memorial, which helps us to remember the Creator who made everything. It keeps Him fully in mind every week.

But God also has a great spiritual plan—a spiritual creation—which is now in progress (2 Corinthians 5:17). There is a new creation, and the Sabbath also looks forward to that. Hebrews 4:1–11 refers to a rest for God's people. It is a yet future rest that we are to strive to enter—the ultimate rest in the Kingdom of God. The seven-day week (verse 4) is a picture of this spiritual week God has instituted. God rested—so man shall, too. Therefore the Sabbath day each week also looks forward to that future rest—when the whole earth shall be at rest—when all shall be taught the way of God. Hebrews 4 shows this clearly, and verse 9 is particularly relevant. It says, “There remains therefore a rest [*sabbatismos*—“sabbatizing”] for the people of God.” So, because of the future rest (*katapausis*) spiritual Israel is to enter, there remains for us a *sabbatismos* or “sabbatizing.” This means that we will keep that future Sabbath of millennial rest as we now keep the weekly Sabbath to look forward to it.

In other words, the Sabbath is both a *memorial* and a *shadow*. It is a *memo-*

rial of Creation and a *shadow* of the *coming future rest* of God's people following the return of Jesus Christ.

The Sabbath did not originate with the law of Moses or with the Sinaitic Covenant with physical Israel—so it does not pass with that covenant; rather it originated with Creation and looks back as a memorial to it. The Sabbath is also a shadow, looking forward to the yet future time of the Millennium. A shadow remains as long as the substance is still future. So it remains—looking forward to that time. And when that time comes, the Sabbath shall still be kept (Isaiah 66:23), although no longer as a shadow but as a memorial to the then contemporary reality of Christ's millennial rule.

It was a widespread belief in both intertestamental Judaism and the early church that the seven days of Creation were an analogy of God's plan for man. This belief held that the first six days represent the entirety of human history in which man is allowed to go his own way under the sway of Satan the devil, and the seventh day on which God rested represents the millennial rest when God Himself sets up His own rule and Kingdom over the earth. Such a Kingdom is described in a number of Old Testament passages (for example, Isaiah 2:2–4,11; Micah 4:1–8).

Moreover, two New Testament passages refer explicitly to this future Kingdom. Revelation 20:1–10 describes a time when Jesus Christ Himself returns to the earth and has Satan bound. The righteous will rule. The time of this rule is specifically described as “a thousand years” (verses 4,6).

As we have seen, Hebrews 3:7; 4:11 draw a lengthy analogy between the Sabbath and the “rest” which physical Israel had never entered into.

Christians have a chance to enter into this rest if they do not harden their hearts as the Israelites did. In Hebrews 4:9 this eschatological rest is explicitly connected with the seventh-day Sabbath rest.

Review

1. The Sabbath looks back as a witness to the physical Creation.
2. The Sabbath looks forward as a shadow to the spiritual rest and Creation.
3. The Sabbath was to be a remembrance of the God who brought Israel out of Egypt.
4. God created the earth in six days and then rested the seventh day. This completed the physical Creation.
5. The Sabbath day is a memorial that looks back to the physical Creation.
6. It is a memorial that reminds us that the God we worship is the Creator of all things.
7. It keeps this marvelous God, the Creator, fully in mind every week.
8. We keep the weekly Sabbath now as a foretaste of the great millennial Sabbath ahead.
9. At that time the whole earth will enjoy a rest.
10. The Sabbath is a memorial of Creation and a shadow of the coming millennial rest beginning at the return of Christ.
11. The Sabbath will be kept by all people on earth in the future Millennium.
12. Christians can enter into this coming rest if they do not harden their hearts as the Israelites did.

Scriptures to Read, Remember, and Recite

Deuteronomy 5:15; Genesis 2:2,3; Hebrews 4:3; Exodus 20:11; 31:17; 2 Corinthians 5:17; Hebrews 4:1–11; Isaiah 66:23; 2:2–4,11; Micah 4:1–8; Revelation 20:1–10; Hebrews 3:7; 4:11

Sabbath Virtues

One of the first feasts kept by mankind (Adam and Eve) was the seventh-day Sabbath feast, only a few hours after their creation. “Thus the heavens and the earth, and all the host of them, were finished. 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” (Genesis 2:1–3).

God of course has a number of feast days of which the Saturday Sabbath is only one. In Leviticus 23:2 we read, “Speak to the children of Israel, and say to them: ‘The feasts of the LORD, which you shall proclaim to be holy convocations, these are My feasts.’”

God is telling us that His holy days are feast days, and they are holy convocations, meaning commanded assemblies. Verses 3 and 4 continue on to tell us that we are not to do our normal day-to-day work, and that we are to proclaim these feast days in their seasons.

We also find that the Sabbath is an identifying sign (Exodus 31:13,17).

Nearly everyone has heard about the Sabbath. Few are convinced about the virtues of keeping it. Fewer still know why God gave it to those He considers His children, but you can know, and you can be one of the enlightened minority who understands the purpose of God’s Sabbath!

As we have seen, God instituted the Sabbath on the seventh day of Creation week. “He rested.” The Hebrew word is *shabath*.

God did not rest because He was weary. God “neither faints nor is weary” (Isaiah 40:28). Therefore the word “rested” must have another meaning.

Again we find *shabath* in Isaiah 14:4 translated “ceased.” Notice in Exodus 31:17 where *shabath* also appears. The King James translators rendered it “He rested.”

So we see that God didn’t rest because of tiredness. He ceased from the work of physical creation.

However, this does not mean God was inactive, doing nothing on the seventh day.

The Sabbath is a day to be refreshed (Exodus 31:17). For us it is a day that we can be divinely rejuvenated, and enjoy refreshment spiritually.

On this seventh-day Sabbath we are to cease from our normal mundane activities and spiritually renew our minds in the image of God (Romans

12:2). We are refreshed from the past six days, and prepared to face the next six days to come.

On the original, first Sabbath, God taught Adam and Eve how to live a holy life, and prepared them for the challenges that lay ahead. In this era of time we live in, we must draw close to God, and determine to face life’s challenges, and not fail. With God’s Holy Spirit, we can succeed where they failed.

God commands us to keep the Sabbath forever as a sign that He is the Creator of all things (Exodus 31:17; 20:11).

Also we must remember that the Sabbath is a feast (Leviticus 23:2,3).

It is established in Colossians 2:16,17 that the “sabbaths...are a shadow of things to come.” So these Sabbaths foreshadow events of the future, but also point back as a sign of past creation.

Let us again take a look at Leviticus 23:2, and notice that it says these feasts are feasts of the Lord, not feasts of the Jews! All humans fall short of the glory of God (Romans 3:23), so all mankind needs the Sabbath. Christ said the Sabbath was made for man, not man for the Sabbath (Mark 2:27). We all need the Sabbath to grow spiritually. Even Christ learned and was made more perfect by obedience to the laws of God (Hebrews 5:8,9).

For the fervent Christian, the Sabbath is saturated with important spiritual works that help each individual develop the divine holy character God wants us to have, and at the same time draw close to God our Father.

The Sabbath is when we have the extra time for prayer, Bible study, and meditation. It makes possible the time for attending church services (Hebrews 10:25), being fed by God’s ministry and fellowshiping with those of like mind.

The Sabbath day will be valuable to a person as he grows in the grace and knowledge of Jesus Christ. The more growth and understanding he has, the more value he will place on the Sabbath. Hence, what he expresses by his acts and attitude in worship toward God on the Sabbath will demonstrate his growth.

The Sabbath day reminds us that we are to come out of this world (Revelation 18:4), and to separate ourselves from that which is unclean spiritually, and to prepare to join the Family of God (2 Corinthians 6:17,18).

Review

1. *The first feast day kept by mankind was the seventh-day Sabbath.*
2. *The Sabbath day is a feast day.*
3. *The Sabbath day is a command - ed assembly.*
4. *The Sabbath is a sign that we are God’s people.*
5. *God ceased to work on the Sabbath. He never faints or grows weary.*
6. *We are refreshed on the Sabbath from the past six days, and prepared for the six to come.*
7. *All of God’s sabbaths are a shadow of things to come in the future.*
8. *These feast days are feasts of the Lord, not feasts of the Jews, or any - one else.*
9. *The Sabbath was made for man, not man for the Sabbath.*
10. *The Sabbath gives us time to pray, study, and meditate.*
11. *The Sabbath gives us time to attend church services if available.*
12. *The Sabbath day reminds us that we are to come out of the world and prepare for entrance into the Family of God.*

Scriptures to Read, Remember, and Recite

Genesis 2:1–3; Leviticus 23:2–4; Exodus 31:13,17; Isaiah 40:28; 14:4; Romans 12:2; Exodus 20:11; Romans 3:23; Mark 2:27; Hebrews 5:8,9; 10:25; Revelation 18:4; 2 Corinthians 6:17,18

The New Testament Church, Including All the Apostles, Kept the Sabbath

History will verify that the New Testament church, which Jesus Christ built through His apostles, kept the Sabbath!

We find the women that came with

Jesus from Galilee were still keeping the Sabbath after the crucifixion of Jesus (Luke 23:55,56).

Please notice that on the first day of the week, which would be Sunday, the day after the Sabbath, the women brought spices which they had prepared.

Why did they not do it the day before? Because it was the Sabbath (Luke 24:1). So Sunday was just another normal work day.

The followers of Jesus Christ knew that the Sabbath commandment was still in effect and they were keeping it. Notice this clear statement: "Then they returned and prepared spices and fragrant oils. And they rested on the Sabbath according to the commandment" (Luke 23:56).

Also Jesus Himself prophesied that there would be people in the end time keeping the Sabbath, and He warned them to "pray that your flight may not be in winter or on the Sabbath" (Matthew 24:20). Obviously if your life were in certain danger, to flee for your life on the Sabbath would be acceptable. Remember, we are required to keep the spirit of the law. Otherwise we are to avoid stressful work on the Sabbath because it is a day of rest, and it is holy time because God's presence is in it.

Many believe the apostle Paul taught that the law was done away; however, just the opposite is true.

In Galatians 1:11,12,15-24, the apostle Paul explains that he was personally taught by Christ Himself in Arabia (Arabia Petrea). If Christ had done away with His Father's commandments, He certainly would have taught this new lawless way to Paul. But no changes were made. Paul always taught what Jesus had taught him. Jesus Christ set the Sabbathkeeping example, for all people at all times, and commissioned His

chosen servants, the apostles, including Paul, commanding them to "make disciples of all nations...teaching them to observe all things that I have commanded you" (Matthew 28:19,20). Paul went on to say, "Imitate me, just as I also imitate Christ" (1 Corinthians 11:1).

Another clear example that the New Testament church continued to keep the Sabbath is found in Acts 13:14,16,42.

We find Paul preaching to the Jews, and to those known as God-fearers (people of other nations that kept the Sabbath). After the Jews left the synagogue the Gentiles asked Paul to preach to them on the next Sabbath. Verse 44 reveals that nearly the whole city came together to hear the Word of God.

If it were true that Jesus did away with His Father's commandments, including the Sabbath day, what a perfect opportunity for Paul to teach this truth to the church and to the Gentiles. We find no such thing happening. In fact the Gentiles asked Paul to preach to them the next Sabbath. If the Saturday Sabbath was out, and Sunday was the "in thing," why did the Gentiles ask for him to preach the next Sabbath? Why not on Sunday which was the next day? And also remember, almost the whole city came to hear Paul. Apparently they had no problem getting the Sabbath off!

It is easy to see that it was Paul's custom to keep the Sabbath, just as it was the custom of Christ Jesus. In Acts 17:1,2 we find that Paul reasoned with the Jews out of the Scriptures for three Sabbaths in a row in the synagogue.

Paul left Athens and went to Corinth where he met Aquila, and his wife Priscilla. He stayed with them because they were of the same trade, being tentmakers.

On the Sabbath day, Paul reasoned

with the Jews and the Greeks in the synagogue. Paul was in the city of Corinth for some eighteen months, never failing to keep the Sabbath day.

Paul leaves us a great example of Sabbathkeeping. In this one city he kept the Sabbath seventy-two times.

The apostle Paul told the Philippian brethren to be "followers together of me" (Philippians 3:17).

Paul taught all nations to imitate him as he imitated Christ. All Spirit-begotten Christians will be imitating the obedience of Jesus Christ and the apostle Paul by keeping the commandments of God, the Sabbath being one of the commandments (Revelation 12:17; 14:12).

Review

1. *The Sabbath continued to be observed after Christ's crucifixion.*
2. *Jesus warned those of the last days to pray that they would not have to flee on the Sabbath.*
3. *The Sabbath will still be kept by some in the end times.*
4. *Paul was taught by Jesus to teach all nations what He, Jesus, taught him.*
5. *Paul instructed the Corinthians to imitate him, "just as I also imitate Christ."*
6. *Paul taught the Philippian brethren to be followers of him.*
7. *Christians today should imitate Jesus and Paul in keeping the commandments, including the Sabbath.*

Scriptures to Read, Remember, and Recite

Luke 23:55,56; Luke 24:1; Matthew 24:20; Galatians 1:11,12,15-24; Matthew 28:19,20; 1 Corinthians 11:1; Acts 13:14,16,42,44; 17:1,2; Philippians 3:17; Revelation 12:17; 14:12

Notes: _____

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The Sabbath

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True or False Questions

1. God ceased or rested on the seventh day from all His work.
2. To keep the Sabbath is an individual responsibility.
3. Jesus broke the Sabbath, so the Pharisees were angry.
4. Man was made for the Sabbath day.
5. Jesus' custom was never to go to a synagogue.
6. Jesus knew His people would be keeping the Sabbath in the end time.
7. Jesus never made a custom of keeping the Sabbath.
8. Since Jesus time the Sabbath has never started at sundown.
9. Jesus commanded His disciples to omit teaching the Sabbath.
10. Jesus Christ, the Word, created all things.
11. Jesus said He was Lord of the Sabbath.
12. Jesus was the God of the Old Testament.
13. Jesus can't tell us how and when to keep the Sabbath.
14. We are to obey and follow Christ in all things.
15. The Sabbath looks back to the resur-

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rection.

16. God finished the Creation in seven days and rested the eighth day.

17. The Sabbath is a memorial and a shadow.

18. We keep the Sabbath now as a foretaste of the Millennium.

19. God will never get all people to keep the Sabbath.

20. Jesus will never be able to have Satan bound.

21. The first feast ever kept was Easter.

22. God blessed the seventh day and sanctified it because He rested on it.

23. The book of Leviticus tells us that the Sabbath is a feast of the Jews.

24. God's holy days are feast days.

25. God never commanded anyone to keep His holy days.

26. When God became tired He rested on the Sabbath.

27. On the Sabbath we can be refreshed.

28. By obeying God and keeping His Sabbath we can be spiritually renewed.

29. We are to keep the Sabbath as a sign that God is Creator of all things.

30. One day of the week is no more important than another to God.

31. Jesus learned and was made more perfect by obedience to God's laws.

32. It doesn't matter whether we assemble on the Sabbath or not.

33. God would never tell us to come out of the world.

34. Christ was not an example that we should keep the Sabbath as He did.

35. We must be separate from unbelievers because we are the temple of God.

36. No one kept the Sabbath after Christ was crucified.

37. Paul was never taught by Jesus personally.

38. Paul didn't have to work so he preached all week long.

39. Paul never told the Philippians to imitate him.

40. True Christians today will be keeping the Sabbath.

Answers to True or False Questions: Score Yourself: Miss 0-3 = Excellent; Miss 4-6 = Good; Miss 7-9 = Fair

39. False; 40. True;

Answers: 1. True; 2. True; 3. False; 4. False; 5. False; 6. True; 7. False; 8. False; 9. False; 10. True; 11. True; 12. True; 13. False; 14. True; 15. False; 16. False; 17. True; 18. True; 19. False; 20. False; 21. False; 22. True; 23. False; 24. True; 25. False; 26. False; 27. True; 28. True; 29. True; 30. False; 31. True; 32. False; 33. False; 34. False; 35. True; 36. False; 37. False; 38. False;