

# The Sabbath

I could probably preach in any Christian church on the Love of God. Not taking the Lord's name in vain. Not committing adultery, not killing or stealing or coveting. Honouring your father and mother. If it wasn't a Catholic church I could speak about idolatry. I could probably even speak about the Sabbath at ANY Christian church – as long as I didn't mention what day it was. But if I actually quoted the commandment and went on to speak about it, people would fold their arms and dismiss the topic as legalism. The Sabbath is one of the main dividing points between not only ourselves and other Christians, but also between ourselves and a society that believes itself to be based on Judo/Christian principals. In Moses' time – 5000 years ago - if you broke the Sabbath what did God require to be done?

**Numbers 15:35** *And the LORD said unto Moses, The man shall be surely put to death: all the congregation shall stone him with stones without the camp.*

Stoning. It was a big deal. Today society says it is not a big deal. The common perception is that you're a fanatic if you think so. But, is it a big deal to God today? Does he feel it's any less of a sin now? Trust me, it isn't a little thing. If it was a little thing, Satan wouldn't hate it so much. You're usually safe loving what the Devil hates.

So the interpretation of the observance of the fourth commandment is the biggest noticeable difference between main stream Christianity and Us. Just as we **CLING** to the **Sabbath**, others **CLING** to the **'Lord's Day'**.

There are reasons why people are hesitant to accept the Sabbath truth. It could mean losing friends, losing jobs or not being able to accept jobs – especially as a teen where most part time jobs involve working on Saturday or Friday evening. It could even mean bitter confrontation with family members. Those who have

## 2.

grown up firmly entrenched in Sunday worship and devoted to a particular denomination.

The prevalent thought being....

### **“ Can I afford to believe this?”.**

Accepting the Sabbath as a fundamental belief has a major impact on a new believers life and requires tact, empathy, and a lot of love and understanding on our part.

How do you defend your belief ? It's one thing to take up what is viewed as a radical departure from the norm as an adult. It's quite a different thing as a child or teenager. There is a lot more pressure put on them by their peers and even the schooling system to conform to the perceived norm. So how do we defend our belief, and even more importantly, how do we help our teens to defend their beliefs?

**Isaiah 1:18** says... ***Come now, and let us reason together,...***

First we need to start with a desire to follow the word of God. It needs to be our authority. The Catholic Church has developed a foolproof defense for theological arguments. They simply say..

“ **they** ” are the authority. They are in the position to interpret and set the rules. If you accept that, then you should probably be worshiping on Sunday. But the bible says...

**1 Cor. 11:1** ***Be ye imitators of me, even as I also am of Christ.***

To imitate Christ we need to use the bible as our authority.

Secondly, our decision shouldn't be made on whether or not we view the Sabbath as a burden. God does not send the Sabbath truth to be a **burden** to you, he sends it to be a **blessing**. He doesn't want it to be a **problem**, he wants it to be a **privilege**. So try to encourage others to look honestly and openly. So, where do you find your defense?

### 3.

The first place you should look is in the bible. We'll look elsewhere later, but one of our foundational beliefs, is that our lives should be based on the word of God. The bible.

See, at this point most all Christian fundamentalists are still agreeing with me. It's when I turn to the 10 commandments that they cringe and say that they are...

... "no longer under the **'law'** but rather they are under **'grace'**."

So why then do they attend church religiously on Sunday? Their answer: "It doesn't matter what day you go."  
( *just don't go on Saturday.*)

Seriously, why do they attend on Sunday? I think a common perception that they have of us, is that we teach people to be under a "yolk of bondage", they have this perception that we believe we receive salvation through "works". Do we believe that? No. We believe we are saved strictly by the grace of God. They reject the teaching that we have an obligation to keep the 'old' laws. Modern Christianity believes the 'old' laws went out with the 'old' covenant that we are all free from now. But ask them if they believe in keeping the 10 commandments.

The answer: No... Well, yes, 'nine' of them.

They have no problem with nine.

Almost every Christian denomination out there has no trouble with nine of the ten. The Catholics.... Eight out of ten. They have the exclusion of the idolatry commandment also.

So.... In other words....

...The only commandment we should **forget** is the only one that begins with the word...

**“ Remember...”**

Here's a common argument...  
Joshua lived around 1400 BC . ( Joshua 10:13 )

## 4.

“During his time the sun stood still and Saturday became Sunday.” Who has heard this argument? Actually that would make Friday Saturday. But putting that ridiculous piece of logic aside, why did the Israelites **continue** to keep the seventh day as the Sabbath for the next **3,400 years – INCLUDING CHRIST?**

Did the whole nation of Israel suddenly lose track of what day was the Sabbath? Did God never set them straight again? Did 15 million Jews around the world all at once forget what day was the Sabbath?

Is there even **ONE scripture** that commands us to keep the first day of the week holy? Show me. There are **none**. However several scriptures command us to keep the seventh day of the week holy as the Sabbath.

The Commandments were given to us directly by God. They were spoken by him and written by his finger. If there is something, **ANYTHING**, worth standing up for, **THEY** should be a part of that group. Something that is worth clinging to.

My brother gave me a small book on the “Heroes of the Bible”. What did they all have in common? They were willing to **DIE**, rather than disobey one of God’s commandments. Times have changed.... But does God want less from us today? Are they still relevant today? Let’s go to the bible.

**John 14:15 *If ye love me, keep my commandments.***

It can be tough to keep the Sabbath. So many things are scheduled on the Sabbath. Jobs often require work on the Sabbath... especially part time jobs. Friends want to meet on their day off, to do things, go places, hang out. It takes commitment to keep the Sabbath. If you listen to society, keeping the Sabbath and losing friends, or jobs or family, is a terrible thing. Yet Christ says...

**John 13:17 *If you know these things, happy are you if you do them.***

## 5.

Ultimately you will be **MUCH HAPPIER**. God has trusted us with this truth. Take good care of it. Nurture it. Do it. If you can't commit 1 day in 7 to God, how will you commit to an eternity?

The Catholic church is very open about the Sabbath. If we go to a booklet put out by this church to help new converts called "CATECHISM OF CATHOLIC DOCTRINE", we can read the following excerpts.

Question: What day is the Sabbath day?

Answer: Saturday is the Sabbath day.

Question: Why do we observe Sunday instead of Saturday?

Answer: We observe Sunday instead of Saturday because the Catholic Church transferred the solemnity from Saturday to Sunday.

If we go to the Catholic Encyclopedia Vol. 4 Pg 153

"The church after changing the day of rest from the Jewish Sabbath or seventh day of the week to the first, made the third commandment refer to Sunday as the day to be kept holy as the Lord's day."

( removed the second commandment that referred to idolatry )

**Daniel 7:25** *And he shall speak great words against the most High, and shall wear out the saints of the most High, and think to change times and laws: and they shall be given into his hand until a time and times and the dividing of time.*

The only 'law' referring to time is the fourth one, the one speaking on the Sabbath. The one that says....

.... **remember.**

## 6.

**Ezekiel 22:26** *Her priests have done violence to my law, and have profaned my holy things: they have made no distinction between the holy and the common, neither have they caused men to discern between the unclean and the clean, and have hid their eyes from my sabbaths,* (The weekly Sabbath is generally referred to as the Sabbath – here I think it is safe to assume God speaks of the annual Sabbaths also.) **and I am profaned among them.**

**Ezekiel 22:31** *Therefore have I poured out mine indignation upon them; I have consumed them with the fire of my wrath: their own way have I brought upon their heads, saith the Lord Jehovah.*

Is it still a big thing to God? It was then and absolutely is now.

We read a quote from our Saviour that said... **If ye love me, keep my commandments.** But do we still need to today? Are they still valid?

**Luke 16:17** *And it is easier for heaven and earth to pass, than one tittle of the law to fail.*

If we go to the very last chapter in the bible, written long after Christ's death, we are **still** told to follow the commandments of God.

**Revelation 22:14** *Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.*

The law doesn't need to change... we do. God doesn't change and neither does his word.

**Hebrews 13:8** *Jesus Christ the same yesterday, and today, and for ever.*

And verse nine starts...

**Hebrews 13:9** *Be not carried about with divers and strange doctrines...*

....stick to the bible, the word of God.

Again...

**Malachi 3:6** *For I am the LORD, I change not;*

Doesn't the new Covenant do away with the law? No... the old covenant was written on stone, the new covenant is written **in our hearts**. ( Romans 2:15 ) If you love God, you will keep the first four; if you love your fellow man you will keep the last six. Four and six, that's ten out of ten.

When we write a test or exam, 90% is **really** good. It's great to hear your kids come home and say "I got a 90%!!!". We're proud of them. Some times 90% isn't so good. It's not so great to hear your surgeon say, "I got 90% of the tumor." So it is with the commandments.

**James 2:10** *For the person who keeps all of the laws except one is as guilty as a person who has broken all of God's laws.*

NLT

Who would be happy with a spouse who kept 90% of the law but broke the 7<sup>th</sup> commandment? Adultery. Well, they kept 90%... that's pretty good. NO. If you love someone you wouldn't even think about breaking the 7<sup>th</sup> commandment. God is saying, "What about me? What about our time together. The time I've set apart and consecrated for you."

**Matthew 5:19** *Whoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whoever shall do and teach them, the same shall be called great in the kingdom of heaven.*

It's funny how we call ourselves 'Christians', and yet refuse to follow direct instructions from Christ.

Trying to get away with as little as possible is always a step in the wrong direction and will lead you down the proverbial garden path. Why do religious leaders ignore this Sabbath truth? It just doesn't make sense. Why do they do it?

**Mark 7:9** *And he said unto them, Full well ye reject the commandment of God, that ye may keep your own tradition.*

**Luke 6:46** *And why call ye me, Lord, Lord, and do not the things which I say?*

God created something special on each day of creation. What did he make on the seventh day?

**Genesis 2:2** *And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.*

**3** *And God blessed the seventh day, and sanctified it:*

He made only that.... a day. He made the Sabbath. We need everything else he made that week. We also need the Sabbath. From the very beginning God "rested", and he created it, and he "**blessed**" it and he "**sanctified**" it.

God has "**blessed**" this day above every other day and so many people are missing that **blessing** because they refuse to claim it. To capitalize on it.

And God **Sanctified** it.... He made it '**holy**'. He established **two institutions** in the Garden of Eden. **The Sabbath and marriage**. Think about this... all strong relationships flourish under two conditions that nourish them. They are... 1. good communications and... and 2. time.

That is why Satan hates the Sabbath. Why his greatest deception is to create a 'busy'-ness within our lives so that we can't slow down and focus on what we really need.



## **Time**

Our lives are made up of time. We live in time. When you 'run out of time' it is bad news. Relationships are built over time. They mature, they grow. The devil hates it. Because the more time we spend with God, the more we know him, the more we know him, the more we love him. The more we love him, the more we want to obey him. You can't obey him if you don't know him and love him.

Today time is our most valuable asset. We can shower our kids with money and toys and games, but our time is what is most valuable to them and is what seems to be in such short supply. God wants our time too. Like children, we need time with our Father, and with our Saviour. Quiet time, time to reflect, time to study, time to pray. Time to rejuvenate our bodies and our minds.

***Exodus 20:1 And God spake all these words, saying,***  
***2 I am the LORD thy God, which have brought thee out of the land of Egypt, out of the house of bondage.***  
***3 Thou shalt have no other gods before me.***  
***4 Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth:***  
***5 Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;***  
***6 And shewing mercy unto thousands of them that love me, and keep my commandments.***  
***7 Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain.***  
***8 Remember the sabbath day, to keep it holy.***  
***9 Six days shalt thou labour, and do all thy work:***  
***10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:***

**Exodus 20:11** *For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.*

**12** *Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.*

**13** *Thou shalt not kill.*

**14** *Thou shalt not commit adultery.*

**15** *Thou shalt not steal.*

**16** *Thou shalt not bear false witness against thy neighbour.*

**17** *Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.*

Exodus 20 contains the Ten Commandments. The fourth begins in verse 8.... Again, it begins with...

.... **'remember'**, this tells me that God somehow knew we might be prone to **'forget'**.

### **Exodus 20:8**

***Remember the sabbath day, to keep it holy.***

Re-read verses 8 to 11 again. Notice how this commandment reiterates the creation 'week'. If you believe in a long week creation, then the weekly Sabbath would have no significance to you. Your Sabbath would simply be the millennium. But God rested on the seventh "day" and hallowed it.

These aren't 10 suggestions or recommendations. They are **10 COMMANDMENTS.**

When Almighty God says "This is my will, do this." He wants us to do it. Not to reason around it. He doesn't want us to just be **'hearers'** but **'doers'**.

## **The Sabbath is a Sign.**

**Exodus 31:13** *"Tell the people of Israel: 'Be careful to keep My Sabbath day, for the Sabbath is a sign of the covenant between Me and you from generation to generation. It is given so you may know that I am the LORD, who makes you holy.*

**Ezekiel 20:20** *and keep My Sabbath days holy, for they are a sign to remind you that I am the LORD your God.'*

Did it stop being a sign? Or is it a perpetual thing.

**Exodus 20:8** Remember the sabbath day, **to keep it holy.**

God asks us to "**KEEP**" it holy. Not 'begin to keep it holy'. It is already holy, made so by God, and we are to keep it that way. What would you think if I said "Keep kettle boiling.", and you checked it and it was cold? No, "keep" implies it is already that way.

One very large stance taken by most of Christianity is that the Sabbath is Jewish. "Oh, you keep the 'Jewish' Sabbath". "Are you Jewish"? "Why do you keep the Jewish feast days"?

The Sabbath didn't become holy with Moses. It was already that way right from the very time of Adam. Proof? Before Israel even **got** to Mount Sinai where God handed them the 10 commandments he discusses the Sabbath with them in ch. 16.

**Exodus 16:25** *And Moses said, Eat that today; for today is a sabbath unto the LORD: today ye shall not find it in the field.*

**26** *Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none.*

**27** *And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none.*

**Exodus 16:28** *And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws?*

Were they just created at Sinai? No, they already existed. God just **re-state** what already existed to make it **absolutely clear**?

It is not a 'Jewish law'. That is so often heard. The Sabbath was established at creation. (Reaffirmed with the Jews - but not created for the Jews). Christ said...

**Mark 2:27** *And he said unto them, The sabbath was made for man, and not man for the sabbath:*

He doesn't say for "the Jews".

The sabbath was made **for man!!!**

The last thing God made on the sixth day of creation was.... MAN. Man. And the next thing he made right after that, was time, time for man to spend with God. He made the Sabbath. Every man needs it. God knew it right from the start. It's an essential part of our lives.

Actually I lied, right after God made man, he made woman. Even more reason for God to give us a day of relief. (Smile.) I jest of course because we still absolutely need women. We need each other. It's essential. Why would any other part of his creation be any different?

**Isaiah 56:6** *Also the sons of the stranger, that join themselves to the LORD, to serve him, and to love the name of the LORD, to be his servants, every one that keepeth the sabbath from polluting it, and taketh hold of my covenant;*

**Isaiah 56:7** *Even them will I bring to my holy mountain, and make them joyful in my house of prayer:*

( it's for everybody ) ***their burnt offerings and their sacrifices shall be accepted upon mine altar; for mine house shall be called an house of prayer for all people.***

And what happened again to those who broke the Sabbath?

**Exodus 31:14** ***You must keep the Sabbath day, for it is a holy day for you. Anyone who desecrates it must be put to death; anyone who works on that day will be cut off from the community.***

The Sabbath is a time for worship. To come together, to edify and build each other up. It is a time for holy convocations. Convocation comes from the same root word as convention. A meeting, coming together to assemble.

**Leviticus 23:3** ***Six days shall work be done: but the seventh day is the sabbath of rest, a holy convocation; you shall do no work therein: it is the sabbath of the LORD in all your dwellings.***

Yet just about every congregation of Sabbath keepers has the odd person who is a part time member because they're too tired, or too busy, or too hung over to come to church.

God wants us to enter into his "rest" (Heb. 4:3)

**Matthew 11:29** ***Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls.***

Today, more than any other time, people struggle with stress. Why? When we look at other periods of history you would think their lives would have been so much worse than ours. They lived in Conestogas! They had no windows, no fridges, no toilets, no showers, often very little food. There were few doctors, even fewer

that new what germs were. Sounds like we have it pretty good. But we've done something basically wrong. We gave away our time. Here are some interesting stats.

- Married couples w/ children working long hours report the lowest quality of life. 43% of all adults report suffering adverse health effects from stress. Doctors say 75 to 90% of visits are in some way related to **stress**.
- Stress is linked to the six leading causes of death in the US. They are: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. Think of all the over the counter drugs we buy like sleeping pills and antacids, etc that are all related to stress. What percentage of society has forgotten the commandment of God to rest?

### **We need physical rest.**

The US Military did tests on mans endurance. They tried different work cycles, some up to 10 days long, and came to the conclusion that the optimal cycle was 6 and 1. HmMMM.

Jesus said come to me and I will give you rest. The Sabbath is a renewal of that relationship every week. It's a memorial of creation, of God's hand in our lives, every week. A constant reminder that God is our creator.

So going back to the very basics.. what day **IS** the Sabbath, Saturday or Sunday?

**Genesis 2:2** *And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.*

**3** *And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.*

Repeated 3 times.

He didn't say "Keep **A** seventh day." This is one of the most common arguments. God doesn't say "A Seventh Day", He says "The Seventh Day". The definitive "THE".

Websters defines Saturday as "The seventh day of the week."  
Sunday as "The first day of the week."

The argument that "no one really knows anymore what day of the week is what", is a myth. The calendar has been changed many times. Months have been changed, the length of the year. But the weekly cycle has never changed.

Years ago the US Naval Observatory was asked this question...

***"Has the changes in the calendar in recent times changed the weekly cycle?"***

The answer:

***"There has been no change in the continuity of the weekly cycle since long before the Christian era."***

The Gregorian calendar we use today was advanced 10 days in 1582. Going from the 5<sup>th</sup> of October to the 15<sup>th</sup> the next day. But the next day was still the next weekly day. For instance Tues. the 5<sup>th</sup> was followed by Wed. the 15<sup>th</sup>. The French tried to change the weekly cycle to a 10 day cycle in 1793. Each year had 12 months of 30 days. Each month had 3 equal 10 day weeks the 10<sup>th</sup> day being the day of worship. And then any extra days required to complete the full year were added onto the end of the twelfth month and observed as holydays.

It was a complete failure and lasted only a short time.

One thing we know for sure... what we refer to as the seventh day of the week now, the Sabbath, is the same seventh day of the week that Christ referred to as the Sabbath when he walked on the earth.

Did you know that in **108 languages of the world** the word for the seventh day of the week is **Sabbath**. For example...

Spanish: Sabado

Italian: Sabato

Polish: Sobota

Croatian: Subota

Greek: □□□□□□□

As far as I know, no one disputes that **Christ rose on the First Day of the week**. Does that make it a new Sabbath day? He died on a Wednesday. Does that make Wednesday a new Sabbath day? Why would his resurrection create a new Sabbath day? What was wrong with the old Sabbath day?

### **When does the Sabbath start?**

**Leviticus 23:32** .... *from even unto even, shall ye celebrate your sabbath.*

Each of the creation days start at evening. (Which, by the way, also points to a literal day. Thousand year periods don't have evenings.)

**Mark 1:21** *Jesus and His companions went to the town of Capernaum. When the Sabbath day came, He went into the synagogue and began to teach.*

Notice what day Jesus kept holy. The "**Sabbath**". Now, as soon as he leaves the Synagogue he goes to Simon's mother-in-law's home.

**Mark 1:30** *Now Simon's mother-in-law was sick in bed with a high fever. They told Jesus about her right away.*

**31** *So He went to her bedside, took her by the hand, and helped her sit up. Then the fever left her, and she prepared a meal for them. ( Jesus healed on the Sabbath )*

**32** *That evening after sunset, ( elaborate on time and reason – Pharisees refusing to heal on the Sabbath ) many sick and demon-possessed people were brought to Jesus.*

**33** *The whole town gathered at the door to watch.*

**34** *So Jesus healed many people who were sick ...*



The Sabbath began and ended with sunset.

When in doubt about what to do, the safe thing is to follow these two steps...

1. **Follow Jesus' example.** and ...
2. You will never be in trouble **KEEPING ALL the commandments.**

### **What would Jesus do?**

Well we've already read many passages about what Jesus would do, but let's quickly go to a few more.

**Mark 6:2** *The next Sabbath He began teaching in the synagogue, and many who heard Him were amazed. They asked, "Where did He get all this wisdom and the power to perform such miracles?"*

**Luke 4:16** *When He came to the village of Nazareth, His boyhood home, He went as usual to the synagogue on the Sabbath and stood up to read the Scriptures.*

**Matthew 24:20** *And pray that your flight will not be in winter or on the Sabbath. (Jesus prophesying of the end times STILL referring to the Sabbath and how it should be a time of rest.)*

He had a pattern, a custom, a habit, of being **in the Synagogue** each **Sabbath**.

The Pharisees accused him of doing away with the Sabbath, but actually he clarified what was and wasn't appropriate on the Sabbath.

**Early Christians kept the Sabbath... Jews and Gentiles alike.**

**Acts 17:1** *Now when they had passed through Amphipolis and Apollonia, they came to Thessalonica, where was a synagogue of the Jews:*

**2** *And Paul, as his manner was, went in unto them, and three sabbath days reasoned with them out of the scriptures,*

**Acts 13:42** *And when the Jews were gone out of the synagogue, the Gentiles besought that these words might be preached to them the next sabbath.*

**43** *Now when the congregation was broken up, many of the Jews and religious proselytes followed Paul and Barnabas: who, speaking to them, persuaded them to continue in the grace of God.*

**44** *And the next sabbath day, came almost the whole city together, to hear the word of God.*

Acts 16:13 is another example among many more.

The Encyclopedia Britannica 11<sup>th</sup> edition article on Sunday says...

“The earliest recognition of the observance of Sunday as a legal duty is a constitution of Constantine in 321 AD., (enacting that all courts of justice, ... inhabitants of towns and workshops were to be at rest on Sunday (venerabili dei solis), with an exception in favor of those engaged in agricultural labor.” )

Constantine published the edict of Milan. He established Sunday as the day of worship. Those who wanted to get along with the emperor and distance themselves from the Jews would absorb this new decree as part of their belief system. It had nothing to do with biblical doctrine, it had everything to do with being politically correct at the time. And amazingly, still has to do with that today.

**Isaiah 58:13** *If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:*

**14** *Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.*

Satan doesn't want you to have that delight. He wants to keep you busy. Preoccupied, till the day of the Lord overtakes you as a thief in the night. Every Sabbath day we put the breaks on and recalibrate. Satan doesn't want us to do that. He wants us to falter and we do. Even in Gods church many are very sloppy about how we keep the Sabbath. I dare say that if you go back 100 years, most Sunday keepers kept the 'Lords' day better than most Sabbath keepers keep the Sabbath today.

Today most Sunday keepers go to church, then out for a bite, then they go over to get their groceries, then it's off to the football game, then later that day back home to mow their lawn and do the laundry before the 'work' week starts. It's not even a Sabbath of rest for them. You can't just get the day right, you have to keep it **'holy'**.

**God** comes first on the Sabbath. **Our interests** come second. Not just now, but for as long as the human mind is capable of seeing into the future.

**Isaiah 66:22** *For as the new heavens and the new earth, which I will make, shall remain before me, saith the LORD, so shall your seed and your name remain.*

**23** *And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh (Note: not just Jews) **ALL FLESH come to worship before me, saith the LORD.***

The Sabbath was around from Adam, throughout the old testament, in Christ's time and after his death. It will be kept in the millennium and beyond. So, why wouldn't it be kept now? It almost sounds ridiculous doesn't it? It just doesn't make sense.

The seventh day is the Sabbath whether we believe it or not, keep it or not, reap it's blessings or not. What we do doesn't change that fact. The truth stands firm whether we believe it or not.