

# REMEMBER THE SABBATH DAY, TO KEEP IT HOLY

## (APPENDIX 5)

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### *Why Is This Lesson Being Presented?*

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This in no way is intended to be comprehensive nor the final word. It is not an attempt to create legalists for there is only one meritorious means of entering into heaven and that is by the blood of the Lamb. This is solely provided for the honest seeker who loves the Lord Jesus with his whole heart, mind, and soul and wants to honestly keep His commandments because the love Him (John 14:15 which is a quote of Exodus 20:6).

This lesson simply looks at the many verses regarding the word Sabbath or the phrase "Seventh Day". To what degree each of the items addressed is applied in your lives is left to the Holy Spirit.

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### *What Does History Reveal About the Sabbath?*

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The first Sabbath day kept on this earth was the first full day that Adam and Eve experienced in the garden (Genesis 2:1-3). From there, others continued to keep it including Abraham (Genesis 26:5) but something happened in the four hundred years of captivity. The Israelites forgot about the Sabbath. They were forced to work seven days a week, so the call to rest was a shock (Exodus 5:5). During the desert experience, a rediscovery of the Sabbath as well as who God was occurred (Exodus 16:23), but that was not good enough. So, God wrote all His commandments out (Exodus 20:2-17). Once Israel was set up as a nation, pagan empires came along enticing the Israelites to sun worship. They include: Babylon, Medo-Persia, Greece, and Rome. After the

Babylonian captivity, which was the result of Israel succumbing to the enticements, a strict set of regulations were enacted to guard against falling away again into paganism. These rules eventually developed into the Pharisee traditions. Jesus comes along and strips all those additional rules away and was accused of being a Sabbath breaker when, in reality, He was trying to bring the "delight" back to the Sabbath.

After the ascension, the apostles continued keeping the Sabbath even past 70 A.D. when Jerusalem was destroyed by the Roman authorities just as Jesus predicted and instructed them to pray about (Matthew 24:20). The Sabbath in fact, continued all the way to 321 when Constantine had a supposed conversion. During a battle that he was going to lose because of overwhelming odds, a supposed vision was given to him to put crosses on his shields and

march forward to victory. Sure enough, he had victory and became a “believer.” However, all the pagan traditions were brought into the church at that time including keeping Sunday to win other pagans to his new found faith using the excuse Jesus rose on a Sunday.

In 327 A.D., the only influential church around, the Catholic Church, adopted it as the new Christian Sabbath. At first, both days were kept until the Sunday Sabbath seemed more enjoyable than the Biblical Sabbath. Then anti-Jewish feelings arose and the Biblical Sabbath was deemed to be that of the Jews. After a few more centuries, the Biblical Sabbath was completely covered up, but God was not defeated. A reformation began bringing people back to the Bible. Included in this step-by-step process, a group of people eventually discovered the Sabbath and those that chose to follow the Biblical day of worship became known as Seventh-Day Baptists. Today, several groups keep the Biblical Sabbath while the vast majority of the world is aligning themselves against it using the same old arguments from the fourth century.

Even the self-declared Christian Sabbath on Sunday has changed. This nation used to keep Sunday holy – not anymore. A one-hour church service is sufficient today in the minds of most Christians. First, people were paid double time to break the Sunday Sabbath but now it is just treated like any other workday. Did God change? No. Man has done this and it is time to get back to a “Thus Saith the Lord”, which will

happen for those that will be alive when Jesus arrives for, they will be keeping all ten of God’s commandments (Revelation 14:12).

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***What Does the Bible  
Reveal About Keeping  
Holy the Sabbath Day?***

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**Genesis 2:2-3** says, “*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. 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.*” First, we realize that there is something special about the Sabbath for God rested on it, blessed it, and sanctified it (set it apart for a holy purpose) of which none of it has ever been removed according to the scriptures. In fact, Jesus confirmed it by redeeming man the sixth day of the week and resting on the seventh day in the tomb. And according to the Gospel of John, Jesus was the Creator, revealing Jesus was the one resting in Genesis. So, to say Jesus did away with the Sabbath at the cross is to do away with His own creative actions, as well as His saving actions.

**Exodus 16:23** says, “*And he said unto them, This [is that] which the LORD hath said, To morrow [is] the rest of the holy sabbath unto the LORD: bake [that] which ye will bake [to day], and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.*” This reveals that

making meals from scratch for the Sabbath is to be done on the preparation day (Friday). Reheating and simplistic cooking is one thing, but preparing meals as any other day is to treat the Sabbath, especially for mealtime, like any other day of the week.

**Exodus 16:26** tells us, “*Six days ye shall gather it; but on the seventh day, [which is] the sabbath, in it there shall be none.*” Gathering food into the house such as grocery shopping or harvesting the garden [See also Exodus 34:21] is to be conducted during the other six days of the week.

**Exodus 20:8-11** reveals, “*Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: 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: 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.*” Notice that we are to keep (not make) a specific day holy identified as the Sabbath day. The command regards the whole twenty-four-hour day and not just an hour or so of church service. That day begins at sundown Friday and ends at sundown Saturday being the seventh day. All secular work is to be done during the other six days. No one in any form is to work for us such as our own servants, as well as those being paid to work for us like waiters,

waitresses, convenient store clerks, etc. Even a non-Sabbath keeper that stays at our house is to observe the Sabbath in that they are not to be doing secular things in our house while we are trying to keep it holy. If they refuse to comply, have them go into town for the day.

**Exodus 23:12** states, “Six days thou shalt do thy work, and on the seventh day thou shalt rest: that thine ox and thine ass may rest, and the son of thy handmaid, and the stranger, may be refreshed.” The purpose of the Sabbath is for refreshing, which if God thinks we need refreshing by resting from all our labors, we must need refreshing for who are we to reject that which God knows best. In fact, those who are used to working seven days a week will find that more gets done in six if they rest the seventh day. At the very least, the quality of work will increase.

**Exodus 34:21** tells us, “Six days thou shalt work, but on the seventh day thou shalt rest: in earing time and in harvest thou shalt rest.” Plowing (earing) and harvesting is not permitted on the Sabbath under any circumstances.

**Exodus 35:3** reveals, “Ye shall kindle no fire throughout your habitations upon the sabbath day.” For those that like to burn logs in a fireplace on the Sabbath, logs are to be already in the fireplace prepared for easy lighting. Additional logs should be stacked nearby to be easily tossed on. To have to put on shoes, a coat, possibly fight foul weather, to go outside to get the logs is a bit much for the Sabbath especially since it will take away from prayer time,

family time, etc. The fire should even be begun before the Sabbath comes in so as to avoid wrestling with starting a fire and more importantly, so you will be in a relaxed mindset as the sunset approaches to welcome in the Sabbath.

**Leviticus 23:3** tells us, “Six days shall work be done: but the seventh day [is] the sabbath of rest, an holy convocation; ye shall do no work [therein]: it [is] the sabbath of the LORD in all your dwellings.” A convocation is a gathering of people, so people are to go to church on the Sabbath, keeping in mind, Jesus said, “where two or three are gathered together in my name, there am I in the midst of them” (Matthew 18:20).

**Numbers 15:32-35** states, “And while the children of Israel were in the wilderness, they found a man that gathered sticks upon the sabbath day. And they that found him gathering sticks brought him unto Moses and Aaron, and unto all the congregation. And they put him in ward, because it was not declared what should be done to him. 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.” All house chores are to be completed before the Sabbath. Although sentencing to death is not practiced today, that does not mean death will not occur for the Bible says, Ecclesiastes 8:11 “Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil.” The first death is not the issue. The second death would be the concern.

**Nehemiah 10:31** tells us, “And [if] the people of the land bring ware or any victuals on the sabbath day to sell, [that] we would not buy it of them on the sabbath, or on the holy day: and [that] we would leave the seventh year, and the exaction of every debt.” No transactions (buying and selling) are to be conducted on the Sabbath. This is reinforced in Nehemiah 13:15-20, which says, “In those days saw I in Judah [some] treading wine presses on the sabbath, and bringing in sheaves, and lading asses; as also wine, grapes, and figs, and all [manner of] burdens, which they brought into Jerusalem on the sabbath day: and I testified [against them] in the day wherein they sold victuals. There dwelt men of Tyre also therein, which brought fish, and all manner of ware, and sold on the sabbath unto the children of Judah, and in Jerusalem. Then I contended with the nobles of Judah, and said unto them, What evil thing [is] this that ye do, and profane the sabbath day? Did not your fathers thus, and did not our God bring all this evil upon us, and upon this city? yet ye bring more wrath upon Israel by profaning the sabbath. And it came to pass, that when the gates of Jerusalem began to be dark before the sabbath, I commanded that the gates should be shut, and charged that they should not be opened till after the sabbath: and [some] of my servants set I at the gates, [that] there should no burden be brought in on the sabbath day. So the merchants and sellers of all kind of ware lodged without Jerusalem once or twice.”

**Psalms 92:1-3** tells us, “A Psalm [or] Song for the sabbath

day. [It is a] good [thing] to give thanks unto the LORD, and to sing praises unto thy name, O most High: To shew forth thy lovingkindness in the morning, and thy faithfulness every night, Upon an instrument of ten strings, and upon the psaltery; upon the harp with a solemn sound." Singing songs in a family setting, church service, praise service, while visiting an elderly home, etc., are wonderful things to do on the Sabbath.

**Isaiah 56:2** states, "Blessed [is] the man [that] doeth this, and the son of man [that] layeth hold on it; that keepeth the sabbath from polluting it, and keepeth his hand from doing any evil." People will refrain from anything that takes away from the Sabbath including doing evil. Understanding that Jesus taught that a person could transgress the commandments in the mind, they will also refrain from hearing and viewing evil. People will refrain from watching TV, listening to the radio, reading the newspaper, etc. knowing that at some point they will hear about a murder, disaster, tragedy, etc. It is not that they are not compassionate but rather are trying to receive a refreshing of the soul without being brought down by the tragedies of the world. Even Jesus said, "Come, rest a while" (Mark 6:31) to His disciples. That is what Jesus says to each one of us as the Sabbath approaches.

**Isaiah 58:13-14** states, "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: 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]." The first point is that people have been trying to cover up or hide the fact that the Sabbath exists, and we see that we are not to do that.

Second, we are not to seek after personal pleasures that do not reveal God. Specifically, people will not view, talk about, or participate in sporting events, movies, plays, theater, amusement parks, secular hobbies, marital pleasures, etc. on the Sabbath day. People will however, view, talk about, and participate in nature walks, visit hospitals and nursing homes, visit shut-ins, attend religious seminars, spend quality time with the family, etc.

Third, conversations will change from talking about secular subjects, especially work related, and focus instead on heavenly things.

Fourth, people will consider the Sabbath a delight and enjoy the day, look forward each week to the day, and not feel as if it is a day of restrictions, otherwise one would not be keeping the day holy in the spirit.

**Jeremiah 17:21-22** tells us, "Thus saith the LORD; Take heed to yourselves, and bear no burden on the sabbath day, nor bring [it] in by the gates of Jerusalem; Neither carry forth a burden out of your houses on the sabbath day, neither do ye any work, but hallow ye the sabbath day, as I commanded

your fathers." People will not lift heavy items on the Sabbath and those things that would be used over the Sabbath especially in church will be taken to the church and setup before the Sabbath and removed afterwards if at all possible. So, rearranging the living room is something best done the other six days.

**Matthew 12:1-8** says, "At that time Jesus went on the sabbath day through the corn; and his disciples were an hungred, and began to pluck the ears of corn, and to eat. But when the Pharisees saw [it], they said unto him, Behold, thy disciples do that which is not lawful to do upon the sabbath day. But he said unto them, Have ye not read what David did, when he was an hungred, and they that were with him; How he entered into the house of God, and did eat the shewbread, which was not lawful for him to eat, neither for them which were with him, but only for the priests? Or have ye not read in the law, how that on the sabbath days the priests in the temple profane the sabbath, and are blameless? But I say unto you, That in this place is [one] greater than the temple. But if ye had known what [this] meaneth, I will have mercy, and not sacrifice, ye would not have condemned the guiltless. For the Son of man is Lord even of the sabbath day." As already referred to, taking in nourishment on the Sabbath is permitted even if it is in a farmer's field, but harvesting the entire field would be a transgression of the Sabbath. Ministers and church leaders that preach, teach, and perform necessary church duties on the Sabbath are working, but God

states that it is not a transgression of the Sabbath to perform those duties for God's service that cannot be performed another time.

**Matthew 12:10-13** reveals, *"And, behold, there was a man which had [his] hand withered. And they asked him, saying, Is it lawful to heal on the sabbath days? that they might accuse him. And he said unto them, What man shall there be among you, that shall have one sheep, and if it fall into a pit on the sabbath day, will he not lay hold on it, and lift [it] out? How much then is a man better than a sheep? Wherefore it is lawful to do well on the sabbath days. Then saith he to the man, Stretch forth thine hand. And he stretched [it] forth; and it was restored whole, like as the other."* Rescuing as well as healing animals and humans on the Sabbath is permitted, but keep in mind that Jesus never exacted a fee on the Sabbath. So, a plumber stopping a leaking pipe on the Sabbath is one thing, but to replace all the piping on the Sabbath since the tools are already out is a different story. A car mechanic to look under the hood of a car that is stalled is one thing, but to rotate the tires is a different story. Look after hospital patients, performing emergency surgery, or relieving immediate symptoms on the Sabbath is permitted, but to purposely schedule surgery, or to open a doctor's office for general cases is a different story. To preach on the Sabbath is permitted, but to prepare the sermon from start to finish would be transgressing the Sabbath because the Sabbath is not about such deadlines. Putting together what

may be a sermon for another Sabbath is not the issue especially for the layperson having a secular job the other six days. Sitting down Friday night and staying up until it is completed is the issue.

**Mark 1:21** tells us, *"And they went into Capernaum; and straightway on the sabbath day he entered into the synagogue, and taught."* Bible teaching on the Sabbath is permitted.

**Mark 2:27** says, *"And he said unto them, The sabbath was made for man, and not man for the sabbath."* First, the Sabbath is for all mankind and not just the Jews. Remember, Adam and Eve were not Jews. Second, to reject the Sabbath by treating it like any other day is to reject the gift given to man. Third, although every secular work is forbidden on the Sabbath, when emergency cases arise, the Sabbath is not to be placed before mankind, however, if your own life would be threatened on the Sabbath through loss of job or life itself, no where in the Bible does God give permission to transgress the Sabbath – it is always in reference to the emergency relief in the area of healing. The attitude that real followers of Christ are to have is outlined in Revelation 12:11, which tells us, *"And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death."*

**Mark 16:1** states, *"And when the sabbath was past, Mary Magdalene, and Mary the [mother] of James, and Salome, had bought sweet spices, that they might come and anoint him."* Funeral preparations

should be done outside the Sabbath hours.

**Luke 13:14-16** tells us, *"And the ruler of the synagogue answered with indignation, because that Jesus had healed on the sabbath day, and said unto the people, There are six days in which men ought to work: in them therefore come and be healed, and not on the sabbath day. The Lord then answered him, and said, [Thou] hypocrite, doth not each one of you on the sabbath loose his ox or [his] ass from the stall, and lead [him] away to watering? And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day?"* Feeding and watering farm animals as well as pets may be done on the Sabbath. To give them a bath, groom them, etc. is a different story.

**Acts 1:12** reveals, *"Then returned they unto Jerusalem from the mount called Olivet, which is from Jerusalem a sabbath day's journey."* Evidently there is a difference between a day's journey and a Sabbath day's journey. Although the Pharisees came up with the 200-step rule, which is not supported by the scriptures, a burdensome journey should be avoided on the Sabbath day. A slow walk or hike in the woods or traveling on the Sabbath to go to church or for admiring nature is permitted. A routine of jogging however, preparing for competitions, etc. would be considered treating the Sabbath like any other day.

**Acts 17:2** tells us, *"And Paul, as his manner was, went in unto them, and three sabbath days*

reasoned with them out of the scriptures.” Bible studies are permitted and even encouraged on the Sabbath.

**Hebrews 4:4-12** says, “*For he spake in a certain place of the seventh [day] on this wise, And God did rest the seventh day from all his works. And in this [place] again, If they shall enter into my rest. Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief: Again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, To day if ye will hear his voice, harden not your hearts. For if Jesus had given them rest, then would he not afterward have spoken of another day. There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God [did] from his. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief. For the word of God [is] quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discernor of the thoughts and intents of the heart.*” First, the Sabbath of the seventh day even after the cross still remains. Second, it is limited to a specific day being sundown Friday to sundown Saturday constituting the seventh day. Third, Jesus did not speak of any change therefore to assume it has been changed or discarded is presumption of man. Fourth, God is our example so since He rested from all His work after 6 days of creation as well as after the sixth

day during redemption, we are to rest from our work. Fifth, notice that God is aware of all the problems, difficulties, challenges, etc. related to the Sabbath issue, but if we really trust in Him, all things will work out to His glory.

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### **What Is the Conclusion?**

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So, if a bug flies in your mouth and you have to spit, go ahead. We will not accuse you of farming like the Pharisees taught. If church is more than 200 steps away from your house, go to church any ways. If you want to carry tissues in your pocket, we will not be pharisaical about it.

As you see, God intended the Sabbath to be a gift. The closer we adhere to the guidelines, the more of the gift will be realized. The further we stray, the less likely a blessing will be received and more likely it will be looked upon in drudgery.

May God help each of us to keep holy the Sabbath day and may we want to keep it holy.