

## The Sabbath Changed to Sunday (Part 5)

### An Important Catholic Testimony

"But since Saturday, not Sunday, is specified in the Bible, isn't it curious that non-Catholics who profess to take their religion directly from the Bible and not from the Church, observe Sunday instead of Saturday? Yes, of course, it is inconsistent; but this change was made about fifteen centuries before Protestantism was born, and by that time the custom was universally observed. They have continued the custom, even though it rests upon the authority of the Catholic Church and not upon an explicit text in the Bible. The observance remains as *a reminder of the Mother Church* from which the non-Catholic sects broke away--like a boy running away from home but still carrying in his pocket a picture of his mother or a locket of her hair."

*"The Faith of Millions,"* The Credentials of the Catholic Religion, by Rev. John O'Brien, Ph.D., p. 473.

### An Important Protestant Testimony

On November 13, 1893, during the controversy over whether the famous Chicago Worlds Fair should remain open on Sunday, Dr. Edward T. Hiscox, D.D., the author of "The Baptist Manual," made this candid admission at a New York Minister's Conference. "There was and is a commandment to keep holy the Sabbath day, but that Sabbath day was not Sunday. It will be said, however, and with some show of triumph, that the Sabbath was transferred from the seventh to the first day of the week, with all its duties, privileges, and sanctions. Earnestly desiring information on this subject, which I have studied for many years, I ask, where can the record of such a transaction be found? *Not in the New Testament, absolutely not.*

There is no Scriptural evidence of the change of the Sabbath institution from the seventh to the first day of the week. Of course, I quite well know that Sunday did come into use in early Christian history as a religious day, as we learn from the Christian fathers and other sources. But what a pity that it comes branded with the mark of Paganism, and christened with the name of the sun god, when adopted and sanctioned by the papal apostasy, and bequeathed as a sacred legacy to Protestantism!" Dr. Edward T. Hiscox. Author of "The Baptist Manual."

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knowledge shall be increased."**

**Daniel 12:4**

## The Bible Sabbath of Jesus Christ

**In "the time of the end ...  
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Daniel 12:4**

**In this packet you will make these Amazing Discoveries:**

- 1) There is abundant proof that the Bible Sabbath is on Saturday, while Sunday is "the first day of the week."
- 2) The Bible Sabbath is *not Jewish*. It belongs to God.
- 3) Jesus Christ kept the Bible Sabbath, taught much about the Sabbath, and clearly stated that He is "Lord even of the Sabbath day." Luke 4:16; Matthew 12:8.
- 4) Jesus Christ never mentioned "the first day of the week" even one time! *He taught nothing about it!*
- 5) The New Testament itself says *nothing* about Sunday being set aside in honor of the resurrection.
- 6) The Bible Sabbath continues *after the cross* and was kept in the Book of Acts by both Jews and Gentiles. Luke 23:54-56; Matthew 24:20; Acts 13:42-44; 16:13.
- 7) There is no Biblical authorization for the change of the Bible Sabbath from Saturday to Sunday.
- 8) Bible Prophecy and history both testify to the fact that the Roman Catholic Church changed the Sabbath from Saturday to Sunday. Daniel 7:25.
- 9) God made the Sabbath to be a blessing to all people. It is His special sign that He is the Creator of heaven and earth. Isaiah 56:2,6,7; 66:22,23; Ezekiel 20:12.
- 10) Rediscovering the Bible Sabbath of Jesus Christ is part of Bible Prophecy in the end-times.

## The Truth About The Sabbath (Part 1)

**Made before the Fall, the Sabbath is Eternal** Our Creator made the world in six days, and "on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work ... God blessed the seventh day, and sanctified it." Genesis 2:2,3. "The seventh day is the Sabbath." Exodus 20:8. Both the Sabbath and marriage were instituted *before sin entered, therefore they are not types pointing forward to Christ's death*. Jesus said "the sabbath was made for man." Mark 2:27. It was "made" for all mankind by a God of love as a special day for fellowship and communion with the Creator. The Sabbath is part of God's original plan and will continue even into the new earth. Isaiah 66:22,23.

**The Sabbath Reveals Jesus** Jesus Christ is God. John 1:1-3,14. He was "in the beginning." "All things were made by him." John 1:3. "In six days the Lord made heaven and earth ... and rested on the seventh day." Exodus 20:11. Because "all things were made by" Jesus, and "the sabbath was made for man" (Mark 2:27), *therefore Jesus Christ made the Sabbath*. God "created all things by Jesus Christ." Ephesians 3:9. (KJV). "By him [Jesus] were all things created." Colossians 1:16. The Sabbath reveals Him!

**The Sabbath is "The Lords Day"** John was "in the spirit on the Lord's Day." Revelation 1:10. What day is the Lord's Day, *according to the Bible?* Jesus said, "the Son of man is Lord even of the sabbath day." Matthew 12:8. "The seventh day is the sabbath of the Lord." Exodus 20:10. God calls the Sabbath, "my holy day." Isaiah 58:13.

**It is Impossible to Change the Sabbath** God "rested on the seventh day ... God blessed the seventh day and sanctified it." Genesis 2:2,3. It is impossible to change what God did. Can we change our birthday? The only way to change the Sabbath would be to rewrite history.

**The Sabbath Commandment is One of "The Big Ten"** God commanded, "Remember the sabbath day to keep it holy." Exodus 20:8. This is not one of "the ten suggestions," but one of "the ten commandments." Deuteronomy 10:4. God wrote this with His own Holy Finger on a Rock. Exodus 31:18. The Sabbath Commandment points to the Creator of the world. "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." Exodus 20:11. The Sabbath is "hallowed," just like the Name of God Almighty. Matthew 6:9.

Jesus Christ "taught them on the sabbath days ... his word was with power." Luke 4:31,32.

## The Sabbath Changed to Sunday (Part 4)

### **The Roman Catholic Church Became the Champion of Sunday Keeping instead of the Sabbath of Jesus Christ**

The evidence of history suggests that the original Christian Church "in Rome" (Romans 1:7) yielded to "anti Jewish" pressure very quickly and abandoned the Sabbath in favor of Sunday. Rome was the capital of the empire. Rome was at war with the Jews. The Sabbath appeared Jewish. The Romans honored Mithra or Apollo, the sun god, "Sol Invictis," the "invincible sun," on "the venerable Day of the Sun," Sunday, "the first day of the week." Constantine promoted Sunday. So the Christian church "in Rome" yielded to popular pressure, became the Roman Catholic Church, and switched from the Sabbath to Sunday. In order to justify this change, the Popes claimed to be the successor's of Peter, with power do what they wanted. Rejecting the Protestant principle, "the Bible and the Bible only," the new church adopted the Catholic principle, "the Bible and Tradition."

### **The Roman Catholic Church Changed the Bible Sabbath**

The prophet Daniel predicted that the little horn would "think to change times and laws" and would oppose "the Ancient of days." Daniel 7:21,22,25. What prophecy *did predict*, the Roman Catholic Church *does admit*:

"Q. Which is the Sabbath day?

"A. Saturday is the Sabbath day.

"Q. Why do we observe Sunday instead of Saturday?

"A. We observe Sunday instead of Saturday because the Catholic Church in the council of Laodicea (A.D. 338) transferred the solemnity from Saturday to Sunday." Peter Geiermann, *The Converts Catechism of Catholic Doctrine*. 1957 edition, p. 50.

"The Catholic Church, over 1000 years before the existence of a Protestant, by virtue of her divine mission, changed the day from Saturday to Sunday." *The Christian Sabbath*, published by the Catholic Mirror, p. 29.

"The Bible says, 'Remember the Sabbath day to keep it holy.' The Catholic Church says, No. By my divine power I abolish the Sabbath day and command you to keep the first day of the week. And lo! *The entire civilized world bows down in reverent obedience to the command of the Holy Catholic Church.*" Thomas Enright, President, Redemptorist College, Kansas City, Missouri, February 18, 1884.

The Bible also says, "All the world wondered after the beast." Revelation 13:3.

## The Sabbath Changed to Sunday (Part 3)

### Sun Worship throughout the Roman Empire

"Sun worship was the principal form of worship in the Roman Empire and of the Romans." A.T. Jones, *The Great Empires of Prophecy*, p. 424. "It was openly asserted, that the worship of the sun, was to supersede all other worship." Milman's *History of Christianity*, book ii, ch. viii, par. 22. "The sun was universally celebrated as the invincible guide and protector of Constantine." Gibbon, *Decline and Fall of the Roman Empire*, ch. xx, par. 3.

### Christians Compromise and Adopt Sunday

"Before the coming of Christ, all the Eastern nations performed divine worship with their faces turned to that part of the heavens where the sun displays his rising beams ... The Christian converts ... retained the ancient and universal custom of worshipping toward the east, which sprang from it." Mosheim's *Ecclesiastical History*, century ii, part ii, ch. iv, par. 7. "Sunday (Dies Solis, of the Roman calendar; 'day of the sun,' because dedicated to the sun), the first day of the week, was adopted by the early Christians as a day of worship." Schaff-Herzog *Encyclopedia of Religious Knowledge*, Art. "Sunday." "We all gather on the day of the sun ... on this same day Jesus Christ our Savior rose from the dead." From the "church father" St. Justin. Quoted in the *New Official Catholic Catechism* (1994), p. 524.

### Sunday Up - Sabbath Down

- 314 A.D. - On Sunday "there should be a suspension of business at the courts and in other civil offices."
- 321 A.D. - Constantine's famous Sunday law was passed requiring rest on "the venerable day of the sun."
- 325 A.D. - Council of Nicea. Easter should be observed yearly on *Sunday only*, rather than two days after the Passover. "Let us then have nothing in common with that most hostile people the Jews."
- 368 A.D. - Council of Laodicea. Canon 29: "Christians shall not Judaize on Saturday, but shall work on that day; but the Lord's day they shall especially honor ... If, however, they are found Judaizing [by keeping the Sabbath - which many were doing], they shall be shut out from Christ."
- 386 A.D. - "By a law of the year 386 ... civil transactions of every kind on Sunday were strictly forbidden."
- 401 A.D. - Council of Carthage. Canon 5: "On Sundays and feast-days, no plays may be performed."

The above information may be found in historical quotations from *The Great Empires of Bible Prophecy*, by A.T. Jones, ch. "Rome-The Original Sunday Legislation." Additional quotations may be found in *Sunday: The Origin of its Observance in the Christian Church*, by E.J. Waggoner. Both books are available from LMN Publ., Rt. 4, Box 94-C, St. Maries, Id. 83861.

## The Truth About The Sabbath (Part 2)

### Jesus Christ kept the Sabbath

"As his custom was, he went into the synagogue on the sabbath day." Luke 4:16. Jesus Christ kept over 1000 Sabbaths. Christians should "walk, even as he walked." 1 John 2:6. Jesus is our "example." 1 Peter 2:21.

### The Sabbath Remains after the Cross

After Jesus died, His followers "rested on the sabbath day according to the commandment." Luke 23:56. Thus the commandment was still there *after the cross*. Jerusalem was destroyed in 70 A.D., forty years after Jesus died. Looking down to that time, Jesus said to His disciples, "pray ye that your flight be not in winter, neither on the sabbath day." Matthew 24:20. Many years after the resurrection Luke wrote, "And on the sabbath we went out of the city by a river." Acts 16:13. The Sabbath will continue into eternity. In "the new earth ... from one sabbath to another, *shall all flesh come to worship before me, saith the Lord.*" Isaiah 66:22,23.

### Being "Saved by Grace" and the Sabbath

We are "saved by grace." Ephesians 2:8. Saved from what? "JESUS ... shall save his people *from their sins.*" Matthew 1:21. What is sin? "Sin is the transgression of *the law.*" 1 John 3:4. What law? Paul wrote, "I had not known sin, but by the law." Then he quotes the Tenth Commandment, "Thou shalt not covet." Romans 7:7. Jesus "died for our sins" (1 Cor. 15:3), one of which is *Sabbath-breaking*. "All have sinned" and are "guilty before God" for breaking "the law." Romans 3:19,23. *Therefore* we cannot be justified or saved *by our works of keeping the law*. Romans 3:20. When we confess our sins, Jesus grants us "the forgiveness of sins" by "his grace." Eph. 1:7. Then Christ says, "if you love me, keep my commandments." John 14:15.

### Are All "Sabbath-breakers" Lost?

*Of course not!* Throughout history millions of Spirit-filled Christians have not understood about the Sabbath. It is the same today. Yet listen to the word of God. During "the times of *this ignorance* God winked at; but now commandeth all men every where to repent: because he hath appointed a day, in the which he will judge the world in righteousness by that man whom he hath ordained." Acts 17:30,31. Jesus is the Judge, and He kept the Sabbath. In "the time of the end ... knowledge shall increase." Daniel 12:4. *Knowledge is now increasing on the Sabbath subject.* Sincere ministers and Christians of many denominations are studying and accepting the truth about the Sabbath of Jesus Christ.

**After the cross, Christians "rested the sabbath day according to the commandment." Luke 23:56.**

## Sunday in the New Testament (Part 1)

The following is an examination of every New Testament text that mentions Sunday, "the first day of the week."

- 1) **Matthew 28:1** "In the end of the sabbath, as it began to dawn toward the first day of the week." Here two different days are mentioned. One is "the sabbath," and the other is "the first day of the week," or Sunday. Jesus Christ rose from the dead on Sunday, *but Matthew reveals that this did not make Sunday the Sabbath.*
- 2) **Mark 16:1,2** "When the sabbath was past ... very early in the morning the first day of the week." The resurrection of Jesus on Sunday morning was glorious. Super-glorious! Yet there is no evidence that this made Sunday sacred. Did the cross make Friday sacred? As in Matthew 28:1, Sunday came "when the sabbath was past," that is, the day after the Sabbath.
- 3) **Mark 16:9** "Jesus was risen early the first day of the week." Sunday is simply called "the first day of the week." The "week" began in Genesis at the Creation. God made the world in six days, then He "rested on the seventh day ... blessed the seventh day and sanctified it." Genesis 2:2,3. God made "*the seventh day*" His Holy Day, not "the first day of the week."
- 4) **Luke 24:1** The women went to the tomb on "the first day of the week" after "*they rested the Sabbath day according to the commandment.*" Luke 23:56. This text is extremely important. These were Christian women. They loved Jesus. They kept the Sabbath *after the cross*. Luke was a Gentile who wrote this about 28 years after the resurrection. The Sabbath was still there. These women were keeping it "according to the commandment" found in Exodus 20:8-11. These verses prove that the Sabbath continues after the cross, and that the Sabbath is not Sunday.
- 5) **John 20:1** Mary came to the tomb on "the first day of the week." As in Matthew, Mark and Luke, John simply gives a narrative account of the resurrection of our Lord on Sunday.
- 6) **John 20:19** On "the first day of the week" (late Sunday afternoon), the disciples "were assembled" behind shut doors. Why? "*For fear of the Jews.*" This was not a worship service. They were afraid. They had not believed the reports from the women that Jesus had risen. Mark 16:9-13. Did they think that the Jewish authorities might burst in, accuse them of stealing the body, and then arrest them? *Then Jesus revealed Himself as the risen Lord. Yet He never mentioned Sunday.*

## The Sabbath Changed to Sunday (Part 2)

### The Church "in Rome" becomes "the Church of Rome"

Before the Jewish Temple was destroyed, a strong Christian church was planted in Rome. Paul wrote to believers "in Rome." Romans 1:7. Surrounded by paganism in the world's greatest capitol, the church "in Rome" soon "fell away" (2 Thessalonians 2:3) from the simplicity of the gospel and became the wealthy, political and powerful Roman Catholic Church. This transition especially took place during the time of the Emperor Constantine who favored the Catholic Church above all other Christian Churches.

### Constantine, Catholicism, Sun Worship and Sunday

Constantine marched his army through a river and "baptized" them all into the church. In full royal pomp, he presided over the first "Christian Council" of Nicea in 325 A.D. A shrewd political genius, his scheme was to unite paganism and Christianity. The pagans worshiped the sun on "first day of the week." Christians had also started honoring Sunday with the rationalization that Jesus rose on that day, and to avoid "appearing Jewish." Constantine's idea was to unite both groups on the platform of Sunday keeping. On March 7, 321 A.D., he passed the first national Sunday law: "On the venerable Day of the Sun let the magistrates and people residing in cities rest, and let all workshops be closed." Phillip Schaff's *History of the Christian Church*, Vol. 3, p. 380, note 1. He also printed coins which "bore on the one side the letters of the name of Christ, on the other the figure of the sun god." Stanley's *History of the Eastern Church*, lect. vi, par. 14. "The retention of the old pagan name of 'Dies Solis,' or 'Sunday,' for the weekly Christian festival, *is in great measure owing to the union of pagan and Christian sentiment* with which the first day of the week was recommended by Constantine to his subjects, pagan and Christian alike." Ibid., par. 15. In 330 A.D., Constantine moved his capital from Rome to Constantinople (modern Istanbul), thus preparing the way for the Popes of the Roman Catholic Church to continue to reign in Rome *as the successor's of Constantine!*

### 5th Century Christians Keeping the Sabbath and Sunday

Socrates Scholasticus, a church historian of the 5th century, wrote: "For although almost all churches throughout the world celebrate the sacred mysteries [the Lord's Supper] on the sabbath of every week, yet the Christians of Alexandria and at Rome, on account of some ancient tradition, have ceased to do this." Socrates Scholasticus, *Ecclesiastical History*, Book 5, ch. 22. "The people of Constantinople, and almost everywhere, assemble together on the Sabbath, as well as on the first day of the week, which custom is never observed at Rome or at Alexandria." Sozomen, *Ecclesiastical History*, Book 7, ch. 19.

## The Sabbath Changed to Sunday (Part 1)

### The New Testament Church kept the Sabbath

After Jesus died, His followers "rested the sabbath day according to the commandment." Luke 23:56. The Sabbath was observed in the book of Acts by Jews and Gentiles who accepted Christ. Acts 13:42-44; 16:13; 17:2-4; 18:4.

### Sun Worship was a Common Pagan Practice

God warned Israel against being "driven to worship ... the sun." Deuteronomy 4:19. Yet the Jews dedicated their "horses ... to the sun." 2 Kings 23:11. Josiah "burned the chariots of the sun with fire." 2 Kings 23:11. Finally the Jewish elders "worshipped the sun toward the east." Ezekiel 8:16. At the same time these leaders "hid their eyes from my sabbaths." Ezekiel 22:26. The Romans called the sun god "Mithra" and "Apollo." They worshiped the sun on "the first day of the week," called "Dies Solis," or "the day of the sun," or "Sunday." "Sunday - so called because this day was *anciently dedicated to the sun*, or to its worship. The first day of the week." Webster's Dictionary, 1929 edition.

### "The Falling Away" from Truth Began in Paul's day

Paul knew there would be "a falling away first, and that man of sin be revealed." 2 Thessalonians 2:3. Even in his own time Paul declared, "the mystery of iniquity doth *already work*." Verse 7. Paul warned that right after his death, from among "*the elders of the church*," men would "arise, speaking perverse things." Acts 20:17,30. See also 1 Timothy 4:1.

### From Jerusalem to Rome - From Sabbath to Sunday

Jesus predicted that every stone of "the temple" would be "thrown down." Matthew 24:1,2. The Jewish Temple was destroyed by the Romans during "The First Jewish War" in 70 A.D. The Romans again made war with the Jews from 132-135 A.D. Emperor Hadrian banished all Jews from Palestine. These Jewish wars took place *after the book of Acts was written and resulted in great pressure upon the Early Church to move away from the Sabbath*. With Rome at war with the Jews, it became very unpopular for Christians to keep the Sabbath because it "appeared Jewish." Sunday was already popular with "the Romans" as a day for sun worship. So some Christian leaders (called "early church fathers") yielded to temptation and began a shift from "the Sabbath to Sunday." The rationalization? "Jesus Christ rose on Sunday!" Thus they used the resurrection of Jesus, who "died for our sins," *as a reason to break one of the Ten Commandments!*

**Just like Ancient Israel, Christians "hid their eyes from the Sabbath" in favor of traditions associated with sun worship!**

## Sunday in the New Testament (Part 2)

7) **1 Corinthians 16:2** "Concerning the collection for the saints" (vs. 1). The context and other Scriptures reveal that Paul was raising a "collection" for needy believers in "Jerusalem" (vs. 3) during a time of famine. See Acts 11:27-30; Romans 15:25,26. On "the first day of a the week" (Sunday), "let every one" (individually), "lay by him" (Lit. Greek "at home"), "in store" (in storage), a certain amount. The Greek "by him in store" reveals that this was to be done *in their homes*. The first day of the week was ideal for the Corinthian believers to look back on the previous week, examine their finances, and set aside a weekly contribution. This would then be gathered and made ready for Paul, "that there be no gatherings when I come." Paul was going to pass through Corinth. He wanted the money ready for him to pick up. This was an emergency situation and not their regular practice, for Paul had to give them "orders" to do what they were not normally doing (vs. 1). *Paul said nothing here about a church service or the resurrection.*

8) **Acts 20:6-13** This was Paul's last meeting with a small group of believers in "Troas." It was at night (20:7,8), on the "first day of the week." Biblically, the day begins at sunset. Genesis 1:5,8; Luke 23:54, etc. *Therefore this meeting took place on a Saturday night*. The New English Bible says, "on Saturday night." Paul preached his farewell sermon, "ready to depart on the morrow." Sunday morning, at the "break of day," while Luke "sailed," Paul began his 25 mile trip "to Assos." *Thus Paul traveled many miles that Sunday*. He had been in Troas for "seven days" (vs. 6). A simple count reveals that they arrived on the previous Sunday, stayed for a week, and had their last meeting on that Saturday night, which would have been right after the Sabbath. Not far from Troas, Paul kept the Sabbath. Acts 16:11-13. The book of Acts mentions Sunday only *1 time*, yet the Sabbath is mentioned *11 times* (1:12; 13:14,27,42,44; 15:21; 16:13; 17:2; 18:4). A careful study of this "Saturday Night in Troas - Sunday Travel to Assos" account is *proof that Paul did not keep Sunday holy*.

### 7 Amazing Facts

- 1) Sunday is simply called, "the first day of the week."
- 2) Jesus Christ Himself never mentioned Sunday, *even one time!*
- 3) Not once is Sunday set aside as a Holy Day in honor of the resurrection.
- 4) In Matthew, Mark and Luke, Sunday always comes "*after the Sabbath*."
- 5) The Holy Spirit comes to teach only what Jesus taught. John 14:26; 16:13,14. Because Jesus never mentioned Sunday, the Holy Spirit will not teach it.
- 6) The apostles were to teach only what Jesus "commanded." Matthew 28:20. Because Jesus never mentioned Sunday, the apostles could not have taught it.
- 7) Sunday cannot be part of the New Covenant because it began *after the blood was shed*. Mat. 26:28. After death, you cannot add to a covenant. Gal. 3:15.

## "Sabbath Facts" in "The Book of Acts" (Part 1)

### "Saved by Grace" Gentiles kept the Sabbath in Antioch

The "facts" from "Acts" are shocking. In Antioch, Paul "went into the synagogue on the sabbath day." Acts 13:14. Jews and Gentiles were there. Verses 16,26. After preaching about Jesus, "the Gentiles besought that these words might be preached to them the next sabbath." Verse 42. Thus these Gentiles were Sabbath-keepers who received Christ. They wanted to hear more about Jesus the next Sabbath. Paul did not tell them that Sunday was now the Lord's Day. But, "speaking to them, persuaded them to continue in the grace of God." Verse 43. These Sabbath-keeping Gentiles were now "in the grace of God." Paul told them to "continue" in this grace. They did all week. Then "the next sabbath day came almost the whole city together to hear the word of God." Verse 44. Paul preached only the word of God, not the traditions of men. The sabbath was still there, and the Gentiles in Antioch were keeping it.

### The Sabbath and the Jerusalem Council - Acts 15

The council came together to discuss "this question ... this matter" of "circumcision" and "the law of Moses." Acts 15:1,2,5. *The Sabbath was not an issue.* The Church decided that the Gentiles were "saved ... through the grace of the Lord Jesus Christ" (verse 11) and did not need not to be circumcised or to keep the law of Moses. Yet to avoid offending the Jews, they were given certain restrictions. Verses 19,20. At this early date in church history, the believing Gentiles were still worshiping with the Jews in the synagogues *"every sabbath day."* Verse 21.

### A Sabbath-Keeping Church begins in Philippi

Luke and Paul delivered "the decrees" of the council and entered Greece to "preach the gospel." Acts 16:4,9,10. In Philippi, "on the sabbath we went out of the city by a river side." Acts 16:13. There was no synagogue there, *but it was still the Sabbath!* A Gentile named Lydia, "whose heart the Lord opened ... was baptized, and her household" (16:14,15). This was the beginning of the New Testament Sabbath-keeping Church of Jesus Christ in Philippi. Paul's letter to the Philippians was written to this church.

### A Sabbath-Keeping Church begins in Thessalonica

Paul went into a synagogue in Thessalonica "and three sabbath days reasoned with them out of the scriptures, opening and alleging, that Christ must needs have suffered, and risen again from the dead." Acts 17:1-3. Paul preached about the resurrection of Jesus. He did it on the sabbath. *He did not mention Sunday.* Many "devout Greeks" believed. Verse 4. This was the beginning of the New Testament Sabbath-keeping Church of Jesus in Thessalonica. Paul's letters to the Thessalonians were to this church.

## The Sabbath and Bible Prophecy (Part 2)

### Bible Prophecy Predicted that the Antichrist would be Against Jesus Christ and the Ten Commandments

The prophet Daniel wrote that the little horn (Antichrist) power would "think to change times and laws." Daniel 7:25. The only commandment of "the law" that has to do with "time" is the Sabbath Commandment. Exodus 20:8-11. Thus the little horn is against the Sabbath. The little horn is also against "the Ancient of days." Daniel 7:9,13,22. This expression, "the Ancient of days," is used three times in Daniel 7. It is found *nowhere* else in the Bible. This phrase points to "the Ancient of *days*" who made the world in "*six days*" and rested on the "*seventh day*." Genesis 1; 2:1-3.

Paul called the Antichrist "that man of sin." 2 Thessalonians 2:3. What is sin? "Sin is the transgression of the law." 1 John 3:4. Once again the Antichrist is against the Ten Commandments. He also "exalteth himself above all that is called God, or that is *worshipped*." 2 Thessalonians 2:4. Again, worship is the big issue. The Sabbath specifically points to God as the One we are to worship. Isaiah 66:22,23. The Antichrist will come into "the temple of God" (2 Thessalonians 2:4) which is "the church." 1 Corinthians 1:2; 3:16; Ephesians 2:20-22. The Antichrist has brought his deception of changing the Sabbath of Jesus Christ *right into the church!*

John warned, "Ye have heard that antichrist shall come, even now there are many antichrists; whereby we know it is the last time. They went out from us, but they were not of us." 1 John 2:18,19. John said that "Antichrist" would come "out from us." "Us" refers to those who are leaders within the Church. Thus "Antichrist" *comes from within the Church!* John also warned that "antichrist" would be "a liar." 1 John 2:22. In the same chapter he wrote, "He that saith, I know him, and keepeth not his commandments is *a liar*." 1 John 2:4. Once again, "Antichrist" will not only be against Jesus Christ, our Savior and Creator, but he will also be "a liar" about "the commandments of God."

Immediately after the book of Revelation warns about worshiping "the beast," we read, "Here is the patience of the saints, here are they that keep the commandments of God and the faith of Jesus." Revelation 14:12.

**Thus Daniel, Paul, and John all predicted  
that Antichrist would be against Jesus Christ  
and the Ten Commandments!**

**"If any man have an ear, let him hear."  
Revelation 13:9**

## The Sabbath and Bible Prophecy (Part 1)

### The Number 7 is God's Number in the Book of Revelation

The book of Revelation speaks of 7 churches (1:11), 7 golden candlesticks (1:12), 7 stars (1:16), 7 lamps of fire (4:5), 7 Spirits of God (4:5), 7 seals (5:1), 7 trumpets (8:2), 7 angels (15:1), and 7 last plagues (15:1) to be poured out on those who follow the beast whose number is 666. Revelation 13:18; 16. Jesus Christ is the "lamb ... having seven horns and seven eyes." Revelation 5:6. 7 is His Special Number because it points to Him as the Almighty God who made heaven and earth, and rested on the seventh day! John 1:1-3; Exodus 20:11; Colossians 1:16. Revelation 1:8,10,11; 22:12-14,16. (KJV).

### The Book of Revelation was given on the Sabbath Day

John was "in the Spirit on the Lord's day" when he received the book of Revelation. Revelation 1:10. Jesus said, "the Son of man is Lord even of the sabbath day." Matthew 12:8. Many believe Sunday is "the Lord's day," yet the Bible says, "But the seventh day is the sabbath of the Lord." Exodus 20:10. In the book of Revelation, given to John on the Sabbath, Jesus Christ warned, "all the world wondered after the beast." Revelation 13:3.

### The #1 Issue: Will We Worship the Beast or the Creator?

John saw that mankind "worshipped the beast." Revelation 13:4. "All that dwell upon the earth shall worship him, whose names are not written in the book of life of the Lamb slain from *the foundation of the world*." Revelation 13:8. At the "foundation of the world," Jesus Christ made the earth in six days, and rested on the seventh day. Exodus 20:11. Yet people will "worship the first beast." Revelation 13:12. God warns, "If any man worship the beast ... the same shall drink the wine of the wrath of God." Revelation 14:9,10. Thus worship is the big issue!

But some will "not worship the beast." Revelation 20:4. They receive the GLOBAL MESSAGE to "every nation and kindred and tongue and people" given with "A LOUD VOICE" to "WORSHIP HIM THAT MADE HEAVEN, AND EARTH, AND THE SEA" and to "KEEP THE COMMANDMENTS OF GOD AND THE FAITH OF JESUS." Revelation 14:6,7, 12. The only "commandment of God" which enjoins the worship of Him that "made heaven and earth, and the sea" IS THE SABBATH COMMANDMENT! "FOR IN SIX DAYS THE LORD MADE HEAVEN AND EARTH, THE SEA ... AND RESTED ON THE SEVENTH DAY." Exodus 20:11.

**THUS THE BOOK OF REVELATION CONTAINS A  
GLOBAL MESSAGE TO EARTH'S BILLIONS AT THE END  
OF TIME TO WORSHIP THE CREATOR AND TO KEEP  
HIS SABBATH INSTEAD OF WORSHIPING THE BEAST!**

## "Sabbath Facts" in "The Book of Acts" (Part 2)

### A Sabbath-Keeping Church begins in Corinth

Paul "came to Corinth ... he reasoned in the synagogue every sabbath, and persuaded the Jews and the Greeks." Acts 18:1,4. "He continued a year and six months, teaching the word of God among them." Verse 11. Paul did not preach the traditions of men, but only "the word of God." "Many of the Corinthians hearing believed, and were baptized," including "Crispus, the chief ruler of the synagogue" (vs. 8). Crispus was a Sabbath-keeper who probably became one of the leaders (see 1 Corinthians 1:14) of the early New Testament Sabbath-keeping Church of Jesus Christ in Corinth. Paul's letters, First and Second Corinthians, were written to this church.

### A Sabbath-Keeping Church begins in Ephesus

Paul "came to Ephesus" and found "certain disciples." Acts 19:1. As usual, "he went into the synagogue, and spake boldly for the space of three months, disputing and persuading the things concerning the kingdom of God." Verse 8. This was obviously on the sabbath days, as in Antioch, Corinth and Thessalonica. Many rejected his preaching, so Paul finally "separated the disciples." Verse 9. He continued there "by the space of two years; so that all they which dwelt in Asia heard the word of the Lord Jesus, both Jews and Greeks." Verse 10. Those who received the Lord became the nucleus of the New Testament Sabbath-keeping Church of Jesus Christ in Ephesus. Paul's letter to the Ephesians was written to this church.

### Paul was NEVER Accused of Sabbath-breaking

Paul was finally arrested in the Temple in Jerusalem. Acts 21. At his trial before the Sanhedrin, even the Pharisees said, "we find no evil in this man." Acts 23:9. Before Felix, Paul declared, "so worship I the God of my fathers, believing all things which are written in the law and in the prophets." Acts 24:14. Before Festus, "to the Jews have I done no wrong." Acts 25:10. Before Agrippa, "I continue unto this day ... saying none other things than those which the prophets and Moses did say should come." Acts 26:22. The prophets and Moses did not say that "Sunday-keeping should come." Finally, Paul spoke to the Jews in Rome, "persuading them concerning Jesus, both out of the law of Moses, and out of the prophets, from morning till evening." Acts 28:23. During all his trials, *the Jews never once accused Paul of breaking the Sabbath! Why? Because he never did!*

**The New Testament Churches in Philippi, Thessalonica, Corinth and Ephesus were all Sabbath-keeping Churches made up of Jews and Gentiles who believed in Jesus Christ. Paul started all these churches by preaching only "the word of the Lord Jesus."  
Acts 19:10. Jesus Christ never mentioned Sunday.**



## Ten Reasons Why the Sabbath is *not* Jewish

### 1) Adam and Eve were not Jewish.

"God blessed the seventh day and *sanctified it*." Genesis 2:3. This was "pre-sin." "Sanctified" means "to be set apart for holy use." The only ones in Eden to "sanctify" the Sabbath were Adam and Eve, who were not Jewish.

### 2) "The Sabbath was *made for man*." Mark 2:27.

Jesus said this. It was "made" in the garden of Eden before it was "written" on Mount Sinai. The Sabbath was "made" for "man," not "just for the Jews."

### 3) The other Nine are *not* "Just for the Jews."

God wrote "Ten Commandments" on stone, not just nine. Deuteronomy 10:1-5. Does adultery, murder, stealing and lying apply "only to Jews"?

### 4) "The seventh day is the sabbath of the Lord thy God."

Exodus 20:10. God calls it, "my holy day." Isaiah 58:13. The Bible never calls it "the Sabbath of the Jews." It is not their Sabbath. It is God's.

### 5) The Sabbath Commandment is for the "Stranger" too.

The Fourth Commandment itself says the "stranger" is to rest on the Sabbath. Exodus 20:10. Strangers are Gentiles. Read Isaiah 56:6.

### 6) Isaiah said *Gentiles* should keep the Sabbath.

"Also the sons of the stranger ... every one that *keepeth the Sabbath* ... for mine house shall be called an house of prayer *for all people*." Isaiah 56:6,7.

### 7) "All" mankind will keep the Sabbath in the New Earth.

In "the new earth ... from one sabbath to another, shall all flesh come to worship before me, saith the Lord." Isaiah 66:22,23. Why not start now?

### 8) *Gentiles* kept the Sabbath in the Book of Acts.

"The Gentiles besought that these words might be preached to them the next sabbath ... Paul and Barnabas ... persuaded them to continue in the grace of God." Acts 13:42,43. Here "grace saved" Gentiles kept the Sabbath.

### 9) "The whole law" is for "all the world," not just Jews.

James and Paul wrote these words. Read Romans 3:19; James 2:10,11.

### 10) Luke was a *Gentile* who kept the Sabbath.

Luke was the only Gentile writer in the New Testament. He traveled with Paul and wrote, "On the sabbath we went out of the city by a river side." Acts 16:13. It was the Creation Sabbath. Both Luke and Paul knew it.

## Common Reasons Against the Sabbath - Are they Really Right? (Part 3)

### "You observe days, and months, and times, and years. I am afraid of you." Galatians 4:10,11

Would Christians ever apply these words to Sunday? The context refers to the past pagan life of these converts, "Then, when ye knew not God, ye did service unto them which by nature are no gods. But now ... how turn ye *again* to the weak and beggarly elements, whereunto ye desire *again* to be in bondage. Ye observe days, and months, and times, and years." Verses 8-10.

The Galatians were turning "again" to idolatry. They must have been slipping back into the observance of pagan "days, months, times and years." They were also under attack from certain Jewish believers who wanted them to be circumcised and to keep the law of Moses. Galatians 2:3,4; Acts 15:1. These Jewish believers were probably commanding them to keep the Jewish feasts of the ceremonial law (Passover, etc.) which Paul clearly said in Colossians 2:14-17 were nailed to the cross. The "weak and beggarly elements" leading to "bondage" were not the Ten Commandments. The Ten Commandment law is "the royal law ... the law of liberty." James 2:8-12.

### Is God so Particular?

Ask Adam and Eve. "One bite" plunged our world into sin! The Sabbath day is *very important to God*. Ezekiel 22:26; Jeremiah 17:19-27; Isaiah 58:13.

### Shouldn't we Worship God every day?

Yes, but *only* "the seventh day is the sabbath of the Lord." Exodus 20:10.

### But Jesus Christ rose on Sunday!

Praise the Lord! *But let's not use the resurrection as a reason for breaking one of the Ten Commandments (the Sabbath)!* Jesus never mentioned Sunday. *Baptism* is the ceremony to honor the resurrection. Romans 6:4.

### But we are "not under the law, but under grace."

True. The next verse continues, "What then? shall we sin, because we are not under the law, but under grace? *God forbid*." Romans 6:15. "Sin is the transgression of the law." 1 John 3:4. Jesus saves *from sin*. Matthew 1:21.

### Can so many "Good People" be wrong?

Why did only 8 people enter the ark? "Majority opinion" is not our guide. Matthew 7:13,14. Jesus told a group of "very religious people" that they were "making the word of God of none effect" through "tradition." Mark 7:13. Many "good people" have never really studied this subject carefully.



## Common Reasons Against the Sabbath - Are they Really Right? (Part 2)

### What About "One man esteemeth one day above another: another esteemeth every day alike" in Romans 14:5?

To begin with, it must be admitted that the word "Sabbath" is not found in the entire chapter. People assume Paul is talking about the Sabbath. But is he really? The chapter begins, "Him that is weak in the faith receive ye, but not to *doubtful disputations*." Romans 14:1. The NKJV reads, "disputes over doubtful things." This chapter concerns "doubtful things" and is not a discussion of the Ten Commandments. The "Big Ten" are not "doubtful," but exceedingly clear, written with the finger of God on two tables of stone.

The "weak" brother "eats" some things and "esteems one day above another" while the strong brother believes that he may "eat all things" and "esteems every day alike." Romans 14:2,5. The early Church was made up of Jewish believers and Gentile converts. Although Paul did not specify what "days" he was referring to, he was probably talking about the "esteeming" or "not esteeming" of certain Jewish fast or feast days (Luke 18:12), and certain pagan feast days when people were especially "eating of those things that are offered in sacrifice unto idols." 1 Corinthians 8:4.

A "strong" Jew who knew that "an idol is nothing" would have no scruples about eating "meat in an idols temple" on a pagan feast day. 1 Corinthians 8:4,10. Paul warned these "strong" Jewish believers, "But take heed lest by any means this liberty of yours become a stumblingblock to them that are weak [the Gentile convert from idolatry]. For if any man see thee which hast knowledge sit at meat in the idol's temple [on a pagan feast day], shall not the conscience of him that is weak be emboldened to eat those things which are offered to idols; and through thy knowledge shall the weak brother perish [if he is drawn back to idolatry], for whom Christ died. But we ye sin against the brethren, and wound their weak conscience, ye sin against Christ. Wherefore, if meat make my brother to offend, I will eat no flesh while the world standeth." 1 Corinthians 8:9-13.

THERE IS NO EVIDENCE that the discussion about "the weak and the strong" in Romans 14 and 1 Corinthians 8 has ANYTHING TO DO WITH THE SABBATH. God has never said "one man may choose to esteem My Sabbath, while another man may choose to esteem Sunday, or every day alike." He has not left it up to us to "pick a day, any day." Rather, God has commanded, "*Remember the sabbath day to keep it holy* ... the seventh day is the sabbath of the Lord thy God." Exodus 20:8,10. The book of Romans is very clear, "by the law is the knowledge of sin." Romans 3:20; 7:7,12.

## Can We Know What Day is the Sabbath?

- 1) "The seventh day is the Sabbath" Ex. 20:10
- 2) Jesus Christ Knew Jesus Christ "went into the synagogue on the sabbath day." Luke 4:16.
- 3) Ask any Jew Jews have been keeping the same Sabbath on Saturday for over 3000 years.
- 4) The Calendar The calendar was changed once, in 1582, from the Julian calendar to the Gregorian. Thursday, October 4, was followed by Friday, October 15. No change has ever affected the weekly sequence. Most calendars show Saturday as the seventh day.
- 5) 105 Languages In over 100 languages the name for the seventh day, or Saturday, is "the Sabbath." For example, Saturday in Spanish is "Sabado." In Italy, "Sabbato." In Russia, "Subbota." In Poland, "Sobota." Etc.
- 6) Webster's Dictionary "Saturday: the 7th day of the week." "Sunday: the first day of the week."
- 7) The World Book Encyclopedia "Sabbath ... It comes on Saturday, the seventh day of the week."
- 8) The Biblical Sequence of the Crucifixion Weekend Jesus died on "Good Friday," the day before the Sabbath. Luke 23:46,54. When the sun went down, the woman rested on "the sabbath day according to the commandment." Luke 23:56. Jesus rose on what is called "Easter Sunday," the "first day of the week." Luke 24:1,6.

**Would God say "Remember the Sabbath day to keep it holy" if it was impossible to find out what day to remember?**

## "The Sabbath Issue" in the New Testament

### During the Ministry of Jesus Christ

The Sabbath was a big issue during the ministry of Jesus. The issue was *not what day* is the Sabbath, but rather *how* to keep the Sabbath. The Pharisees invented many burdensome traditions about the Sabbath which did not come from God. Jesus often rebuked them for laying these traditions "on men's shoulders." Matthew 23:4. They were continually "teaching for doctrines the commandments of men." Matthew 15:9. Let's not be like them.

The Pharisees became very angry with Jesus because He did not keep the Sabbath *their way*. They made up a rule, "No healing on the Sabbath." Jesus ignored their "rule." One day, "the ruler of the synagogue" challenged Christ "because that Jesus healed on the sabbath day." Luke 13:14. Jesus countered, "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?" Luke 13:16. In His many Sabbath healings (John 5:1-9; Mark 1:21-27; etc.), Jesus Christ revealed His Divinity and His power over Satan. For this very reason, the Jews plotted His death. "Therefore the Jews sought the more to kill him, because he not only broke the sabbath, but also said God was his Father, making himself equal with God." John 5:18. Jesus never "broke the sabbath" (see John 15:10), and He is "equal with God."

The Pharisees accused Jesus and His disciples of doing "that which is not lawful to do on the sabbath day." Matthew 12:1. But Jesus said they were "guiltless," having only done that which was "lawful ... on the sabbath." Matthew 12:7,12. Christ declared, "The sabbath was made for man, and not man for the sabbath: Therefore the Son of man is Lord also of the sabbath day." Mark 2:27,28. Here Jesus pointed back to the Creation. Man was made on the sixth day, and "the sabbath was made" on the seventh day to be a blessing to man. Genesis 1:27,31; 2:1-3. Those Pharisees had *changed the order* by putting the Sabbath first above the needs of man! (Is it right to change the order *again* by making the "first day of the week" a new Sabbath?) Jesus is "Lord also of the sabbath day." He made the world. He "made" the Sabbath. It is "the Lord's Day." Revelation 1:10. He knows how to keep it. It was not wrong for Him to meet needs on His Holy Day.

### In the New Testament Church

The Sabbath was not an issue at all in the New Testament Church. There was no controversy over it in the book of Acts or in any of the epistles. If the Sabbath had been changed or abolished, there would have been much discussion about this by the New Testament Church. *But there was none.* The early church kept the Sabbath. Acts 13:12,42-44; 16:13; etc. See "Sabbath Facts in the Book of Acts" Study Guide.

## Common Reasons Against the Sabbath - Are they Really Right? (Part 1)

### Only a Sign for Israel?

Some quote the following words to prove that the Sabbath was only for Israel, "Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you ... it is a sign between me and the children of Israel forever: for in six days the Lord made heaven and earth, and on the seventh day he rested." Exodus 31:13,17. Notice that God said "my sabbaths" will endure "forever." The reason goes back to Creation, before Israel existed. Isaiah said that Gentiles who joined the Jews were also to keep the Sabbath. Isaiah 56:6,7. Paul wrote to the Gentiles, "If ye be Christ's, then are ye Abraham's seed." Galatians 3:29. Gentiles are "grafted in." Romans 11:17. Therefore the sign is for them too. Gentiles in the book of Acts kept the Sabbath. Acts 13:42-44.

### Is the Creation Sabbath the same as "the sabbaths which are a shadow of things to come" in Colossians 2:14-17?

*This is one of the most misused passages in the entire New Testament.* "Blotting out the handwriting of ordinances that was against us ... nailing it to his cross." (Verse 14). The law that was "blotted out" and nailed to the cross was not the Ten Commandments. Luke 16:17,18; Romans 7:7,12; James 2:10-12. It was the "handwriting" of the "law" of sacrifices written by "Moses" in "a book" which was a continual witness "against" Israel. Deuteronomy 31:24-26. This law of sacrifices was "against them" because its very existence was a witness that they had broken the Ten Commandments. That's why they needed to offer lambs.

"Therefore," wrote Paul in Colossians 2:16. "Let no man therefore judge you in meat, or in drink, or in respect of an holy day, or of the new moon, or of the sabbath days: *which are a shadow of things to come.*" Verses 16,17. Paul here refers to the Jewish "feasts ... meat offerings ... drink offerings" AND YEARLY "SABBATHS" OF THE CEREMONIAL LAW. Leviticus 23:37,24,32,38. These yearly sabbaths, like the Passover and the Day of Atonement, were "shadows" pointing forward to Jesus Christ. Hebrews 10:1 also affirms that it was the ceremonial law with its yearly sabbaths and "sacrifices" that was a "shadow." Hebrews 10:1.

The Ten Commandments and the Creation Sabbath are NOT A SHADOW pointing forward to Jesus. The seventh day Sabbath POINTS BACK to the creation of the world and remains in the New Testament. Exodus 20:11; Matthew 24:20; Luke 23:56. Paul continued to keep this Sabbath. Acts 16:13.

## How to Keep the Sabbath Holy (Part 2)

### 4) Jesus was in "the synagogue on the sabbath day."

**Luke 4:16.**

Jesus worshiped with the people of God every Sabbath. Luke 4:16,31,32. We should not "forsake the assembling of ourselves together, as the manner of some is." Hebrews 10:25. In "the new earth ... from one sabbath to another, shall all flesh come to worship before me, saith the Lord." Isaiah 66:22,23. We all need the blessing of "fellowship" with other believers who love Jesus and want to keep His commandments. Exod. 20:6; John 14:15; 1 John 1:7.

### 5) Jesus said, "it is lawful to do well on the sabbath days." Matthew 12:12.

Jesus healed and helped many people on the Sabbath. See Mark 1:21-27; Matthew 12:10-13; Luke 13:10-17. The Sabbath is a good day to visit the sick, help someone in need, etc. Thus we can follow the example of Jesus.

### 6) "For in six days the Lord made heaven and earth ... and rested on the seventh day. Wherefore the Lord blessed the sabbath day, and hallowed it." Ex. 20:11.

The Sabbath is a wonderful day to enjoy the beautiful things of nature. Take the children for a walk in the park. Relax under a tree. Read the Bible by a stream or lake. Enjoy special fellowship with the One would said, "Moreover also I gave them my sabbaths, to be a sign between me and them, that they might know that *I am the Lord that sanctify them.*" Ezek. 20:12. The Sabbath reveals the glorious truth that the One who created our entire world in six days, and rested on the seventh, is also able to re-create our hearts back into His own image. See Gen. 1:26; Psalm 51:10; Eph. 4:21-24.

### 7) What if I have to work on the Sabbath?

Kindly approach your employer and say, "I can no longer work on the Sabbath. How can we work around this?" Tens of thousands have done this. Most employers will accommodate firm religious convictions. Even if you lose your job, God will help you find another one. Study Daniel 3. God blessed the three Hebrews who refused to break the Second Commandment. At the end of the chapter, they were promoted. If you stand up for Jesus, He will stand up for you. If you are the only member in your family who wants to keep the Sabbath, don't push it on them. Jesus will guide and help you step by step if you look to Him for direction and strength. See Psalm 29:11.

**"Blessed are those who do his commandments, that they may have right to the tree of life and may enter in through the gates into the city ... the grace of our Lord Jesus Christ be with you." Rev. 22:14,21 (KJV).**

## How to Keep the Sabbath Holy (Part 1)

### 1) The Sabbath is a Special Day to Focus on Jesus Christ.

John was "in the spirit on the Lord's day." Revelation 1:10. Jesus is "Lord even of the sabbath day." Matthew 12:8. "The seventh day is the sabbath of the Lord." Ex. 20:10. God calls it "my holy day." Isa. 58:13. The Sabbath "was made for man" when "God ... created all things by Jesus Christ." Mark 2:27; Eph. 3:9 (KJV). Jesus made the world in six days and "rested on the seventh day." See Gen. 1; 2:2; Col. 1:16. *Thus the Sabbath is a special day to focus on the Jesus Christ as the Creator and Sustainer of all life.* It is a day to come apart from the normal stresses and cares of everyday living, to be refreshed and blessed by the great Creator who loves and died for us.

### 2) "Remember the sabbath day, to keep it holy. Six days shalt thou labor 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." Exodus 20:8-10.

This is the Fourth Commandment. We are to work at our normal jobs during the six working days, but from sundown Friday night until sundown Saturday night, we should "not do any work." Late Friday afternoon, after Jesus died, "the sabbath drew on." Luke 23:54. Then Christ's followers "rested the sabbath day according to the commandment." Luke 23:56. Secular business should be laid aside. Shopping, laundry, homework, and housecleaning should be done during the six working days. The Bible also calls buying and selling on the Sabbath an "evil thing." Nehemiah 13:15-22.

The Lord says, "If thou turn away thy foot from the sabbath [from walking on it], from doing thy pleasure on my holy day; *and call the sabbath a delight, the holy of the Lord honourable; and shalt honor him,* not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the Lord ... for the mouth of the Lord has spoken it." Isaiah 58:13,14. The Pharisees made the Sabbath a burden, but Jesus wants us to "call the sabbath a delight," and to "delight" ourselves in Him. Sabbath-keeping is something we "grow into" as Jesus teaches us how to "keep it holy."

### 3) Friday is "the preparation day." Luke 23:54.

The "preparation day" is a good day for dusting, ironing and housecleaning. When the sun sets our minds should be free from care to focus on Jesus. In the wilderness, the Lord instructed Israel to "bake what you bake" on the day before the Sabbath. Exodus 16:23-29. Paul specifically said the history of Israel in the wilderness is "an example" for us "upon whom the ends of the world are come." 1 Cor. 10:6,11. If a special meal is planned for the Sabbath, it would be good to do as much of the cooking as possible on Friday.

## The Ten Commandments

**“And he gave unto Moses, when he had made an end of communing with him upon mount Sinai, two tables of testimony, *tables of stone, written with the finger of God.*”**

**Exodus 31:18**

**Shall we not deeply respect the Ten Commandments which God Himself wrote on stone with His own Finger?**

**Jesus Christ told the Pharisees,  
“Thus have ye made the commandment of God of none effect by your tradition.”  
Matthew 15:6**

**In the New Covenant, God makes this promise to His children:  
“I will put *my laws* into their hearts, and in their minds will I write them.”  
Hebrews 10:16**

***Is His Law in our hearts and minds?***

## The Fourth Commandment states,

**“Remember the sabbath day, to keep it holy. Six days shalt thou labor 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.*”  
Exodus 20:8-11**

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

***Do we believe  
the words of Jesus?***