

The True Sabbath

Do you know which day is the Sabbath? Do you know which day Jesus Christ kept when He was here on earth?

Many people just have no idea which day is the true Sabbath. They have been reared in a first day keeping society and have never questioned the norm. Have you? If you look at the scriptures closely you will see that God made the *seventh* day to be the holy one. It was to be a day of rest and refreshment from the weekly routine; a day to think about God and his messages for us in His word; and also if possible a day to assemble together in joyful worship.

When you look at Jesus Christ's example to us in the New Testament you soon realize that He kept the Sabbath faithfully – but also note Hebrews 13:8, *“Jesus Christ is the same yesterday, today, and forever.”*

Take a walk through your bible and see for yourself how important the Sabbath is to God. Maybe it should be to you too!

Genesis 2:1-3, “Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”

Exodus 16:23-26, “Then he said to them, “This is what the LORD has said: ‘Tomorrow is a Sabbath rest, a holy Sabbath to the LORD. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning so they laid it up till morning, as Moses commanded; and it did not stink, nor were there any worms in it. Then Moses said, “Eat that today, for today is a Sabbath to the LORD; today you will not find it in the field. Six days you shall gather it, but on the seventh day, which is the Sabbath, there will be none.”

Exodus 20:8-11, “Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.”

Exodus 31:13-17, “Speak also to the children of Israel, saying: ‘Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the LORD who sanctifies you. ‘You shall keep the Sabbath, therefore, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. ‘Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the LORD. Whoever does any work on the Sabbath day, he shall surely be put to death. ‘Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. ‘It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed.”

Isaiah 56:1-2, “Thus says the LORD: “Keep justice, and do righteousness, For My salvation is about to come, And My righteousness to be revealed. Blessed is the man who does this, And the son of man who lays hold on it; Who keeps from defiling the Sabbath, And keeps his hand from doing any evil.”

Isaiah 58:13-14, "If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the LORD honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, Then you shall delight yourself in the LORD; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the LORD has spoken."

Mark 2:26-28, "How he went into the house of God in the days of Abiathar the high priest, and ate the showbread, which is not lawful to eat, except for the priests, and also gave some to those who were with him?" And He said to them, "The Sabbath was made for man, and not man for the Sabbath. "Therefore the Son of Man is also Lord of the Sabbath".

Acts 13:14, "But when they departed from Perga, they came to Antioch in Pisidia, and went into the synagogue on the Sabbath day and sat down."

Acts 13:42, "So when the Jews went out of the synagogue, the Gentiles begged that these words might be preached to them the next Sabbath."

Acts 16:13, "And on the Sabbath day we went out of the city to the riverside, where prayer was customarily made; and we sat down and spoke to the women who met there."

Acts 17:2, "Then Paul, as his custom was, went in to them, and for three Sabbaths reasoned with them from the Scripture."

Hebrews 4:4, "For He has spoken in a certain place of the seventh day in this way: "And God rested on the seventh day from all His works."

Hebrews 4:9, "There remains therefore a rest for the people of God."

You don't need long articles to find out about the true Sabbath. Link these scriptures together in your Bible and you can prove to all that the Sabbath is for everyone, whether Jew or gentile!