

The Sabbath – God’s forgotten Commandment

Purpose Jesus created the Sabbath in Eden, commanded it at Sinai, kept it in His life and in His death, continued it through the early church and is now restoring the truth of the Sabbath after the apostasy.

Focus Jesus is the Lord of the Sabbath.

Introduction You might have noticed that Seventh-Day Adventists go to church on Saturday instead of Sunday. Perhaps you have wondered why that is? Today I’d like to study with you the Biblical reason behind this practice.

Let’s begin with a recap of what we studied in a previous study...

Matt 5:18 Are any of the Ten Commandments changed? Can they be changed?
IE: Written in stone. (**James 2:10**)

There is, however, one power that presumes to say they can change the Law...

Dan 7:25 What did the Antichrist think to change? Which commandment deals specifically with holy times?

It is the Sabbath Commandment, let’s read it.

Exod 20:8-11 Which day is the Sabbath day? What did God do to that day? Why? What are we not to do on that day? Blessing of rest.

When was the Sabbath instituted?

Gen 2:1-3 In Eden, before sin entered the world the Sabbath was created. What did God do on the first Sabbath day? IE: Woman, wife. IE: Garden of Eden, fruit is fruit? According to the New Testament Jesus is the Creator of everything (**John 1:1-4**). So who was it that made the Sabbath Day holy?

Since Jesus was the Creator of the Sabbath, no wonder He is called “the Lord of the Sabbath”.

Mark 2:27-28 The Pharisees accused Jesus Sabbath breaking because He healed and picked grains on the day. But nowhere in the Bible does it say that it is wrong to do this on the Sabbath. These were manmade rules that made the Sabbath a heavy burden instead of the blessing God intended it to be. He who made the Sabbath ought to know how to keep it holy.

Let us now look at how the Lord of the Sabbath treated the Sabbath...

Luke 4:16 What was Jesus’ custom on the Sabbath? This is why SDA have their services on the Sabbath, we want to follow Jesus’ example.
But you might ask: How can we know for sure which day is the Sabbath?
#1 Calendar. #2 Languages. #3 Jews.

But the most important reason is because the Bible says so. Go to...

Luke 23:52-24:3 On what day did Jesus rest in the grave? Did Jesus disciples keep the Sabbath holy after Jesus’ death? On which day of the week did He rise from the grave? Which day is then the Sabbath?

Jesus also expected His followers to keep the Sabbath after His resurrection...

Matt 24:20 Did Jesus expect His followers to still keep the Sabbath Day holy in 70 AD?
Did they do that?

Acts 13:14-16, 42-44 In the early church, what day of the week did the apostles go to God’s house?
Acts is full of these examples...

Acts 17:1-2 What was Paul’s custom on the Sabbath? **Acts 16:13**

All Christians, Jewish or Gentiles followed the same example...

Acts 18:4 Did also Greek converts go to church on Sabbath? IE: History of Sunday

In the end of time, Jesus will restore the Sabbath truth among His followers...

Rev 14:12, 12:17 How many Commandments do they keep? How does Satan feel about them?

APPEAL Is it your desire to be one of them? I understand that this might be very new to you. But I’d like to invite you to join us this coming Sabbath service to see what it means to keep the Sabbath holy. Would anything keep you from coming?

APPENDIX

QUOTES

"From the apostles' time until the Council of Laodicea [364 AD], the holy observation of the Jews' Sabbath continued, as may be proved out of many authors: yea, notwithstanding the decree of the council against it." (John Ley, *Sunday A Sabbath*, 1640, p. 163) "Christians must not judaize by resting on the Sabbath, but must work on that day, rather honouring the Lord's Day; and, if they can, resting then as Christians. But if any shall be found to be judaizers, let them be anathema from Christ." (The Council of Laodicea, Canon 29, A.D. 364, Percival Translation)

"The Emperor Constantine the Great enjoined the observance of Sunday as a day of rest throughout the Roman empire; and Charlemagne caused those who violated it to be fined." (Francis Spirago, *The Catechism Explained*, 8th edition, p. 348) "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 - as the 'venerable day of the sun.'" (Arthur P. Stanley, *Lectures on the History of the Eastern Church*, p. 204) "The pagan Sunday was, in a manner, an unconscious preparation for Easter day. The Sun was a foremost god with heathen-dom. Balder, the beautiful, the White God, the old Scandinavians called him. The sun has worshippers at this hour in Persia and other lands. There is, in truth, something royal, kingly about the sun, making it a fit emblem of Jesus, the Sun of Justice. Hence the church in these countries would seem to have said, to 'Keep that old pagan name [Sunday]. It shall remain consecrated, sanctified.' And thus the pagan Sunday, dedicated to Balder, became the Christian Sunday, sacred to Jesus." (William Gildea, *The Catholic World*, Art: Paschale Gaudium, March, 1894, p. 809)

OBJECTIONS

I work on Sabbath

I understand. Many other people have faced the same challenge. God never asks us to do something that He doesn't give us the power to do. Since God asks us to keep the Sabbath holy He will also provide a way for us to do it.

IE: Testimony. Are you willing to try His promise in **Matthew 6:31-33**?

Colossians 2:16-17

There were two systems of law in the Old Testament (**1 Cor 7:19**).

First: The Ceremonial Law, which dealt with circumcision, the priesthood and sanctuary, the sacrificial system and feast days (some of which were also called Sabbaths – **Lev 23:24-25, 32**). These were written down by Moses on paper and were placed beside the Ark of the Covenant (**5 Mos 31:24-26**). These were meant for instructing the Israelites in the plan of salvation until Jesus would come and fulfil the predictions (**Gal 3:19**).

Secondly: The Moral Law, summarized by the Ten Commandments or the two great love commandments (**Rom 13:9**). These deal with our moral obligations towards God and each other. They were written down by God's own finger on tables of stone that were placed inside the Ark of the Covenant (**Exod 31:18, 25:16**). These were as unchangeable as God Himself (**Matt 5:17-19**).

Colossians 2:16-17 deals clearly with the Ceremonial Law which was a "shadow" of "Christ" (see also **Heb 10:1**), and not the Moral Ten

Commandment. The Sabbaths (plural) here referred to must be the ceremonial Sabbaths of **Lev 23**.

Romans 14:5-6

Sabbath is not mentioned. Compare 1 Cor 8:1-13 to understand context. He deals with feast days and pagan festivals. IE: Christmas, Easter etc.