

THE  
SABBATH  
DAY

# Sabbath - The First Feast

- Leviticus 23:1-44 provides instructions for all of the Feasts of יהוה
- The very first feast listed in Leviticus 23 is the Sabbath
  - And יהוה spake unto Moses, saying, Speak unto the children of Israel, and say unto them, Concerning the feasts of יהוה, which ye shall proclaim to be holy convocations, even **these are My feasts**. 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 יהוה in all your dwellings. (Leviticus 23:1-3)

# The First Sabbath

- Thus the heavens and the earth were finished, and all the host of them. And on the seventh day Elohiym ended His work which He had made; and He rested on the seventh day from all His work which He had made. And **Elohiym blessed the seventh day, and sanctified it:** because that in it He had **rested** from all His work which Elohiym created and made. (Genesis 2:1-3)
  - The Hebrew word in Genesis 2:2/3 for “rested” is שבת
  - “Rest” - shabat (H7673 – שבת) – rest, keep the Sabbath
- The Hebrew word for Sabbath (Shabbat – שבת, H7676)

# The Sabbath Covenant

- And יהוה spake unto Moses, saying, Speak thou also unto the children of Israel, saying, Verily **My Sabbaths ye shall keep**: for it is a **sign between Me and you throughout your generations**; that ye may know that I am יהוה that doth sanctify you. Ye shall keep the Sabbath therefore; for **it is holy unto you**: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people. Six days may work be done; but in **the seventh is the Sabbath of rest, holy to יהוה**: whosoever doeth any work in the Sabbath day, he shall surely be put to death. Wherefore the children of Israel shall keep the Sabbath, to **observe the Sabbath throughout their generations, for a perpetual covenant**. It is a **sign between Me and the children of Israel for ever**: for in six days יהוה made heaven and earth, and on the seventh day He rested, and was refreshed. 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 Elohiym.  
(Exodus 31:12-18)

אָנְכִי יְהוָה אֱלֹהֶיךָ

לֹא יִהְיֶה לְךָ אֱלֹהִים  
אַחֲרַי סִלְפָּנַי

לֹא תִשָּׂא אֶת שֵׁם יְהוָה  
אֱלֹהֶיךָ לְשׁוֹן

זְכוֹר אֶת יוֹם  
הַשַּׁבָּת לְקַדְּשׁוֹ

בְּבִדְאוֹתֶיךָ  
וּבְאוֹמְךָ

לֹא תִצָּח

לֹא תִנָּאֵף

לֹא תִגְנוֹב

לֹא תִעַנֶּה בְרֵעֲךָ דֹשֵׁן

לֹא תִחַד

Granite  
From Mount Sinai  
Near Summit



# Shabbat - Blessings

- How blessed is the man who does this, and the son of man who takes hold of it; **who keeps from profaning the Sabbath**, and keeps his hand from doing any evil. (Isaiah 56:2)
- 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 יהוה 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 יהוה**; 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 יהוה hath spoken it. (Isaiah 58:13-14)
- Also, **I instituted my Sabbath for them as a sign between Me and them**, so they would know that I am יהוה, who has set them apart. (Ezekiel 20:12, also Exodus 31:13)

# Sabbath - Blessings

- And it shall come to pass, if thou shalt hearken diligently unto the voice of יהוה thy Elohiym, to observe and to do all his commandments which I command thee this day, that יהוה thy Elohiym will set thee on high above all nations of the earth: And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of יהוה thy Elohiym. (Deuteronomy 28:1-13)
  - Blessed shalt thou be in the city, and blessed shalt thou be in the field.
  - Blessed shall be **the fruit of thy body**, and **the fruit of thy ground**, and **the fruit of thy cattle**, the increase of thy kine, and **the flocks of thy sheep**.
  - Blessed shall be thy basket and thy store.
  - Blessed shalt thou be when thou comest in, and blessed shalt thou be when thou goest out.
  - יהוה shall cause thine enemies that rise up against thee to be smitten before thy face: they shall come out against thee one way, and flee before thee seven ways.



# Sabbath - Blessings

- Deuteronomy 28:1-13 (continued) -
  - יהוה shall establish thee an set apart people unto himself, as he hath sworn unto thee, if thou shalt keep the commandments of יהוה thy Elohiym, and walk in his ways.
  - And all people of the earth shall see that thou art called by the name of יהוה; and they shall be afraid of thee.
  - And יהוה shall make thee plenteous in goods, in the fruit of thy body, and in the fruit of thy cattle, and in the fruit of thy ground, in the land which יהוה sware unto thy fathers to give thee.
  - יהוה shall open unto thee His good treasure, the heaven to give the rain unto thy land in his season, and to bless all the work of thine hand: and thou shalt lend unto many nations, and thou shalt not borrow.
  - And יהוה shall make thee the head, and not the tail; and thou shalt be above only, and thou shalt not be beneath; if that thou hearken unto the commandments of יהוה thy Elohiym, which I command thee this day, to observe and to do them:

# Sabbath – The 4th Commandment

The Ten Commandments were shouted down from Mount Sinai by מִן הַשָּׁמַיִם Shavuot as part of the Covenant.

- Remember the Sabbath day, to keep it set apart. Six days shalt thou labour, and do all thy work: But the seventh day is the Sabbath of יהוה thy Elohiym: *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 יהוה made heaven and earth, the sea, and all that in them *is*, and rested the seventh day: wherefore יהוה blessed the Sabbath day, and hallowed it. (Exodus 20:8-11)



# Shabbat – The 4<sup>th</sup> Commandment

- This Covenant (and the 10 Commandments) was not just for the children of Israel was also for the Egyptian Gentiles that came with and were grafted into the Israelites
  - And the children of Israel journeyed from Rameses to Succoth, about six hundred thousand on foot *that were* men, beside children. And a mixed multitude went up also with them; and flocks, and herds, *even* very much cattle. (Exodus 12:37-38)
  - And Moses came and told the people all the words of יהוה, and all the judgments: and all the people answered with one voice, and said, All the words which יהוה hath said will we do. (Exodus 24:3)
- Paul confirms that Gentiles are grafted into a Hebrew root
  - For I speak to you Gentiles... For if the first fruit *be* holy, the lump *is* also *holy*: and if the root *be* holy, so *are* the branches. And if some of the branches be broken off, and thou, being a wild olive tree, wert grafted in among them, and with them partakest of the root and fatness of the olive tree; Boast not against the branches. But if thou boast, thou bearest not the root, but the root thee... For if Elohiym spared not the natural branches, *take heed* lest he also spare not thee. (Romans 11:13-21)

# Sabbath - Messiah

- Messiah came to confirm the commandments (as the perfect/unblemished lamb as a sacrifice for humanity) but not to abolish them. He only fulfilled the prophecies as the suffering servant and The Prophet, not as the eternal almighty King and Judge.
- Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to confirm. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. (Matthew 5:17-18)
- Messiah also provided insight into the heart of יהוה for the commandments as The Prophet whom we must shema (hear and obey). (Deuteronomy 18:15-19)
- Messiah as the Son of יהוה is also the Master of the Sabbath. (Matthew 6:5)

# Shabbat - Messiah

- And Messiah returned in the power of the Spirit into Galilee: and there went out a fame of Him through all the region round about. And He taught in their synagogues, being glorified of all. And He came to Nazareth, where He had been brought up: and, as His custom was, He went into the synagogue on the Sabbath day, and stood up for to read. (Luke 4:14-16)



# Shabbat – In the Bible

- The Sabbath is in the scriptures about 168 times throughout the Old Testament (108 times) and the New Testament (60 times).
  - Matthew: 10 times (12:1, 12:2, 12:5, 12:8, 12:10, 12:11, 12:12, 24:20, 27:62, 28:1)
  - Mark: 10 times (1:21, 2:23, 2:24, 2:27, 2:28, 3:2, 3:4, 6:2, 15:42, 16:1)
  - Luke: 19 times (4:16, 4:31, 4:40, 6:1, 6:2, 6:5, 6:6, 6:7, 6:9, 13:10, 13:14, 13:15, 13:16, 14:1, 14:3, 14:4, 14:5, 23:54, 23:56, 24:1)
  - John: 9 times (5:9, 5:10, 5:16, 5:18, 7:22, 7:23, 9:14, 9:16, 19:31)
  - Acts: 9 times (1:12, 13:14, 13:27, 13:42, 13:44, 15:21, 16:13, 17:2, 18:4)
  - apostle letters: 3 times (1 Cor 16:2, Col 2:16, Heb 4:9)
- Number of pages in the Old Testament (my KJV) 1305 pages (1-1305) so the Sabbath is referenced in the Old Testament every 12.1 pages.
- Number of pages in the New Testament (my KJV) 403 pages (1309-1712) so the Sabbath referenced is in the New Testament every 6.7 pages.
- **The Sabbath is included in the New Testament 1.8 times (almost twice as many times) as often per page as it is in the Old Testament.**

# Sabbath – Acts Timeline

Event	Reference	Year (AD)	Sabbath Ref
Descent of the Holy Spirit	Acts 2:1-13	28	
Setting Up of the Church	Acts 2:40-47	28	
First Persecutions	Acts 4:1-22; 5:21-42; 7:1-60	33	
Philip at Samaria	Acts 8:4-13	33	
Conversion of Saul	Acts 9:1-9	34	
First Gentile Converted	Acts 10:1-48	38	
Founding of Church at Antioch	Acts 11:19-30	41	
James Killed by Herod	Acts 12:1-25	43	
Paul's Call	Acts 13:1-3	45	
Paul's First Missionary Journey	Acts 13:4-14:28	46	Acts 13:14-15; Acts 13:42-44
Council at Jerusalem	Acts 15:6-35	48	Acts 15:21
Paul's Second Missionary Journey	Acts 15:39-18:22	49	Acts 16:11-13; Acts 17:1-4; Acts 18:1-4; Acts 18:5-11

# Paul's 1<sup>st</sup> and 2<sup>nd</sup> Mission Journeys





# Paul Observing Sabbath

- Paul was observing Shabbat over 20 years after the Resurrection in multiple areas in the Roman Empire.
  - Israel (Judea)
  - Syria
  - Asia Minor (modern Turkey)
  - Cyprus
  - Greece
  - Macedonia

# Paul Observing Sabbath

- Now when they had passed through Amphipolis and Apollonia, they came to Thessalonica, where was a synagogue of the Jews: And **Paul, as his manner was, went in unto them, and three Sabbath days** reasoned with them out of the scriptures (Acts 17:1-2)



# Paul's Sabbaths

- **Acts documents Paul teaching on the Sabbath on 84 different weeks, about 20 years after Messiah's resurrection**
- ...Paul departed from Athens, and came to Corinth...And he reasoned in the synagogue **every** Sabbath, and persuaded the Jews and the Greeks...And he continued there **a year and six months**, teaching the word of Elohiym among them. (Acts 18:1/4/11)

Acts	Mission	City	Location	# of Sabbaths
13:14-15	1	Antioch	Synagogue	1
13:42-44	1	Antioch	Synagogue	1
14:1	1	Iconium	Synagogue	
16:11-13	2	Philippi	Riverside	1
17:1-4	2	Thessalonica	Synagogue	3
17:10-11	2	Berea	Synagogue	
17:17	2	Athens	Synagogue	
18:1-11	2	Corinth	Synagogue	78

# Hebrews 4 – Keep the Sabbath

- Let us therefore fear, lest, a promise being left us of entering into His rest, any of you should seem to come short of it. For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard it. **For we which have believed do enter into rest**, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world. For He spake in a certain place of the seventh day on this wise, And Elohiym 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 Messiah had given them rest, then would he not afterward have spoken of another day.** There remaineth therefore a rest to the people of Elohiym. For he that is entered into his rest, he also hath ceased from his own works, as Elohiym did from his. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief. (Hebrews 4:1-11)

# Sabbath – Other Historical References

- "The primitive Christians did keep the Sabbath of the Jews; therefore the Christians for a long time together, did keep their conventions on the Sabbath, in which some portion of the Law were read: and **this continued till the time of the Laodicean council.**" The Whole Works of Jeremey Taylor, Vol. IX, p416 (R. Heber's Edition, Vol.XII, p.416)
- "The ancient Christians were very careful in the observation of Saturday, or the seventh day..It is plain that all the Oriental churches, and the greatest part of the world, observed the Sabbath as a festival...Athanasius likewise tells us that they held religious assemblies on the Sabbath, not because they were infected with Judaism, but to worship [Yahushua], the [Master] of the Sabbath, Epiphanius says the same." Antiquities of the Christian Church, Vol. II, Book XX, chap. 3, Sec. 1, 66.1137, 1138
- "Ambrose, the celebrated bishop of Milan, said that when he was in Milan he observed Saturday, but when in Rome observed Sunday. This gave rise to the proverb 'When you are in Rome, do as Rome does,' " Heylyn, The History of the Sabbath, 1613

# Sabbath to Sunday

- The following are **all** of the places in the Old and New Testaments where יהוה, Messiah, the prophets, and the disciples/ apostles changed the Fourth Commandment from Sabbath to the first day of the week (Sunday):

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# First day references

- The first day of the week is referenced 9 times in the New Testament:
  - Six times in association with the Day of First Fruits
    - The fulfillment of the Day of First Fruits (Matt 28:1; Mark 16:2,9; Luke 24:1; John 20:1,19)  
Note that the Day of First Fruits is always on the day following the weekly Shabbat (i.e. on the first day of the week) during the Feast of Unleavened Bread and is not a feast high Shabbat (Lev 23:11)
  - Shavuot – the gift of the Set Apart Spirit (Acts 2)
  - Two other times
    - Paul teaching after arriving at Troas (Acts 20:7)
    - Gift collection instructions for the saints (1 Cor 16:2)

# The Lord's Day

- I John, who also am your brother, and companion in tribulation, and in the kingdom and patience of יהושע Messiah, was in the isle that is called Patmos, for the word of Elohiym, and for the testimony of יהושע Messiah. I was in the Spirit on the Lord's day, and heard behind me a great voice, as of a trumpet, (Revelation 1:9-10)
- **For the Son of man is Lord even of the Sabbath day.** (Matthew 12:8)
- Revelation 1:10 does not specify “the Lord's Day” as the “first day of the week” and is the only place in the Scriptures where a day of the week is referred to as “the Lord's Day”.
- Sunday was the pagan day for worship of Sol Invictus Mithra as was called “Dominus Sol” (Lord Sun). Changed to “Dies Dominica” (Day of the Lord, or the Lord's Day) and then lastly to Sunday.





# Daniel's Prophecy

- Thus he said, The fourth beast shall be the fourth kingdom upon earth, which shall be diverse from all kingdoms, and shall devour the whole earth, and shall tread it down, and break it in pieces. And the ten horns out of this kingdom are ten kings that shall arise: and another shall rise after them; and he shall be diverse from the first, and he shall subdue three kings. 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. (Daniel 7:23-25)
- The only one of the Ten Commandments that deals with time is the Sabbath Commandment



# End Time Prophecy

- And Mosheh was on the Mount forty days and forty nights, and יהוה taught him the earlier and the later history of the division of all the days of the Torah and of the testimony. And He said: 'Incline your heart to every word which I shall speak to you on this mount, and write them in a book in order that their generations may see how I have not forsaken them for all the evil which they have wrought in transgressing the covenant which I establish between Me and you for their generations this day on Mount Sinai...For **they will forget all My commandments**, (even) all that I command them, and **they will walk after the Gentiles**, and after their uncleanness, and after their shame, and will serve their gods, and these will prove unto them an offence and a **tribulation** and an affliction and a **snare** (Jubilees 1:4-5/8-9)

# We Forgot His Appointed Times

- And many will perish and they will be taken captive, and will fall into the hands of the enemy, because they have forsaken My ordinances and My commandments, and the festivals of My covenant, and My Sabbats, and My kodesh place which I have hallowed for Myself in their midst, and My tabernacle, and My sanctuary, which I have hallowed for Myself in the midst of the land, that I should set MY NAME upon it, and that it should dwell (there). (Jubilees 1:10/14-15)

# Sabbath Signifies the End of Evil

- And even in the beginning of the creation He makes mention of the Sabbath. And Elohiym made in six days the works of His hands; and He finished them on the seventh day, and He rested the seventh day, and sanctified it. Consider, my children, what that signifies, He finished them in six days. The meaning of it is this; **That in six thousand years יהוה Elohiym will bring all things to an end,** or with Him one day is a thousand years; as Himself testifies, saying, Behold this day shall be as a thousand years. Therefore, children, **in six days, that is, in six thousand years, shall all things be accomplished.** And what is that He said, And He rested the seventh day: He means this; that **when His Son shall come, and abolish the season of the Wicked One, and judge the ungodly; and shall change the Sun and the Moon, and the Stars; then He shall gloriously rest in that seventh day.** (Barnabas 13:3-6)

# The Roman Times

07 MARCH 321

## CONSTANTINE DECREES SUN-DAY AS DAY OF REST

By EUSEBIUS PAMPHILI

On March 7 321 AD, Constantine decreed "the day of the sun" as a day of rest. Constantine decreed that dies Solis, or "the day of the sun," should be observed as a universal day of rest. The decree was far-reaching, stating that numerous activities should be avoided on Sunday. Merchants were forbidden to trade, and administrative establishments were closed.

The text of Constantine's Sunday Law: "On the venerable day of the Sun let the magistrates and people residing in cities rest, and let all workshops be closed. In the country however persons engaged in agriculture may freely and lawfully continue their pursuits because it often happens that another day is not suitable for grain-sowing or vine planting; lest by neglecting the proper moment for such operations the bounty of heaven should be lost."

Sunday already enjoys a special status in the Roman week. Named after the pagan sun god Sol Invictus, Sunday is the day when wages are paid to workers, leading it to be seen by most citizens as a day of celebration and thanksgiving.



Sources say that Constantine formally decreed Sunday as the de-facto day of rest is an ongoing response to the ever increasing issue of unrest and political instability as citizens continue to leave their pagan worship behind and take up The Way, following The Hebrew Messiah that rose from the dead. No longer following established pagan customs, these people are less controllable and thus deemed a threat to the government.

By enticing these people to change their rest day of Sabbath (Saturday) with the established day of rest, Constantine ensured that his decree would be accepted swiftly and harmoniously by the pagan Roman citizens and would increase pressure on the followers of The Way to change their ways and fall back in line under the control of the Empire.

In 313, Constantine and Licinius first attempted to quell the unrest by issuing the Edict of Milan which de-

# Sunday – man made religion

## CONSTANTINE DECREES "SUN-DAY" AS DAY OF REST

7 MARCH 321

- On March 7, 321 AD, Constantine decreed “the day of the sun” as a day of rest. Constantine decreed that dies Solis, or “the day of the sun,” should be observed as a universal day of rest. The decree was far-reaching, stating that numerous activities should be avoided on Sunday. Merchants were forbidden to trade, and administrative establishments were closed.
- Constantine chose Sunday to be the day for Christian worship as it already enjoyed special status in the Roman week. Named after the pagan sun god Sol Invictus, Sunday had become the day when wages were traditionally paid to workers, leading it to be seen as a day of celebration and thanks. In corresponding the Christian Sabbath with an already established day of rest, Constantine ensured that his decree would be accepted swiftly and harmoniously.

# Sunday – man made religion

## **CONSTANTINE DECREES "SUN-DAY" AS DAY OF REST**

- In most major Christian denominations, Sunday continues to be observed as a holy day, remaining the day of choice for church attendance.
- The text of Constantine's Sunday Law
  - "On the venerable day of the Sun let the magistrates and people residing in cities rest, and let all workshops be closed. In the country however persons engaged in agriculture may freely and lawfully continue their pursuits because it often happens that another day is not suitable for grain-sowing or vine planting; lest by neglecting the proper moment for such operations the bounty of heaven should be lost."
- In the year 325, Sylvester, Bishop of Rome (AD 314-337), officially changed the title of the first day, calling it the Lord's day." (Lucium, Historia Ecclesiastica, p. 739)



# Sunday – man made religion

## **The Canons of Laodicea – 363 AD**

- The Synod (Council) of Laodicea met at that place called Laodicea in Phrygia Pacatiana, now found in modern Turkey. It is agreed by most scholars that the Synod met in the year 363 A.D. The Council made religious decrees called Canons that the populations must abide by.
  - “Canon 29 - Christians must not judaize by resting on the Sabbath, but must work on that day, rather honoring 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.”
  - Canon 16: “The Gospels are to be read on the Sabbath [i.e. Saturday], with the other Scriptures.”
- Canon 16 confirms that there were many who were still observing the Sabbath according to the Commandment

# Sabbath – The Inquisition

- "The Jewish wickedness" of which Xavier complained was evidently the Sabbath-keeping among those native Christians as we shall see in our next quotation. When one of these Sabbath-keeping Christians was taken by the Inquisition he was accused of having \*Judaized\*; **which means having conformed to the ceremonies of the Mosaic Law**; such as not eating pork, hare, fish without scales, **of having attended the solemnization of the Sabbath.**" - Account of the Inquisition at Goa, Dellon, p.56. London, 1815
- "Of an hundred persons condemned to be burnt as Jews, there are scarcely four who profess that faith at their death; the rest exclaiming and protesting to their last gasp that they are Christians, and have been so during their whole lives." Ibid p.64



# Sunday – man made religion

- "Thus the observance of Sunday by the Protestants is a homage they pay, in spite of themselves, to the authority of the (Catholic) Church. - Louis Gaston Segur, Plain Talk about the Protestantism of To-Day (London: Thomas Richardson and Son, 1874): 213
- "Sunday...is purely a creation of the Catholic Church." - American Catholic Quarterly Review (January 1883)
- "The Catholic Church, for over one thousand years before the existence of a Protestant, by virtue of her divine mission, changed the day from Saturday to Sunday..." - The Catholic Mirror (September 23, 1893)
- "If Protestants would follow the Bible, they should worship God on the Sabbath day [which] by God is Saturday. In keeping the Sunday, they are following a law of the Catholic Church." - Chancellor Albert Smith for Cardinal of Baltimore Archdiocese, letter dated February 10, 1920
- "**Sunday is our mark of authority...The [catholic] Church is above the Bible**, and this transference of the Sabbath observance is proof of that fact." - Catholic Record (September 1, 1923)

# Sunday – man made religion

- "Practically everything Protestants regard as essential or important they have received from the Catholic Church... The Protestant mind does not seem to realize that in accepting the Bible and observing the Sunday, in keeping Christmas and Easter, they are accepting the authority of the spokesman for the church, the Pope." - Our Sunday Visitor (February 5, 1950)
- “For example, nowhere in the Bible do we find that Christ or the Apostles ordered that the Sabbath be changed from Saturday to Sunday. We have the commandment of God given to Moses to keep holy the Sabbath day, that is the 7th day of the week, Saturday. Today most Christians keep Sunday because it has been revealed to us by the [Roman Catholic] church outside the Bible.” - “To Tell You the Truth,” The Catholic Virginian

# Sunday – man made religion

- “From this same Catholic Church you have accepted your Sunday, and that Sunday, as the Lord’s day, she has handed down as a tradition; and the entire Protestant world has accepted it as tradition, for you have not an iota of Scripture to establish it. Therefore that which you [Protestants] have accepted as your rule of faith, inadequate as it of course is, as well as your Sunday, you have accepted on the authority of the Roman Catholic Church.” - David B. Ray, The Papal Controversy Involving the Claim of the Roman Catholic Church to the Church of God
- Jeremiah 16:19 - O יהוה, my strength, and my fortress, and my refuge in the day of affliction, the Gentiles shall come unto thee from the ends of the earth, and shall say, **Surely our fathers have inherited lies**, vanity, and *things* wherein *there is* no profit.

# יהוה does not change

- **For I am יהוה, I change not (Malachi 3:6)**
- Deuteronomy 4:2 - Ye shall not add unto the word which I command you, neither shall ye diminish ought from it, that ye may keep the commandments of יהוה your Elohiym which I command you.
- Revelation 22:18-19 - For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things, Elohiym shall add unto him the plagues that are written in this book: And if any man shall take away from the words of the book of this prophecy, Elohiym shall take away his part out of the book of life, and out of the holy city, and from the things which are written in this book.

# Shabbat – does not change

- Genesis 2:1-2 - And on the seventh day Elohiym ended his work which He had made; and He rested on the seventh day from all His work which He had made. And Elohiym blessed the seventh day, and sanctified it: because that in it He had rested from all His work which Elohiym created and made.
- Exodus 5:5/22 - And Pharaoh said, Behold, the people of the land now are many, and ye make them rest from their burdens...And Moses returned unto יהוה and said, Adonai, wherefore hast it hurt this people? why is it that thou hast sent me?
- Exodus 31:13 - Say to the children of Israel that they are to keep my Sabbaths; for the Sabbath day is a sign between me and you **through all your generations**; so that you may see that I am יהוה who makes you holy.
- Exodus 31:16 - Wherefore the children of Israel shall keep the sabbath, to observe the Sabbath throughout their generations, **for a perpetual covenant**

# Sanctify the Sabbath

- Furthermore it is written concerning the Sabbath, in the Ten Commandments, which Elohiym spoke in the Mount Sinai to Moses, face to face; **Sanctify the Sabbath of יהוה with pure hands, and with a clean heart.** And elsewhere He said; **If your children shall keep My Sabbath, then will I put my mercy upon them.** He adds lastly; you shall sanctify it with clean hands and a pure heart. Wherefore **we are greatly deceived if we imagine that any one can now sanctify that day which Elohiym has made set apart, without having a heart pure in all things.** Behold therefore he will then truly sanctify it with blessed rest, when we (having received the righteous promise, when iniquity shall be no more, all things being renewed by יהוה) shall be able to sanctify it, being ourselves first made set apart (Barnabas 13:1-2/7-8)



# Shabbat – Our Examples

- WWJD...

And He came to Nazareth, where He had been brought up: and, as His custom was, He went into the synagogue on the Sabbath day, and stood up for to read (Luke 4:16).

- WWPD...

And Paul, as his manner was, went in unto them, and three Sabbath days reasoned with them out of the scriptures (Acts 17:2). Also Acts 13:14, 13:42, 17:1-2, 18:4

After these things Paul departed from Athens, and came to Corinth;...And because he was of the same craft, he abode with them, and wrought: for by their occupation they were tentmakers. And he reasoned in the synagogue every sabbath, and persuaded the Jews and the Greeks....And he continued there a year and six months, teaching the word of Elohiym among them. (Acts 18:1, 3-4, 11)

# Shabbat – At the End times

- For if Messiah had given them rest, then would he not afterward have spoken of another day. There remaineth therefore a Sabbath rest to the people of Elohiym. For he that is entered into his rest, he also hath ceased from his own works, as Elohiym did from his. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief. (Hebrews 4:8-11)

- The Last Days:

**But pray ye that your flight be not in the winter, neither on the Sabbath day:** (Matthew 24:20)

# Sabbath – After Messiah's Return

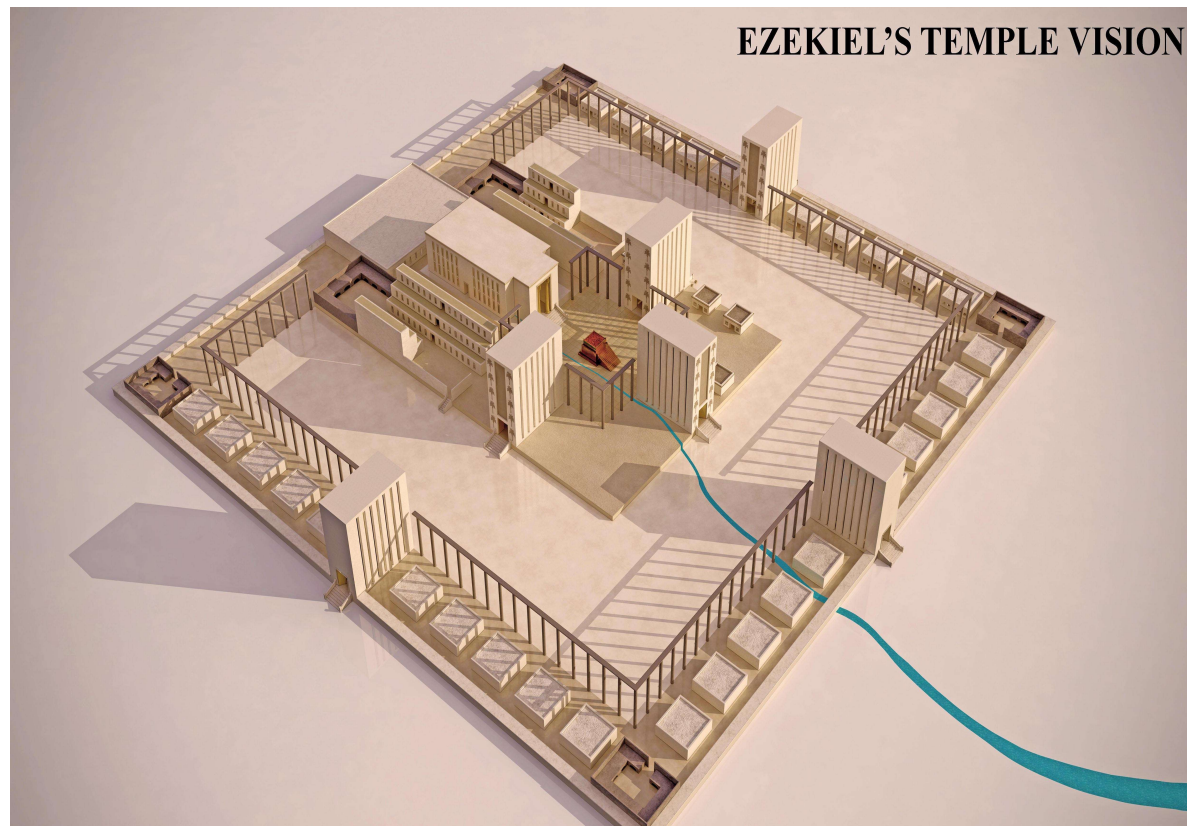
- The New Jerusalem

- And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea. And I John saw the holy city, new Jerusalem, coming down from Elohiym out of heaven, prepared as a bride adorned for her husband. (Revelation 21:1-2)
- For as the new heavens and the new earth, which I will make, shall remain before Me, saith יהוה, so shall Your seed and Your name remain. And it shall come to pass, that from one new month to another, **and from one Sabbath to another, shall all flesh come to worship before Me**, saith יהוה (Isaiah 66:22-23)



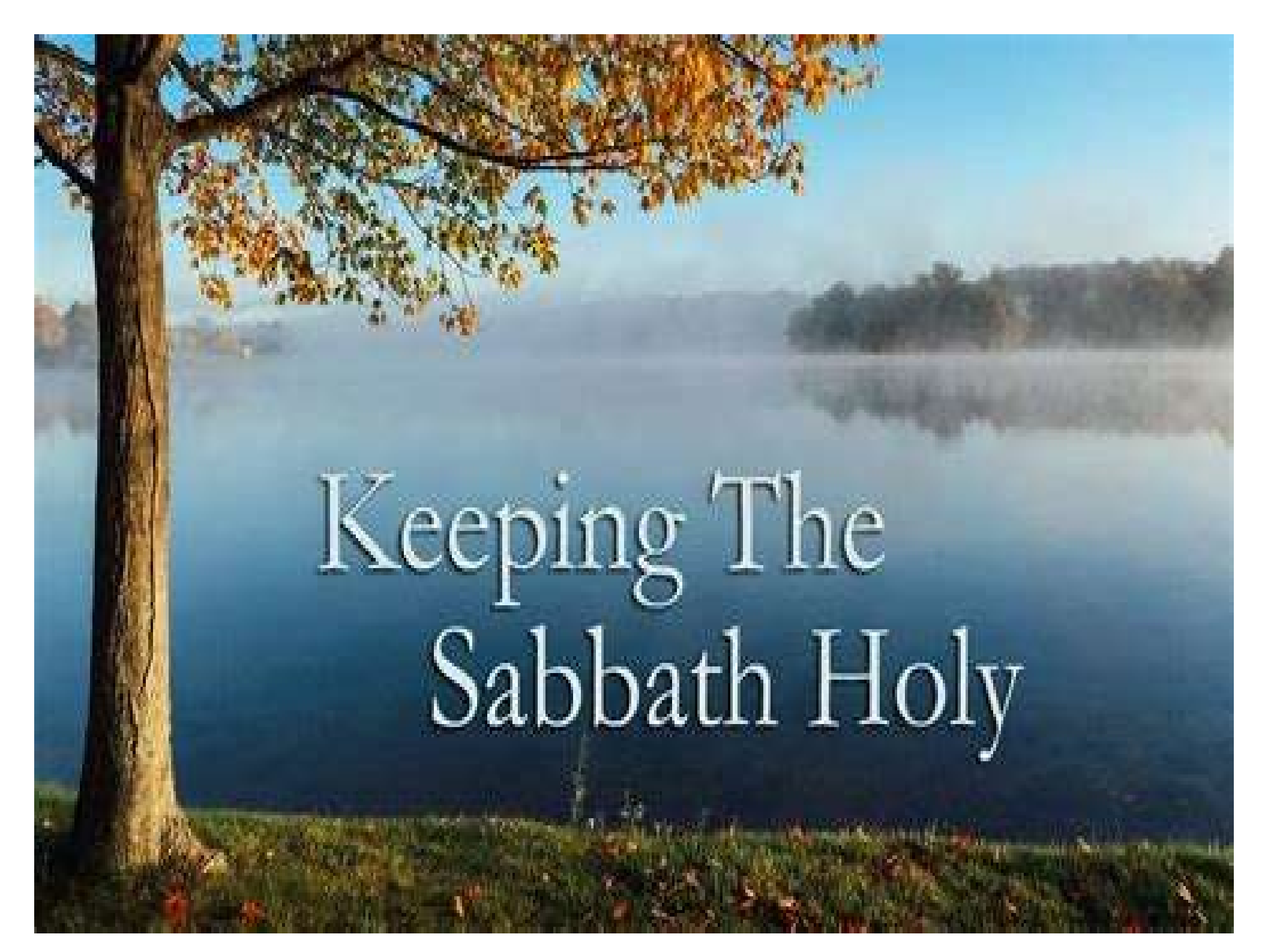
# Sabbath – After Messiah's Return

- Thus saith the Adonai יהוה; The gate of the inner court that looketh toward the east shall be shut the six working days; **but on the Sabbath it shall be opened**, and in the day of the new month it shall be opened...Likewise **the people of the land shall worship at the door of this gate before יהוה in the Sabbaths** and in the new months. (Ezekiel 46:1/3)



# Sabbath – does not change

- Shabbat:
  - Created and set apart and blessed by יהוה,
  - Honored by the righteous forefathers before Mt. Sinai
  - Explicitly stated at Sinai by יהוה as a perpetual commandment
  - Honored and explained by our Mashiach
  - Followed by the apostles
  - Foretold to the remnant in the last days
  - Explicitly stated to be holy in the New Jerusalem after this earth and heaven are replaced
- What shall we say then? Shall we continue in sin, that grace may abound? Elohiym forbid. (Romans 6:1-2)



Keeping The  
Sabbath Holy

# Shabbat – what should we do?

- Work out your salvation in fear and trembling (Phillippians 2:12)
- Clear instructions:
  - Keep it Holy (Set Apart)
  - Do Not Work
  - Rest
  - Do Not Buy or Sell
  - Do Good Works
  - Don't Follow the “law” of man-made religion
- Less Clear instructions
  - Travel
  - Cooking
  - Fire

# Shabbat – Clear Instructions

- Work out your salvation in fear and trembling (Phillippians 2:12)
- Keep it Holy (Set Apart)
  - Remember the Sabbath day, to keep it holy (Exodus 20:8).
  - 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. (Isaiah 56:2)
  - **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 יהוה honorable, 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 יהוה 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 יהוה hath spoken it.** (Isaiah 58:13-14)
  - Also Exodus 20:1, 31:13-14



# Shabbat – Clear Instructions

- Do not work
  - But the seventh day is the Sabbath of the יהוה thy Elohiym: 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 20:10).
  - Six days work shall be done, but on the seventh day you shall have a Sabbath of solemn rest, holy to יהוה. Whoever does any work on it shall be put to death. (Exodus 35:2)
  - Hear ye the word of יהוה, ye kings of Judah, and all Judah, and all the inhabitants of Jerusalem, that enter in by these gates: Thus saith יהוה; 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. (Jeremiah 17:20-22)
  - Also Exodus 23:12, 31:14-15, 34:21; Leviticus 23:3; Deut 5:14

# Shabbat – Clear Instructions

- Rest
  - 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**. (Exodus 23:12).
  - Six days shall work be done, but on the seventh day there shall be to you an holy day, a Sabbath of rest to יהוה whosoever doeth work therein shall be put to death. (Exodus 35:2)



# Shabbat – Clear Instructions

- Do not buy or sell

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. (Nehemiah 10:31)



- Do Good Works

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. (Matt 12:11-13). Also Matt 12:1-5; Mark 3:2-5



# Shabbat – Clear Instructions

- Don't Follow the “rules” of man-made religion
  - Messiah saith unto him, **Rise, take up thy bed, and walk.** And immediately the man was made whole, and took up his bed, and walked: and on the same day was the sabbath. The Jews therefore said unto him that was cured, It is the Sabbath day: it is not lawful for thee to carry thy bed. He answered them, He that made me whole, the same said unto me, Take up thy bed, and walk... **Therefore the Jews sought the more to kill Him, because He not only had broken the Sabbath,** but said also that Elohiym was his Father, making himself equal with Elohiym. (John 5:8-11/18)



# Don't Follow Man-made Rules

## (The Talmud is from the Adversary)

- From an Orthodox Jewish website: “The Shabbat laws are quite complex, requiring careful study and a qualified teacher. At first, it's often overwhelming and seems like an impossible number of restrictions.”
- The Shabbath section of the Talmud is 806 pages long... filled with man-made (some very dumb) rules with no basis in the Scriptures.
  - Don't look in a mirror (Shabbath 149a)
  - ONE MAY NOT PERFORATE THE BUNG (Shabbath 146a)
  - A MAN MAY CAST LOTS FOR HIS SONS (Shabbath 149a)
  - ONE MAY NOT CLOSE [THE EYES OF] A CORPSE ON THE SABBATH (Shabbath 151b)
  - One may squeeze out a cluster of grapes into a pot but not into a plate (Shabbath 144b)
  - If a pebble and grass lie before one, He must cleanse himself with the pebble, but not with the grass (Shabbath 82a)
  - If one has a call of nature but cannot obey it Let him work about that place with a pebble (Shabbath 82a)
  - One may not use a chip on the Sabbath [as a suppository] in the same way as one uses it on weekdays. (Shabbath 81a)

# Don't Follow Man-made Rules

- From an Orthodox Jewish website: “The Shabbat laws are complex, requiring careful study and a qualified teacher. In fact, it's often overwhelming and seems like an impossible number of restrictions.”
- The Shabbath section of the Talmud is 806 pages long... filled with man-made (some very dumb) rules with no basis in the Scriptures.
  - Don't look in a mirror (Shabbath 146a)
  - ONE MAY NOT PERFORATE [THE EAR] ON THE SABBATH (Shabbath 146a)
  - A MAN MAY CAST LOTS FOR [THE] SABBATH (Shabbath 149a)
  - ONE MAY NOT CLOSE [THE DOOR] ON THE SABBATH (Shabbath 151b)
  - One may squeeze the cluster of grapes into a basket but not into a plate (Shabbath 144b)
  - If a pebble or stones lie before one, He must cleanse himself from the pebble, but not with his hand (Shabbath 82a)
  - If one has a call of nature but cannot obey it Let him work about that, with a [chip] (Shabbath 82a)
  - One may not use a chip on the Sabbath [as a suppository] in the same way as he uses it on weekdays. (Shabbath 81a)

# Shabbat – Less Clear Instructions

- Travel

See, for that יהוה hath given you the Sabbath, therefore He giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.  
(Exodus 16:29)

- Then returned they unto Jerusalem from the mount called Olivet, which is from Jerusalem a sabbath day's journey. (Acts 1:12)

- Cooking

- And he said unto them, This is that which יהוה hath said, To morrow is the rest of the holy Sabbath unto יהוה: 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.  
(Exodus 16:23)

- Fire

- Ye shall kindle no fire throughout your habitations upon the Sabbath day. (Exodus 35:3)

# Sabbath – Jubilees 50

- And behold the commandment regarding the Shabbats - I have written them down for you- and all the judgments of its laws. Six days shall you labour, but on the seventh day is the Shabbat of יהוה your Sovereign Ruler. In it you shall do no manner of work, you and your sons, and your men- servants and your maid-servants, and all your cattle and the sojourner also who is with you. (Jubilees 50:6-7)
- And the man that does any work on it shall die:
  - whoever desecrates that day,
  - whoever lies with (his) wife,
  - or whoever says he will do something on it,
  - that he will set out on a journey thereon in regard to any buying or selling:
  - and whoever draws water thereon which he had not prepared for himself on the sixth day,
  - and whoever takes up any burden to carry it out of his tent or out of his house shall die. (Jubilees 50:8)



# Sabbath – Jubilees 50

- You shall do no work whatever on the Shabbat day save what you have prepared for yourselves on the sixth day, so as to eat, and drink, and rest, and keep Shabbat from all work on that day, and to bless יהוה your Sovereign Ruler, who has given you a day of festival and a kodesh day: and a day of the kodesh kingdom for all Yisrael is this day among their days forever. For great is the honor which יהוה has given to Yisrael that they should eat and drink and be satisfied on this festival day, and rest thereon from all labour which belongs to the labour of the children of men save burning frankincense and bringing oblations and sacrifices before יהוה for days and for Shabbats. (Jubilees 50:9-10)

# Sabbath – Jubilees 50

- This work alone shall be done on the Shabbat-days in the sanctuary of יהוה your Sovereign Ruler; that they may atone for Yisrael with sacrifice continually from day to day for a memorial well-pleasing before יהוה, and that He may receive them always from day to day according as you have been commanded.  
(Jubilees 50:11)

# Sabbath – Jubilees 50

- And every man who does any work thereon,
  - or goes a journey,
  - or tills (his)farm, whether in his house or any other place,
  - and whoever lights a fire,
  - or rides on any beast,
  - or travels by ship on the sea,
  - and whoever strikes or kills anything,
  - or slaughters a beast or a bird,
  - or whoever catches an animal or a bird or a fish,
  - or whoever fasts
  - or makes war on the Shabbats: (Jubilees 50:12)

# Sabbath – Jubilees 50

- The man who does any of these things on the Shabbat shall die, so that the children of Yisrael shall observe the Shabbats according to the commandments regarding the Shabbats of the land, as it is written in the tablets, which He gave into my hands that I should write out for you the laws of the seasons, and the seasons according to the division of their days. (Jubilees 50:13)

# Sabbath Feast Fulfillments

- Past Fulfillments
  - יהוה rested on the 7<sup>th</sup> day of creation (Genesis 2:2)
- Weekly fulfillments
  - We rest on our 7<sup>th</sup> days to honor what has been done and for the Promises to come
- Future Fulfillments:
  - We rest in Him in the 7<sup>th</sup> millennia of creation (Messiah's 1000 year reign)
  - We rest with Him forever in the New Jerusalem
  - Continuing to Honor Sabbaths

# Sabbath (Shabbat - שבת)

- Shabbat (or Sabbath, The 4<sup>th</sup> Commandment):
  - Created and set apart and blessed by יהוה,
  - Honored by the righteous before Mt. Sinai
  - Stated at Mt. Sinai by יהוה as a perpetual commandment
  - Honored and further explained by our Messiah
  - Followed by the disciples/apostles
  - Foretold to the remnant in the last days
  - Explicitly stated to be holy in the New Jerusalem after this earth and heaven are replaced
- Acts of men (political and religious rulers) without heavenly authority coerced the masses to change Shabbat to the first day of the week

# We Had Forsaken Him...

- For they will forget all My commandments, (even) all that I command them, and they will walk after the Gentiles, and after their uncleanness, and after their shame, and will serve their gods, and these will prove unto them an offence and a tribulation and an affliction and a snare. And many will perish and they will be taken captive, and will fall into the hands of the enemy, because they have forsaken My ordinances and My commandments, and the festivals of My covenant, and My Sabbats, and My kodesh place which I have hallowed for Myself in their midst, and My tabernacle, and My sanctuary, which I have hallowed for Myself in the midst of the land, that I should set MY NAME upon it, and that it should dwell (there).  
(Jubilees 1:8-10)

# ...But He Brought Us Back

- ...And they will forget all My Torah and all My commandments and all My judgments, and will go astray as to new months, and Sabbats, and festivals, and jubilees, and ordinances. And after this they will turn to Me from amongst the Gentiles with all their heart and with all their soul and with all their strength, and I will gather them from amongst all the Gentiles, and they will seek me, so that I shall be found of them, when they seek me with all their heart and with all their soul. (Jubilees 1:10/14-15)





THE  
SABBATH

A SIGN AND AN ETERNAL COVENANT