

# SABBATH OBSERVANCE

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## WHICH DAY DOES THE BIBLE SAY IS THE SABBATH?

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 20:10, 11*

## WHO WAS THE SABBATH MADE FOR?

And he said unto them, *The sabbath was made for man*, and not man for the sabbath:  
*Mark 2:27*

## WHOSE DAY IS THE SABBATH?

Therefore the *Son of man is Lord also of the sabbath*. *Mark 2:28*

## WHAT DOES GOD CALL THE SABBATH?

If thou turn away thy foot from the sabbath, from doing thy pleasure on *my holy day*; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: *Isaiah 58:13*

## WHEN IS THE SABBATH TO BE OBSERVED?

It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, *from even unto even, shall ye celebrate your sabbath*. *Leviticus 23:32*

## WHAT MARKS THE BEGINNING OF A DAY?

And God called the light Day, and the darkness he called Night. And the *evening* and the morning were the first day....

And God called the firmament Heaven. And the *evening* and the morning were the second day....

And the *evening* and the morning were the third day. *Genesis 1:5, 8, 13*

NOTE: According to the Bible the Sabbath is to be observed from sunset Friday evening until sunset Saturday evening.

## WHAT ACTIVITIES DID JESUS DO ON THE SABBATH?

And when *the sabbath day* was come, he began to *teach in the synagogue*: and many hearing him were astonished, saying, From whence hath this man these things? and what wisdom is this which is given unto him, that even such mighty works are wrought by his hands? *Mark 6:2*

## WAS IT COMMON FOR HIM TO ATTEND SABBATH SERVICES?

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*

#### **WHAT ELSE SHOULD ONE DO ON THE SABBATH?**

And, behold, there was a man which had his hand withered. And they asked him, saying, Is it *lawful to heal on the sabbath days?* that they might accuse him.

And he said unto them, What man shall there be among you, that shall have one sheep, and if it fall into a pit on the sabbath day, will he not lay hold on it, and lift it out?

How much then is a man better than a sheep? Wherefore *it is lawful to do well on the sabbath days.*

Then saith he to the man, Stretch forth thine hand. And he stretched it forth; and it was restored whole, like as the other.

Then the Pharisees went out, and held a council against him, how they might destroy him.

But when Jesus knew it, he withdrew himself from thence: and *great multitudes followed him, and he healed them all; Matthew 12:10-15*

#### **WHAT BRINGS GOD'S PROMISED BLESSING?**

*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*

#### **WHAT MUST WE "REMEMBER" TO DO WITH THE SABBATH?**

*Remember the sabbath day, to keep it holy. Exodus 20:8*

#### **WHAT ARE WE TO REFRAIN FROM ON THE HOLY SABBATH?**

Six days shalt thou labour, and do all thy work:

But the seventh day is the sabbath of the LORD thy God: *in it thou shalt not do any work*, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore *the LORD blessed the sabbath day, and hallowed it. Exodus 20:9-11*

#### **WHY WERE THE JEWS CARRIED INTO CAPTIVITY?**

In those days saw I in Judah some treading wine presses *on the sabbath*, and bringing in sheaves, and lading asses; as also wine, grapes, and figs, and all manner of burdens, which they brought into Jerusalem *on the sabbath day*: and *I testified against them in the day wherein they sold victuals [food].*

There dwelt men of Tyre also therein, which brought fish, and all manner of ware, and *sold on the sabbath* unto the children of Judah, and in Jerusalem.

Then *I contended with the nobles of Judah*, and said unto them, What *evil thing* is this that ye do, and *profane the sabbath day?*

Did not your fathers thus, and did not our God bring all this evil upon us, and upon this city? yet ye bring more wrath upon Israel by *profaning the sabbath. Nehemiah 13:15-18*

## WHAT ARE WE TO LEARN FROM THE UNBELIEF OF ISRAEL?

For he spake in a certain place of the seventh day on this wise, And *God did rest the seventh day from all his works...*

*There remaineth therefore a rest to the people of God.*

For he that is entered into his rest, he also hath *ceased from his own works, as God did from his.*

Let us labour therefore to *enter into that rest, lest any man fall after the same example of unbelief. Hebrews 4:4, 9-11*

## WHAT DOES GOD WANT ALL PEOPLE TO DO?

Also the sons of the stranger, that *join themselves to the LORD, to serve him, and to love the name of the LORD, to be his servants, every one that keepeth the sabbath from polluting it, and taketh hold of my covenant; Isaiah 56:6*

## WHAT DOES GOD WANT US TO DO WITH HIS LAW?

And they that shall be of thee shall build the old waste places: thou shalt *raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in. Isaiah 58:12*

## WHAT IS THE WAY TO RESTORE THE BREAK IN GOD'S LAW?

If thou *turn away thy foot from [stop trampling on] the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Isaiah 58:13*

NOTE: The Sabbath is holy time and we are to "remember" this day "to keep it holy" (Exodus 20:8-11). Following is a review of some of the Bible examples.

1. Attend religious services. Jesus' custom was to attend religious services (Luke 4:16). Paul's custom was the same as his Lord's (Acts 17:1, 2). Early Christians attended services every Sabbath (Act 18:4).
2. Refrain from secular labor and academic pursuits. Do not cause others to work (Exodus 20:8-11).
3. Study God's word (Matthew 12:10-15).
4. Do good. Reach out to others. Heal the sick. Visit shut-ins (Isaiah 56:2).
5. Do not buy or sell (Nehemiah 13:15-18; Ezekiel 22:26). This would include food as well as other items.
6. Minister to the less fortunate (Isaiah 58:7, 8).
7. Not seek our own pleasure. Even our words should be guarded (Isaiah 58:12-14).
8. Spend some time in nature, God's second lesson book (Psalms 111:2, 3; Job 12:7-9).
9. Spend quality time with the family.
10. Contemplate the cross of Christ and His great love for you.