



## THE LORD'S DAY

---

Revelation 1:10 is a verse that many have taken out of context in an attempt to support an erroneous, non-biblical, man-made tradition. The prophet says simply that he "was in the Spirit on the Lord's day." He does not say which day of the week this is, but simply tells us there is one period of twenty-four hours in each week that is different from the other six days, and this period of time is considered by the Lord to be His day.

For one to ascertain which day of the week the Lord accounts as His day, there is no one better to ask than the Lord Himself, and he clearly tells us that He is Lord of the "Sabbath day" (Matthew 12:8; Mark 2:28). We also find at the creation of this world "God blessed the seventh day, and sanctified it" (Genesis 2:1-3) as a memorial of His creation.

This special day was so important to God that He included it in the Ten Commandments some 2,500 years later in the clearest language possible. "Remember the Sabbath day, to keep it holy. 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 20:8-11). Some 800 years after Sinai the Lord called upon His people to stop desecrating "the Sabbath" by doing their "pleasure on My holy day" (Isaiah 58:13).

In light of all this Bible evidence, and without any Scripture to support their erroneous position, there are many who still insist that the "Lord's day" refers to Sunday, or that the first day of the week is really the seventh day of the Bible. However, the word of God makes very clear which day of the week is the first and which is the seventh.

There is great unanimity among Christians today that the day of Jesus' crucifixion was Friday. The Christian celebration of that event is even called "Good Friday." The same unanimity exists as to the day of His resurrection, which Christianity refers to as "Easter Sunday." Now, in the Scripture, we find that the day on which Jesus was crucified is called "the preparation" day and preceded the Sabbath day (Luke 23:54). As Jesus was taken from the cross and carried to the tomb on "Good Friday" the women followed, and then returned to prepare spices and ointments for the burial, but instead of returning to the tomb they "rested the Sabbath day according to the commandment" (Luke 23:55-56). After the Sabbath was over they returned to the tomb "upon the first day of the week, very early in the morning" (Luke 24:1).

The word of God is so simple that even a young child can easily discern that the "Lord's day" is the seventh-day Sabbath of the fourth commandment, or the day that comes between "Good Friday" and "Easter Sunday."

Even though the Scriptures are clear that the Sabbath was made for all mankind (Mark 2:27), some have tried to say the Sabbath was only a Jewish institution. This is further shown to be totally without merit inasmuch as it was given at creation (Genesis 2:1-3), thousands of years before Moses or any Jew.

## **RIDICULOUS REASONS FOR REJECTION**

---

Others claim that one should keep Sunday holy in honor of the resurrection of Christ. This immediately presents two insurmountable problems:

1. How can anyone keep holy that which God has not made holy?
2. Jesus said that baptism is the ordinance one is to practice to honor His resurrection. Romans 6:3-4

Some have even said, "I keep every day alike." This, too, presents problems of tremendous magnitude. To observe them all alike is deliberate ignorance and disobedience, for He did not make them all alike. He made one different from the other six and said to remember to keep it holy. Six days are man's in which to labor and get his work done. The Sabbath is God's holy day and we are to cease from our labors (Hebrews 4:9-11). It is an absolute impossibility to keep alike that which is not alike. Furthermore, it is a lie to claim that one can do it and rebellion to attempt to do so.

There are several significant Bible facts that so many Christians either overlook or ignore today:

1. While Jesus was on this earth He kept the Sabbath. Luke 4:16.
2. In speaking of an event 40 years after His death, He showed He still intended for His people to be keeping the Sabbath. Matthew 24:20
3. The Gentile Christians kept the Sabbath. Acts 13:42.
4. Nearly the whole city came the next Sabbath. Acts 13:44.
5. The people came together every Sabbath. Acts 18:4.
6. Paul's custom, or manner, was like that of Jesus' in observing the Sabbath. Acts 17:2.
7. God's law, including His Sabbath, will endure forever; even in the earth made new. Isaiah 66:22-23.
8. It has always been a sign between God and His people. Ezekiel 20:12, 19, 20.
9. Jesus says that when one knowingly replaces His commandments with man-made traditions, that person's religion becomes worthless. Matthew 15:3, 9.

History reveals that man ordered a change of God's day of worship from Saturday to Sunday at the Council of Laodicea in A.D. 336, and today many worship on Sunday, thereby following man-made tradition instead of the commandments of God. Remember, it is not for man to say "I know what you say, Lord, but I have decided that something else will work just as well." It is most clear that at all times "we ought to obey God rather than men" (Acts 5:29).

Jesus says, "If you love me, keep my commandments" (John 14:15 NKJV). His call to His people is still the same today as it was centuries ago. "Choose you this day whom ye will serve" (Joshua 24:15). If you truly love Him, let your answer be: "The Lord our God will we serve, and His voice will we obey" (Joshua 24:24).

Some have attempted to find support for observance of the man-made Sunday/Sabbath by taking a few Bible verses out of context. Therefore it is expedient that we consider these verses.

## SUNDAY IN THE NEW TESTAMENT

---

There are only eight texts in the entire New Testament that refer to the first day of the week. The first reference to the first day is found in Matthew 28:1 and is simply Matthew's account of the resurrection.

"In the end of the sabbath, as it began to dawn toward the first day of the week, came Mary Magdalene and the other Mary to see the sepulchre."

Two other references are found in the Gospel of Mark. Mark 16:1-2 contains the second mention of the first day and is Mark's record of the resurrection, and as with Matthew, contains not even the slightest hint of a change of the day of worship. "And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, had bought sweet spices, that they might come and anoint him. And very early in the morning the first day of the week, they came unto the sepulchre at the rising of the sun."

The third reference, found in Mark 16:9, simply informs us that after His resurrection the first person He appeared to was Mary. "Now when Jesus was risen early the first day of the week, he appeared first to Mary Magdalene, out of whom he had cast seven devils." Verses 10-13 tells us, that far from celebrating the resurrection, they did not even believe that Jesus was risen from the dead when others reported He had appeared to them. "And she went and told them that had been with him, as they mourned and wept. And they, when they had heard that he was alive, and had been seen of her, believed not. After that he appeared in another form unto two of them, as they walked, and went into the country. And they went and told it unto the residue: neither believed they them." As a result of their unbelief Jesus rebuked them when He later appeared to the group. "Afterward he appeared unto the eleven as they sat at meat, and upbraided them with their unbelief and hardness of heart, because they believed not them which had seen him after he was risen" (Mark 16:14).

The fourth mention of the first day is found in Luke's record of the resurrection. "Now upon the first day of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain others with them" (Luke 24:1). Again we find the others were not honoring the resurrection, but rather disbelieved the women and considered their story an idle tale. "And they remembered his words, And returned from the sepulchre, and told all these things unto the eleven, and to all the rest. It was Mary Magdalene, and Joanna, and Mary the mother of James, and other women that were with them, which told these things unto the apostles. And their words seemed to them as idle tales, and they believed them not" (Luke 24:8-11). If anything, this passage shows the first day was considered a regular day in which the women had come to the tomb to do that which they would not do on the holy Sabbath. "This man (Joseph of Arimathaea) went unto Pilate, and begged the body of Jesus. And he took it down, and wrapped it in linen, and laid it in a sepulchre that was hewn in stone, wherein never man before was laid. And that day was the preparation, and the sabbath drew on. And the women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment" (Luke 23:52-56).

John's reference to the resurrection contains the fifth reference, but again there is not not the slightest indication of a change in the day of worship. "The first day of the week cometh Mary Magdalene early, when it was yet dark, unto the sepulchre, and seeth the stone taken away from the sepulchre" (John 20:1).

Reference six to the first day is found in John 20:19. "Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst, and saith unto them, Peace be unto you." Notice that the reason they were assembled was not for worship, or to even acknowledge the resurrection, but because they were afraid of the Jews. They were hiding.

Many have attempted to use Acts 20:7-10 to justify rejecting the fourth commandment and keep a man-made tradition. "And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight. And there were many lights in the upper chamber, where they were gathered together. And there sat in a window a certain young man named Eutychus, being fallen into a deep sleep: and as Paul was long preaching, he sunk down with sleep, and fell down from the third loft, and was taken up dead. And Paul went down, and fell on him, and embracing him said, Trouble not yourselves; for his life is in him." Notice carefully several points in this seventh reference to the first day:

1. There were "many lights" because it was dark. It was an evening meeting.
2. Paul preached until midnight when a young man fell from a window.
3. Paul raised him to life and continued to preach until dawn.
4. At sunrise Paul walked 20 miles to Assos to meet others and sail to Mytilene.

This is a Saturday night meeting that continued until dawn on Sunday, as some modern translations show. Remember, the Bible reckons a day as beginning at sunset, or at evening (Genesis 1:5, 8, 13, 19, 23, 31). The Sabbath is to be observed from evening until evening (Leviticus 23:32). We still follow this practice for certain holidays such as Christmas Eve or New Year's Eve. It was not until the Synod of Diamper in 1599 the time-table was changed to begin the day at midnight. Man can change the clocks, but he can't change the sun.

Even without these irrefutable facts, simply because one preaches on a certain day does not make that day holy. Only God can make something holy, and man can only keep holy that which God has made holy. The same is true with "breaking bread" for the early church did this daily (Acts 2:46).

The eighth and final reference that some use to try and defend disobeying the Sabbath commandment is found in 1 Corinthians 16:1-2. "Now concerning the collection for the saints, as I have given order to the churches of Galatia, even so do ye. Upon the first day of the week let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come."

Many claim this proves that Sunday is holy because they took up a collection on that day. As a minister of the gospel of the Lord Jesus Christ I have, at one time or another, taken an offering on every day of the week. Does that make every day holy? Does taking an offering make a day holy? We have already seen that we can do nothing to make something holy. All we can do is keep holy that which God has made holy. This passage is instructing the believer to "lay by him in store" or lay aside money at home for the poor. Paul was not even there with them, but was coming to pick it up and take it to the believers in Jerusalem (Acts 11:29, 30).

There are many pastors and authors telling people they do not have to keep God's holy Sabbath. Each give different reasons; they are not even agreed among themselves. How much better it would be if they would just recognize the facts as they are, as history shows them to be. Remember, Sunday-keeping does not come from the Bible at all. It comes from the traditions of men and branded with paganism and rebellion against God.

Could it be that Jesus' question: "Why do ye also transgress the commandment of God by your tradition" (Matthew 15:3) applies to you? He says very clearly "ye have made the commandment of God of none effect by your tradition" (Matthew 15:6) and those who do worship Him in vain, "teaching for doctrines the commandments of men" (Matthew 15:9).

When Jesus comes there will be many professed Christians who will be surprised to hear Him say, "depart from Me, ye that work iniquity" (Matthew 7:21-23). Iniquity is sin. Sin is the transgression of the law (1 John 3:4). God's law contains the Sabbath commandment (Exodus 20:8-11). An appropriate paraphrase would be "Depart from Me, ye that reject My Sabbath and transgress My law."

The word of God warned that there would be "false teachers" who would "bring in damnable heresies"

and “many shall follow their pernicious ways” and the “truth shall be evil spoken of” (2 Peter 2:1-2). Today people are told they do not need to keep the law: “The law has been abolished.” “It has been nailed to the cross.” “It was only for the Jews.” “We don't need it because we are under grace.” “The Sabbath is not important.” “We should keep Sunday in honor of the resurrection.” These are but a few of the diabolic declarations one hears today. “Look at how many keep Sunday and how few keep Saturday. The multitude can't be wrong.” is their preposterous proclamation. The obedient have always been in the minority. Consider the flood. Where were the majority, in the ark or outside? At the crucifixion was it the majority or minority that cried out “Crucify Him”?

Hear the word of Jesus: “Strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it” (Matthew 7:14). “Fear not, LITTLE flock; for it is your Father's good pleasure to give you the kingdom” (Luke 12:32). His flock may be small, but it is comprised of those who hear His voice and follow Him (John 10:27). Hear His voice as it spoke from Sinai: “Remember the Sabbath day, to keep it holy” (Exodus 20:8). Hear Him as he pleads: “If ye love Me, keep My commandments” (John 14:15). Do you love Him? Are you willing to keep His commandments? Yes, the multitudes reject God's holy Sabbath as well as much of the rest of His word; but remember, the multitude was found outside the ark and it was the multitude that cried out “Crucify Him.” Will you stand with the multitude or with Jesus?

## WHAT OTHERS SAY ABOUT THE SABBATH?

---

### BAPTIST

“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!” Edward T. Hiscox, author of The Baptist Manual, in a paper read before a New York Ministers' Conference held Nov. 13, 1893

### CHRISTIAN

“I do not believe that the Lord's day came in the room of the Jewish Sabbath, or that the Sabbath was changed from the seventh to the first day, for this plain reason, that where there is no testimony, there can be no faith. Now there is no testimony in all the oracles of heaven that the Sabbath was changed, or that the Lord's day came in the room of it .... There is no divine testimony that the Sabbath was changed, or that the Lord's day came in the room of it; therefore there can be no divine faith that the Sabbath was changed or that the Lord's day came in the room of it.” Alexander Campbell (Candidus), in Washington (Pa.) Reporter, Oct. 8, 1821

### CHURCH OF ENGLAND

“There is no word, no hint, in the New Testament about abstaining from work on Sunday.... into the rest of Sunday no divine law enters....The observance of Ash Wednesday or Lent stands on exactly the

same footing as the observance of Sunday.” Canon Eyton. The Ten Commandments, pp. 52, 63, 65

### **CONGREGATIONALIST**

“It is quite clear that, however rigidly or devoutly we may spend Sunday, we are not keeping the Sabbath... The Sabbath was founded on a specific, divine command. We can plead no such command for the observance of Sunday..... There is not a single sentence in the New Testament to suggest that we incur any penalty by violating the supposed sanctity of Sunday.” R. W. Dale, The Ten Commandments, pp. 106, 107

### **LUTHERAN**

“They [the Catholics] allege the Sabbath changed into Sunday, the Lord’s day, contrary to the decalogue, as it appears; neither is there any example more boasted of than the changing of the Sabbath day. Great, say they, is the power and authority of the church, since it dispensed with one of the ten commandments.” Augsburg Confession, art. XXVIII

### **METHODIST**

“It is true there is no positive command for infant baptism... Nor is there any for keeping holy the first day of the week...” Rev. Amos Binney, Theological Compend., pp. 180, 181

### **PRESBYTERIAN**

“The moral law doth for ever bind all, as well justified persons as others, to the obedience thereof, and that not only in regard of the matter contained in it, but also in respect of the authority of God the Creator who gave it. Neither doth Christ in the gospel any way dissolve, but much strengthen, this obligation.” The Constitution of the Presbyterian Church in the U.S.A.

### **ROMAN CATHOLIC**

“Of course the Catholic church claims that the change was her act. It could not have been otherwise as none in those days would have dreamed of doing anything in matters spiritual and ecclesiastical and religious without her and the act is a mark of her ecclesiastical power and authority in religious matters.” James Cardinal Gibbons, Letter, November 11, 1895

“Question: Which is the Sabbath day?

“Answer: Saturday is the Sabbath day.

“Question: Why do we observe Sunday instead of Saturday?

Answer: We observe Sunday instead of Saturday because the Catholic Church, in the Council of Laodicea (A.D. 336), transferred the solemnity from Saturday to Sunday.

“Question: Have you any other way of proving that the church has power to institute festivals of precept?

“Answer: Had she not such power, she could not have substituted the observance of Sunday the first day of the week, for the observance of Saturday, the seventh day, a change for which there is no scriptural authority.” Keenan, A Doctrinal Catechism, p. 174

“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

“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 seventh day of the week, Saturday. Today most Christians keep Sunday because it has been revealed to us by the church (Catholic) outside the Bible.” The Catholic Virginian, October 3, 1947

“If you go to the Bible you find that the seventh day Sabbath was the original Sabbath, but there is one thing you must understand and that is that we Catholics take the stand that the Bible does not contain all truths necessary to salvation, but that tradition of the Fathers and acts taken by the church are of equal importance with the Bible. The early church Christians observed the seventh day of the week, Saturday, as the Sabbath. In the early day the early Christian fathers began advocating Sunday as the Sabbath in honour of the resurrection of Christ. Early church councils took certain actions changing to Sunday the Sabbath. There is no text in the Bible that gives authority for this change. Protestants broke away from the Catholic Church in the 15th and 16th centuries, but they did not go back to the Bible Sabbath: they are still following the Catholic Church in the observance of Sunday.” Roger Holly, Bible Lectures: The Mark of the Beast, p. 12

“Question: What Bible authority is there for changing the Sabbath from the seventh to the first day of the week? Who gave the Pope the authority to change a command of God?

Answer: If the Bible is the only guide for the Christian, then the Seventh-Day Adventist is right in observing the Saturday with the Jews. But Catholics learn what to believe and do from the divine, infallible authority established by Jesus Christ, the Catholic Church. Is it not strange that those who make the Bible their only teacher should inconsistently follow in this matter the tradition of the Catholic Church?” Conway, The Question Box, pp. 254, 255

“You may read the Bible from Genesis to Revelation, and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday, a day which we never sanctify.” James Cardinal Gibbons, Faith of Our Fathers, p.89

“Sunday is founded not on Scripture, but on tradition, and is distinctly a Catholic institution. As there is no Scripture for the transfer of the day of rest from the last to the first day of the week, Protestants ought to keep their Sabbath on Saturday and thus leave Catholics in full possession of Sunday.” The Catholic Record, September 17, 1891

“Reason and common sense demand the acceptance of one or another of these alternatives: either Protestantism and the keeping of Saturday, or Catholicity and the keeping of Sunday. Compromise is impossible.” The Catholic Mirror, December 23, 1893

“Dear Sir: Regarding the change from the observance of the Jewish Sabbath to the Christian Sunday, I wish to draw your attention to the facts: “That Protestants, who accept the Bible as the only rule of faith and religion, should by all means go back to the observance of the Sabbath...We also say, that of all Protestants, the Seventh-day Adventists are the only group that reason correctly and are consistent with the teachings.” Extension Magazine, April 1, 1929

## **HISTORY REVEALS**

“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 Alexandria.” Sozoman, a church historian of the fifth century, quoted in Bible Readings for the Home, p. 438

“Down even to the fifth century the observance of the Jewish Sabbath was continued in the Christian church, but with a rigor and solemnity gradually diminishing until it was wholly discontinued.” Lyman Coleman, Ancient Christianity Exemplified, chapter 26, section 2

# ONE HUNDRED BIBLE FACTS

---

## SIXTY BIBLE FACTS CONCERNING THE SEVENTH DAY

Why keep the Sabbath day? What is the object of the Sabbath? Who made it? When was it made, and for whom? Which day is the true Sabbath? Many keep the first day of the week, or Sunday. What Bible authority have they for this? Some keep the seventh day, or Saturday. What Scripture have they for that? Here are the facts about both days, as plainly stated in the Word of God:

1. After working the first six days of the week in creating this earth, the great God rested on the seventh day. (Genesis 2:1-3.)
2. This stamped that day as God's rest day, or Sabbath day, as Sabbath means rest. To illustrate: When a person is born on a certain day, that day becomes his birthday. So when God rested upon the seventh day, that day became His rest, or Sabbath, day.
3. Therefore the seventh day must always be God's Sabbath day. Can you change your birthday from the day on which you were born to one on which you were not born? No. Neither can you change God's rest day to a day on which He did not rest. Hence the seventh day is still God's Sabbath day.
4. The Creator blessed the seventh day. (Genesis 2:3.)
5. He sanctified the seventh day. (Exodus 20:11.)
6. He made it the Sabbath day in the Garden of Eden. (Genesis 2:1-3.)
7. It was made before the fall; hence it is not a type; for types were not introduced till after the fall.
8. Jesus says it was made for man (Mark 2:27), that is, for the human race, as the word man is here unlimited; hence, for the Gentile as well as for the Jew.
9. It is a memorial of creation. (Exodus 20:11; 31:17.) Every time we rest upon the seventh day, as God did at creation, we commemorate that grand event.
10. It was given to Adam, the head of the human race. (Mark 2:27; Genesis 2:1-3.)
11. Hence through him, as our representative, to all nations. (Acts 17:26.)
12. It is not a Jewish institution, for it was made 2,300 years before ever there was a Jew.
13. The Bible never calls it the Jewish Sabbath, but always "the Sabbath of the Lord thy God." Men should be cautious how they stigmatize God's holy rest day.
14. Evident reference is made to the Sabbath and the seven-day week all through the patriarchal age. (Genesis 2:1-3; 8:10, 12; 29:27, 28, etc.)
15. It was a part of God's law before Sinai. (Exodus 16:4, 27-29.)
16. God placed it in the heart of His moral law. (Exodus 20:1-17.) Why did He place it there if it was not like the other nine precepts, which everyone admits to be immutable?
17. The seventh-day Sabbath was commanded by the voice of the living God. (Deuteronomy 4:12, 13.)
18. He wrote the commandment with His own finger. (Exodus 31:18.)
19. He engraved it in the enduring stone, indicating its imperishable nature. (Deuteronomy 5:22.)
20. It was sacredly preserved in the ark in the holy of holies. (Deuteronomy 10:1-5.)
21. God forbade work upon the Sabbath, even in the most hurrying times. (Exodus 34:21.)
22. God destroyed the Israelites in the wilderness because they profaned the Sabbath. (Ezekiel 20:12, 13.)
23. It is the sign of the true God, by which we are to know Him from false gods. (Ezekiel 20:20.)
24. God promised that Jerusalem should stand forever if the Jews would keep the Sabbath. (Jeremiah 17:24, 25.)
25. He sent them into the Babylonish captivity for breaking it. (Nehemiah 13:18)
26. He destroyed Jerusalem for its violation. (Jeremiah 17:27.)



27. God has pronounced a special blessing on all the Gentiles who will keep it. (Isaiah 56:6, 7.)
28. This is in the prophecy which refers wholly to the Christian dispensation. (See Isaiah 56.)
29. God has promised to bless all who keep the Sabbath. (Isaiah 56:2.)
30. The Lord requires us to call it "honourable." (Isaiah 58:13.) Beware, ye who take delight in calling it the "old Jewish Sabbath," "a yoke of bondage," etc.
31. After the holy Sabbath has been trodden down "many generations," it is to be restored in the last days. (Isaiah 58:12, 13.)
32. All the holy prophets kept the seventh day.
33. When the Son of God came, He kept the seventh day all His life. (Luke 4:16; John 15:10.) Thus He followed His Father's example at creation. Shall we not be safe in following the example of both the Father and the Son?
34. The seventh day is the Lord's day. (See Revelation 1:10; Mark 2:28; Isaiah 58:13; Exodus 20:10.)
35. Jesus was Lord of the Sabbath (Mark 2:28). This means He loves and protects it, just as the husband, who is lord of the wife, will love and cherish her (1 Peter 3:6).
36. He vindicated the Sabbath as a merciful institution designed for man's good. (Mark 2:23-28.)
37. Instead of abolishing the Sabbath, He carefully taught how it should be observed. (Matthew 12:1-13.)
38. He taught His disciples that they should do nothing upon the Sabbath day but what was "lawful." (Matthew 12:12.)
39. He instructed His apostles that the Sabbath should be prayerfully regarded forty years after His resurrection. (Matthew 24:20.)
40. The pious women who had been with Jesus carefully kept the seventh day after His death. (Luke 23:56.)
41. Thirty years after Christ's resurrection, the Holy Spirit expressly calls it "the sabbath day." (Acts 13:14.)
42. Paul, the apostle to the Gentiles, called it the "sabbath day" in A.D. 45. (Acts 13:27.) Did not Paul know? Or shall we believe modern teachers, who affirm that it ceased to be the Sabbath at the resurrection of Christ?
43. Luke, the inspired Christian historian, writing as late as A.D. 62, calls it the "sabbath day." (Acts 13:44.)
44. The Gentile converts called it the Sabbath. (Acts 13:42.)
45. In the great Christian council, A.D. 49, in the presence of the apostles and thousands of disciples, James calls it the "sabbath day." (Acts 15:21.)
46. It was customary to hold prayer meetings upon that day. (Acts 16:13.)
47. Paul read the Scriptures in public meetings on that day. (Acts 17:2, 3.)
48. It was his custom to preach upon that day. (Acts 17:2, 3.)
49. The Book of Acts alone gives a record of his holding eighty-four meetings upon that day. (See Acts 13:14, 44; 16:13; 17:2; 18:4, 11.)
50. There was never any dispute between the Christians and the Jews about the Sabbath day. This is proof that the Christians still observed the same day that the Jews did.
51. In all their accusations against Paul, they never charged him with disregarding the Sabbath day. Why did they not, if he did not keep it?
52. But Paul himself expressly declared that he had kept the law. "Neither against the law of the Jews, neither against the temple, nor yet against Caesar, have I offended any thing at all." Acts 25:8. How could this be true if he had not kept the Sabbath?
53. The Sabbath is mentioned in the New Testament fifty-nine times, and always with respect, bearing the same title it had in the Old Testament, "the sabbath day."

54. Not a word is said anywhere in the New Testament about the Sabbath's being abolished, done away, changed, or anything of the kind.
55. God has never given permission to any man to work upon it. Reader, by what authority do you use the seventh day for common labor?
56. No Christian of the New Testament, either before or after the resurrection, ever did ordinary work upon the seventh day. Find one case of that kind, and we will yield the question. Why should we do differently from Bible Christians?
57. There is no record that God has ever removed His blessing or sanctification from the seventh day.
58. As the Sabbath was kept in Eden before the fall, so it will be observed eternally in the new earth after the restitution. (Isaiah 66:22, 23.)
59. The seventh-day Sabbath was an important part of the law of God, as it came from His own mouth, and was written by His own finger upon stone at Sinai. (See Exodus 20.) When Jesus began His work, He expressly declared that He had not come to destroy the law. "Think not that I am come to destroy the law, or the prophets." Matthew 5:17.
60. Jesus severely condemned the Pharisees as hypocrites for pretending to love God, while at the same time they made void one of the Ten Commandments by their tradition. The keeping of Sunday is only a tradition of men.

#### **FORTY BIBLE FACTS CONCERNING THE FIRST DAY**

1. The very first thing recorded in the Bible is work done on Sunday, the first day of the week. (Genesis 1:1-5.) This was done by the Creator Himself. If God made the earth on Sunday, can it be wicked for us to work on Sunday?
2. God commands men to work upon the first day of the week. (Exodus 20:8-11.) Is it wrong to obey God?
3. None of the patriarchs ever kept it.
4. None of the holy prophets ever kept it.
5. By the express command of God, His holy people used the first day of the week as a common working day for at least 4,000 years.
6. God Himself calls it a "working" day. (Ezekiel 46:1.)
7. God did not rest upon it.
8. He never blessed it.
9. Christ did not rest upon it.
10. Jesus was a carpenter (Mark 6:3), and worked at His trade until He was thirty years old. He kept the Sabbath and worked six days in the week, as all admit. Hence He did many a hard day's work on Sunday.
11. The apostles worked upon it during the same time.
12. The apostles never rested upon it.
13. Christ never blessed it.
14. It has never been blessed by any divine authority.
15. It has never been sanctified.
16. No law was ever given to enforce the keeping of it, hence it is no transgression to work upon it. "Where no law is, there is no transgression." Romans 4:15. (See also 1 John 3:4.)
17. The New Testament nowhere forbids work to be done on it.
18. No penalty is provided for its violation.
19. No blessing is promised for its observance.

20. No regulation is given as to how it ought to be observed. Would this be so if the Lord wished us to keep it?
21. It is never called the Christian Sabbath.
22. It is never called the Sabbath day at all.
23. It is never called the Lord's day.
24. It is never called even a rest day.
25. No sacred title whatever is applied to it. Then why should we call it holy?
26. It is simply called "first day of the week."
27. Jesus never mentioned it in any way, never took its name upon His lips, so far as the record shows.
28. The word Sunday never occurs in the Bible at all.
29. Neither God, Christ, nor inspired men ever said one word in favor of Sunday as a holy day.
30. The first day of the week is mentioned only eight times in all the New Testament. (Matthew 28:1; Mark 16:2, 9; Luke 24:1; John 20:1, 19; Acts 20:7; 1 Corinthians 16:2)
31. Six of these texts refer to the same first day of the week.
32. Paul directed the saints to look over their secular affairs on that day. (1 Corinthians 16:2.)
33. In all the New Testament we have a record of only one religious meeting held upon that day, and even this was a night meeting. (Acts 20:5-12.)
34. There is not an intimation that they ever held a meeting upon it before or after that.
35. It was not their custom to meet on that day.
36. There was no requirement to break bread on that day.
37. We have an account of only one instance in which it was done. (Acts 20:7.)
38. That was done in the night after midnight. (Verses 7-11.) Jesus celebrated it on Thursday evening (Luke 22), and the disciples sometimes did it every day (Acts 2:42-46).
39. The Bible nowhere says that the first day of the week commemorates the resurrection of Christ. This is a tradition of men, which contradicts the law of God. (Matthew 15:1-9.) Baptism commemorates the death, burial, and resurrection of Jesus. (Romans 6:3-5.)
40. Finally, the New Testament is totally silent with regard to any change of the Sabbath day or any sacredness for the first day.

Here are one hundred plain Bible facts upon this question, showing conclusively that the seventh day is the Sabbath of the Lord in both the Old and New Testament.

## STUDY HELPS

---

### DOES THIS VERSE SAY WHICH DAY IS THE LORD'S?

I was in the Spirit on the *Lord's day*, and heard behind me a great voice, as of a trumpet. *Revelation 1:10*

### WHICH DAY DOES JESUS SAY IS HIS DAY?

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

### WHAT DID 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*

### WHICH DAY IS THE BIBLE SABBATH?

Remember the sabbath day, to keep it holy. 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 20:8-11*

### WHEN WAS THE SABBATH MADE HOLY AND SANCTIFIED?

Thus the heavens and the earth were finished, and all the host of them. And *on the seventh day God ended his work which he had made*; and he rested on the seventh day from all his work which he had made. And *God blessed the seventh day, and sanctified it*: because that in it he had rested from all his work which God created and made. *Genesis 2:1-3*

### CAN WE KNOW FOR CERTAIN WHICH DAY IS THE SABBATH?

This man went unto Pilate, and begged the body of Jesus. And he took it down, and wrapped it in linen, and laid it in a sepulchre that was hewn in stone, wherein never man before was laid. And that day was the preparation [Good Friday], and *the sabbath drew on*. And the women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. And they returned, and prepared spices and ointments; and *rested the sabbath day according to the commandment*. Now upon the first day [Easter Sunday] of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain others with them. *Luke 23:52-24:1*

NOTE: The Sabbath is the day between Good Friday and Easter Sunday, or Saturday, the seventh day of the week.

### WAS THE SABBATH MADE FOR JUST THE JEWS?

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

NOTE: Abraham (the Father of the Jews) was not even born until more than 2,000 years after creation.

### DID JESUS KEEP THE SABBATH COMMANDMENT?

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*

### DID PAUL KEEP THE BIBLE SABBATH?

And Paul, *as his manner was*, went in unto them, and *three sabbath days* reasoned with them out of the scriptures, *Acts 17:2*

### DID GENTILE [NON-JEW] CHRISTIANS KEEP THE SABBATH?

And when the Jews were gone out of the synagogue, the *Gentiles besought that these words might be preached to them the next sabbath*. *Acts 13:42*

### HOW MANY WERE KEEPING THE SABBATH?

And *the next sabbath day came almost the whole city together* to hear the word of God. *Acts 13:44*

WHEN DID THE APOSTLES MEET WITH THE WOMEN?

And *on the sabbath* we went out of the city by a river side, where prayer was wont to be made; and we sat down, and spake unto the women which resorted thither. *Acts 16:13*

HOW OFTEN DID EARLY CHRISTIANS MEET ON SABBATH?

And he reasoned in the synagogue *every sabbath*, and persuaded the Jews and the Greeks. *Acts 18:4*

WHAT DID JESUS SAY PRAY FOR 40 YEARS IN THE FUTURE?

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

DID JESUS CHANGE ANY OF THE TEN COMMANDMENTS?

*Think not* that I am come to destroy the law, or the prophets: *I am not come to destroy, but to fulfil.* 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*

ARE GOD'S PEOPLE TO CONTINUE KEEPING THE SABBATH?

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 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 4:3, 4, 9-11*

WHAT WORD SHOWS MAN WOULD FORGET THE SABBATH

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

WILL THE SABBATH BE KEPT IN THE NEW EARTH?

For as the new heavens and the new earth, which I will make, shall remain before me, saith the LORD, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and from one *sabbath* to another, *shall all flesh come to worship* before me, saith the LORD. *Isaiah 66:22, 23*

THE SABBATH IS TO BE A SIGN BETWEEN WHOM?

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.... I am the LORD your God; walk in my statutes, and keep my judgments, and do them; And hallow my sabbaths; and they shall be *a sign between me and you*, that ye may know that I am the LORD your God. *Ezekiel 20:12, 19, 20*

WHAT IF MAN'S TEACHING IS CONTRARY TO GOD'S LAW?

Then Peter and the other apostles answered and said, *We ought to obey God rather than men.* *Acts 5:29*

WHOM DID JESUS SAY WE SHOULD SERVE?

Then saith Jesus unto him, Get thee hence, Satan: for it is written, *Thou shalt worship the Lord thy God, and him only shalt thou serve.* *Matthew 4:10*

#### WHAT ARE THE ONLY TWO CHOICES THAT WE HAVE?

Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye *obey*; whether of *sin unto death*, or of *obedience unto righteousness*? *Romans 6:16*

#### WHAT ARE WE TOLD TO DO?

Now therefore fear the LORD, and serve him in sincerity and in truth: and put away the gods which your fathers served on the other side of the flood, and in Egypt; and *serve ye the LORD*. And if it seem evil unto you to serve the LORD, *choose you this day whom ye will serve*; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but *as for me and my house, we will serve the LORD*. *Joshua 24:14, 15*

#### WHAT SHOULD OUR RESPONSE BE?

And the people said unto Joshua, *The LORD our God will we serve, and his voice will we obey*. *Joshua 24:24*

## THE FIRST DAY IN THE NEW TESTAMENT

---

*There are only eight texts in the entire New Testament that refer to the first day of the week. This study will consider each of them.*

#### WHY DOES MATTHEW SAY THEY CAME ON THE FIRST DAY?

In the end of the sabbath, as it began to dawn toward *the first day* of the week, came Mary Magdalene and the other Mary *to see the sepulchre*. *Matthew 28:1*

#### WHY DOES MARK SAY THE WOMEN CAME TO THE TOMB?

And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, had *bought sweet spices, that they might come and anoint him*. And very early in the morning *the first day* of the week, they came unto the sepulchre at the rising of the sun. *Mark 16:1, 2*

#### WHAT DOES THIS THIRD REFERENCE SAY HAPPENED?

Now when *Jesus was risen* early *the first day* of the week, he appeared first to Mary Magdalene, out of whom he had cast seven devils. *Mark 16:9*

#### WERE THE DISCIPLES CELEBRATING THE RESURRECTION?

And she went and told them that had been with him, as *they mourned and wept*. And they, when they had heard that he was alive, and had been seen of her, *believed not*. After that he appeared in another form unto two of them, as they walked, and went into the country.

And they went and told it unto the residue: *neither believed they them*. Afterward he appeared unto the eleven as they sat at meat, and *upbraided [rebuked] them with their unbelief and hardness of heart, because they believed not them which had seen him after he was risen*. *Mark 16:10-14*

#### DOES LUKE INDICATE A CHANGE OF THE SABBATH?

Now upon *the first day* of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain others with them. *Luke 24:1*

### DOES JOHN SAY THE FIRST DAY REPLACED THE SABBATH?

The *first day* of the week cometh Mary Magdalene early, when it was yet dark, unto the sepulchre, and seeth the stone taken away from the sepulchre. *John 20:1*

NOTE: Every one of these references clearly reveal that the women came to the tomb on Sunday morning to do a work they would not do on the holy Sabbath and transgress the commandment of God.

### WHY WERE THE DISCIPLES ASSEMBLED TOGETHER?

Then *the same day at evening, being the first day* of the week, when the doors were shut where *the disciples were assembled for fear of the Jews*, came Jesus and stood in the midst, and saith unto them, Peace be unto you. *John 20:19*

### WHY WERE THERE "MANY LIGHTS" AS PAUL PREACHED?

And upon *the first day* of the week, when the disciples came together to break bread, *Paul* preached unto them, ready to depart on the morrow; and *continued his speech until midnight*. And *there were many lights* in the upper chamber, where they were gathered together. And there sat in a window a certain young man named Eutychus, being fallen into a deep sleep: and as Paul was long preaching, he sunk down with sleep, and fell down from the third loft, and was taken up dead. And Paul went down, and fell on him, and embracing him said, Trouble not yourselves; for his life is in him. *Acts 20:7-10*

NOTE: This is a Saturday night meeting that continued until dawn on Sunday morning. (See the New English Bible or any commentary.) In the Bible a day begins with the evening (Genesis 1:5, 8, 13, etc.; Leviticus 23:32). We still follow this practice for certain holidays such as Christmas and New Year's Eve.

### WHAT DID PAUL DO AT SUNRISE SUNDAY MORNING?

When he therefore was come up again, and had broken bread, and eaten, and talked a long while, even till break of day, so *he departed....* And we went before to ship, and sailed unto Assos, there intending to take in Paul: for so had he appointed, minding himself to go afoot. And when he *met with us at Assos*, we took him in, and came to Mitylene. *Acts 20:11, 13, 14*

NOTE: On Sunday Paul walked 20 miles to meet the other disciples at Assos. This is something he would never have done on the Sabbath.

### DOES THE LAST TEXT REFER TO CHANGING THE SABBATH?

Now *concerning the collection for the saints*, as I have given order to the churches of Galatia, even so do ye. Upon the *first day* of the week let every one of you *lay by him in store*, as God hath prospered him, *that there be no gatherings when I come*. *1 Corinthians 16:1, 2*

NOTE: Paul informed all of the churches, including Corinth, of the need of laying aside money at home for the poor believers in Jerusalem so that when he passed through he could readily pick it up to take to them. (See Acts 11:29, 30; Romans 15:25, 26).

### WHAT DOES THE FOURTH COMMANDMENT SAY TO DO?

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

### CAN WE REPLACE THE COMMANDMENTS FOR TRADITION?

But he answered and said unto them, *Why do ye also transgress the commandment of God by your*

*tradition?... Thus have ye made the commandment of God of none effect by your tradition.... But in vain they do worship me, teaching for doctrines the commandments of men. Matthew 15:3, 6, 9*

IF WE LOVE JESUS WHAT SHOULD WE DO?

*If ye love me, keep my commandments. John 14:15*

## HOW TO KEEP THE SABBATH

---

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 CAN WE LEARN FROM ISRAEL'S UNBELIEF?

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).
6. This would include food as well as other items (Nehemiah 13:15, 16).
7. Minister to the less fortunate (Isaiah 58:7, 8).
8. Not seek our own pleasure (Isaiah 58:13).
9. Even our words should be guarded (Isaiah 58:12-14).
10. Spend some time in nature, God's second lesson book (Psalms 111:2, 3; Job 12:7-9).
11. Spend quality time with the family.
12. Contemplate the cross of Christ and His great love for you.