

What is the Biblical Sabbath?

As you read this study, I encourage you to study the corresponding scriptures for yourself to develop a personal, confident understanding of biblical truth. Study to show thyself approved unto God, a workman that needs not to be ashamed, rightly dividing the word of truth. Study like the Bereans, who listened to Paul but did not take his word for it. They studied the scriptures for themselves so they would know for sure.

Acts 17:11 “These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so.” I ask that you do the same with this study. Please pray before you begin.

What the Bible says

You may believe that the Seventh-day Sabbath was made for the Jewish people and does not apply to us Christians today. Yes, Moses reintroduced it to the Jewish nation on Mount Sinai, but before Mt. Sinai, the Hebrews were given manna and told to pick up twice as much on the sixth day so there would be no need to pick any up on the Sabbath (**see Exodus 16:4, 5**). Notice that verse 4 states, “I may prove them, whether they will walk in my law, or no.” We can see that the law was instituted before Mt. Sinai. Let's turn to **Gen. 2:1-4**. Here we can see that the Sabbath was instituted at creation, 2500 years before there was ever a Jewish person on earth. The seventh-day Sabbath was instituted for all of humanity.

You might say the Seventh-day Sabbath was abolished at the cross or changed at the resurrection. The only law abolished at the cross was the ceremonial law of sacrifices and offerings. The ceremonial law pointed to Jesus' coming and to his fulfilling the debt that man owed for transgressing the law in the Garden of Eden. **Turn to Matthew 5:17-18**. The Bible confirms that heaven and earth will pass away before one jot or tittle of the law is changed. **Read Acts 13:14, 42**. We see that the apostles continued to observe the Sabbath after Jesus' death and resurrection. **Turn to Luke 4:16**, where we see the apostles keeping the Sabbath again. Several other scriptures confirm this, including **Romans 3:31; Mark 15:42, 47; and 16:3**. If the law had been changed or abolished, why would the apostles continue to observe the law and the Seventh-day Sabbath throughout the New Testament?

Read Mark 14:36. Here, Jesus states that all things are possible with God and asks God if it is possible to remove the cup from Him. **Also, in Matthew 26:36-39**, we have another account of the same prayer, asking whether it was possible to take the cup from Him. This reinforces the

fact that the clearest sign that the law cannot be changed is Jesus' death on the cross for humanity. He asked the Father, "If it is possible?" This makes it impossible for anyone or anything to change God's commandments. If the law could be changed, and the Sabbath is part of the law, then God would have changed it, and Jesus would never have died for us. If God cannot change the law, and it is impossible for anyone or anything to do so, how can anyone or anything change it? They can't!

In Corinthians 7:19, we are told that what matters most is keeping the commandments. In **Isa. 66:23**, we are shown that the seventh-day Sabbath will be kept in heaven on the new earth. **Read Ps 19:7**, which says the law of the Lord is perfect. Since the law of the Lord is perfect, there is no need to change or improve it. It cannot be changed or improved. **See Ecclesiastes 12:13**: We are told that this is the conclusion of the whole matter and the whole duty of man, namely, to fear God and keep his commandments. Consequently, the difference between true and false worship hinges on obedience to God's commandments.