



**SABBATH  
OR  
SUNDAY,  
Which  
Is it?**



**Just for clarification, before I continue:** In my studies I use YHVH (Yod, Yay, Vav, Hay in Hebrew, which I pronounce as Yahuah) instead of LORD, which is a title - not a name. I also use Yahusha instead of Jesus, which is not a translation but a transliteration. The name Jesus really has no meaning, in Hebrew nor in English! YHVH and Yahusha are the actual original Hebrew names that speak of our Savior's true nature and character. For that reason, I prefer to use their Hebrew names.

## Back to the question: Sabbath or Sunday, which is it?



It depends on who you ask. There can be no doubt that Yahusha, His disciples, and the first-century believers kept Saturday, the seventh-day of the week. Yet, today, most of Christianity keeps Sunday, the first day of the week, calling it the Sabbath.

This subject Sabbath versus Sunday maybe one of the longest running debates of any Bible teachings. Theologians and ministers of every background and theology have offered their opinion about the “Saturday or Sunday” question. However, human opinion should not count in reference to Bible doctrines and Bible questions. We must look to Yahuah’s Word alone, the only dependable source and authority.

**Which day **is** holy and which day we are to keep holy arises at the very beginning of creation.**



The book of Genesis — the name means “beginnings” — speaks almost immediately about the subject of the seventh day of the week. It is as though the Creator wanted this issue clearly established in the minds of everyone from the outset of their study of Scripture.

In Genesis chapter 2: 1-3, immediately after the record of “Creation” it states: **“Thus the heavens and the earth were finished, and all the host of them. And on the seventh day Elohim ended His work which He had made; and He RESTED on the seventh day from all His work which He had made. And**

**Elohim BLESSED the seventh day, and SANCTIFIED it: because that in it He had RESTED from all His work which Elohim created and made” KJV**



There is a strong link between the seventh Day of the week and creation and the Creator.

The seventh day of the week is called “the Sabbath”. The word Sabbath is from the Hebrew word SHABÀT, meaning ‘cessation,’ or ‘time of rest.’ In the beginning Yahuah worked, but he also rested. Work and rest are both in His plan, and both are in nature. The word Sabbath is used Biblically in more than one way, as a memorial day, as a main feast day, or as the seventh day following a six-day work span.

**Did YHVH need to rest, the way we need to rest, after 6 days of Creation because He was tired?  
Of course not.**

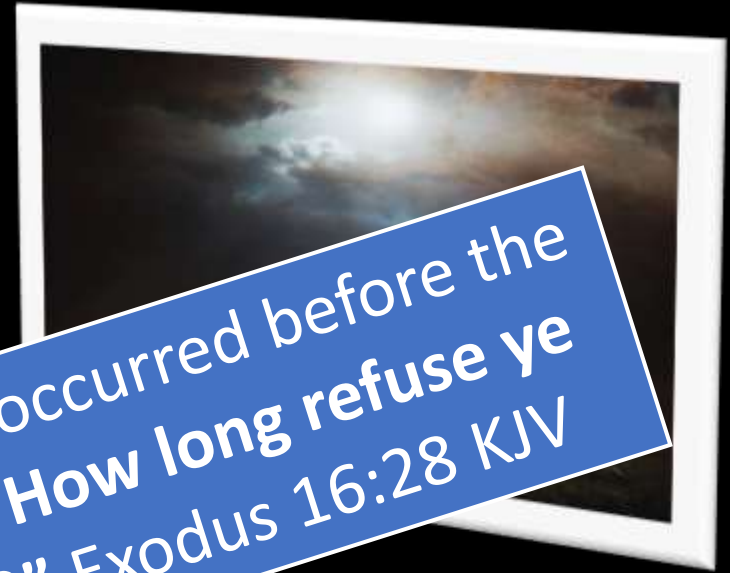


A more accurate translation of Shavat is "**abstained**," i.e., "Elohim blessed the seventh day and sanctified it because He abstained from all His work which Elohim created to make" (Gen. 2:4). Nachmanides (12th century) interpreted these words to mean "**he ceased to perform all His creative work.**"

<http://www.jewishvirtuallibrary.org/why-did-Elohim-need-to-rest-on-the-seventh-day>

**The first time the word "Sabbath" itself is mentioned is in Exodus 16:23. Elohim had given a double portion of manna on the 6th day.**

Moses told the rulers of the congregation:  
“And he said unto them, this is that which  
Yahuah hath said, tomorrow is the rest of  
the holy Sabbath unto Yahuah: 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 eaten in the  
morning.” Some of the rulers said, “How  
long will we have to do this? We will  
look for a sign from Yahuah.”  
Yahuah said, “How long will ye refuse  
to keep my commandments and my laws?”  
Exodus 16:28 KJV  
RSB



One very important consideration is that this occurred before the law was given on Mount Sinai. YHVH said, “How long refuse ye to keep my commandments and my laws?” Exodus 16:28 KJV

That tells us that the people were aware of Elohim's commandments **long before the Exodus!** Adam was aware of Yahuah's law. Noah observed a period of seven days in sending out the dove from the ark. The term "week" is used in the contract between Jacob and Laban. Job and his friends observed the term of "seven days."



The Sabbath (or Shabbat in Hebrew) is one of the most precious gifts that our Father ever gave to man right at creation! It is also a vital outward sign to those who are part of His people (Read Exodus 31:13; Ezekiel 20:20).

Right in the middle of the word Sabbath is His sign, His signature “**Abba**” as one can clearly see. It is His personal day. **It is Abba’s, the Father’s day.** That means that neither Sunday, Friday, nor any other man-made day, can become His acceptable day of worship and rest or can these replace the seventh-day Sabbath. Because He made the 7th Day holy and put a special blessing on it.

Either way...

Shabbat

Sabbath

it's all about ABBA.

3MATS

[www.AlephTavScriptures.com](http://www.AlephTavScriptures.com)

Romans 8:15

On the other hand, the very name “Sunday” is evidence that it is the day honoring the sun Elohim, or Baal. It is the day of the “sun”. Sunday comes from paganism.

When you study history or just go through the internet, you will discover that it was Satan through the man of sin in the third Century that officially made the change from the seventh-day to the first day of the week.

Either way...

Shabbat

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[www.AlephTauScriptures.com](http://www.AlephTauScriptures.com)

Romans 8:15

“Historians recognize the fact that many different Elohims were worshipped in the Roman Empire up until the time of Constantine the Great. Then, that fact becomes more obscure as Rome as supposed to be a “Christian empire”. **While claiming to be a “Christian”, Constantine maintained the title “Pontifus Maximus” the high priest of paganism.** His coins were inscribed: “SOL INVICTOTO COMITI” (**committed to the invincible sun**). The importance of the actions of Constantine cannot be overstated, as during his reign pagan sun worship was blended with the worship of the Creator, and officially entitled “Christianity”.”

*From the Book “TOO LONG IN THE SUN”. BY Richard M Rives – page 66*

*The following I have taken from a website, which states:*

### Constantine Made Sunday a Civil Rest Day

When Emperor Constantine I — a pagan sun-worshipper — came to power in A.D. 313, he legalized Christianity and made the first Sunday-keeping law. His infamous Sunday enforcement law of March 7, A.D. 321, reads as follows: “On the venerable Day of the Sun let the magistrates and people residing in cities rest, and let all workshops be closed.” (*Codex Justinianus 3.12.3, trans. Philip Schaff, History of the Christian Church, 5th ed. (New York, 1902), 3:380, note 1.*)



The Sunday law was officially confirmed by the Roman Papacy. The Council of Laodicea in A.D. 364 decreed, “Christians shall not Judaize and be idle on Saturday but shall work on that day; but the Lord’s Day they shall especially honour, and, as being Christians, shall, if possible, do no work on that day. If, however, they are found Judaizing, they shall be shut out from Christ” (*Strand, op. cit., citing Charles J. Hefele, A History of the Councils of the Church, 2 [Edinburgh, 1876] 316*).

**Cardinal Gibbons, in Faith of Our Fathers, 92nd ed., p. 89, freely admits, “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 [the Catholic Church] never sanctify.”**

Again, “The Catholic Church, ... by virtue of her divine mission, changed the day from Saturday to Sunday” (*The Catholic Mirror, official publication of James Cardinal Gibbons, Sept. 23, 1893*).

“Protestants do not realize that by observing Sunday, they accept the authority of the spokesperson of the Church, the Pope” (*Our Sunday Visitor, February 5, 1950*).

**“Of course the Catholic Church claims that the change [Saturday Sabbath to Sunday] was her act... And the act is a mark of her ecclesiastical authority in religious things” (H.F. Thomas, Chancellor of Cardinal Gibbons).**

**“Sunday is our mark of authority... the church is above the Bible, and this transference of Sabbath observance is proof of that fact” (Catholic Record of London, Ontario Sept 1, 1923).**

**What a shocking admission!**

<http://cgi.org/who-changed-the-sabbath-to-sunday/>

Satan always had a counterfeit for everything our Creator has. Remember that. The Sabbath is no exception! The enemy has his day, in Christianity it is Sunday and in Islam it is Friday.

**COUNTERFEIT**

The Bible does not record any change from seventh-day to first day worship. If the change were catalogued there, it would no longer be so perplexing for anyone. But our Creator says, **“I am Yahuah, I change not.”** Malachi 3:6. This commandment still stands; for the Savior declares that **“it is easier for heaven and earth to pass, than one tittle of the Torah (law) to fail.”** Luke 16:17.



Since heaven and earth are still standing,  
the fourth precept of the  
Commandments given at Mount Sinai is  
still obligatory. Yahusha said: **“Think not  
that I am come to destroy the Torah  
(law);”** and, **“If thou wilt enter into life,  
keep the commandment.”** Matthew  
5:17; 19:17. That means all Ten of the  
Commandments, not just 9 of them.

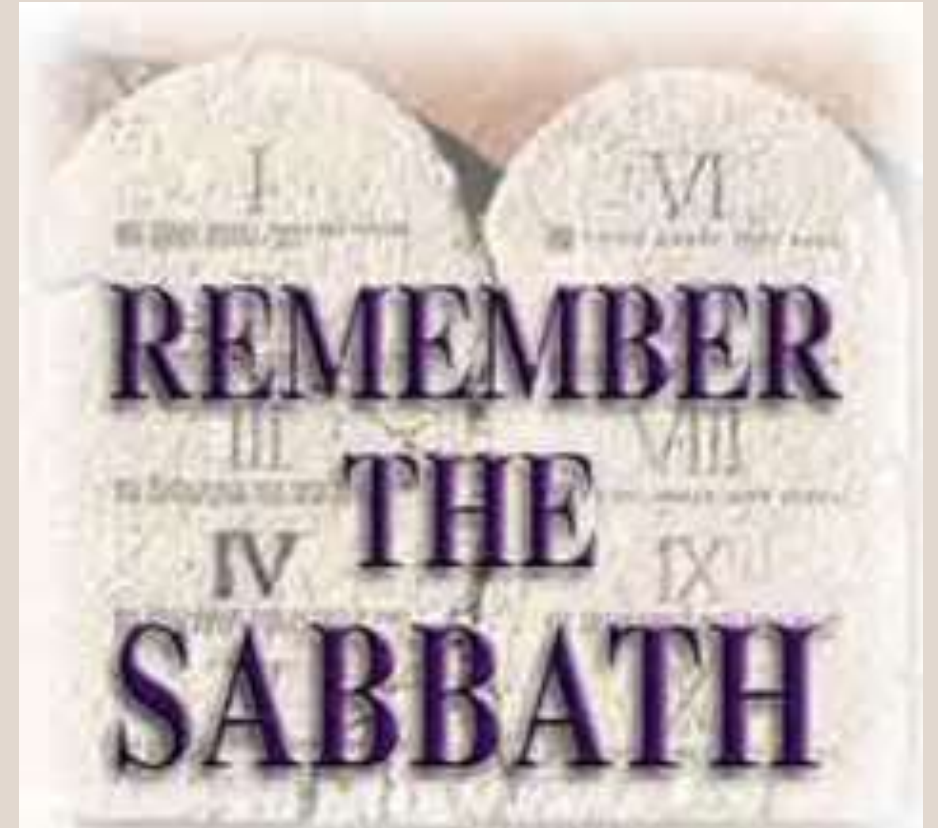


In Exodus 20:8-11 are the words of YHVH  
**“Remember the Sabbath day to keep it holy 9  
Six days shalt thou labor and do all thy work.  
10 but the seventh day is the Sabbath of  
Yahuah thy Elohim, in it thou shalt not do any  
work, thou, nor thy son, nor thy daughter, thy  
manservant, nor thy maidservant, nor thy  
cattle, nor thy stranger that is within thy gates  
11 For in six days Yahuah made heaven and  
earth, the sea and all that in them is, and  
rested the seventh day; wherefore Yahuah  
blessed the Sabbath day, and hallowed it.”**

Restoration Study Bible



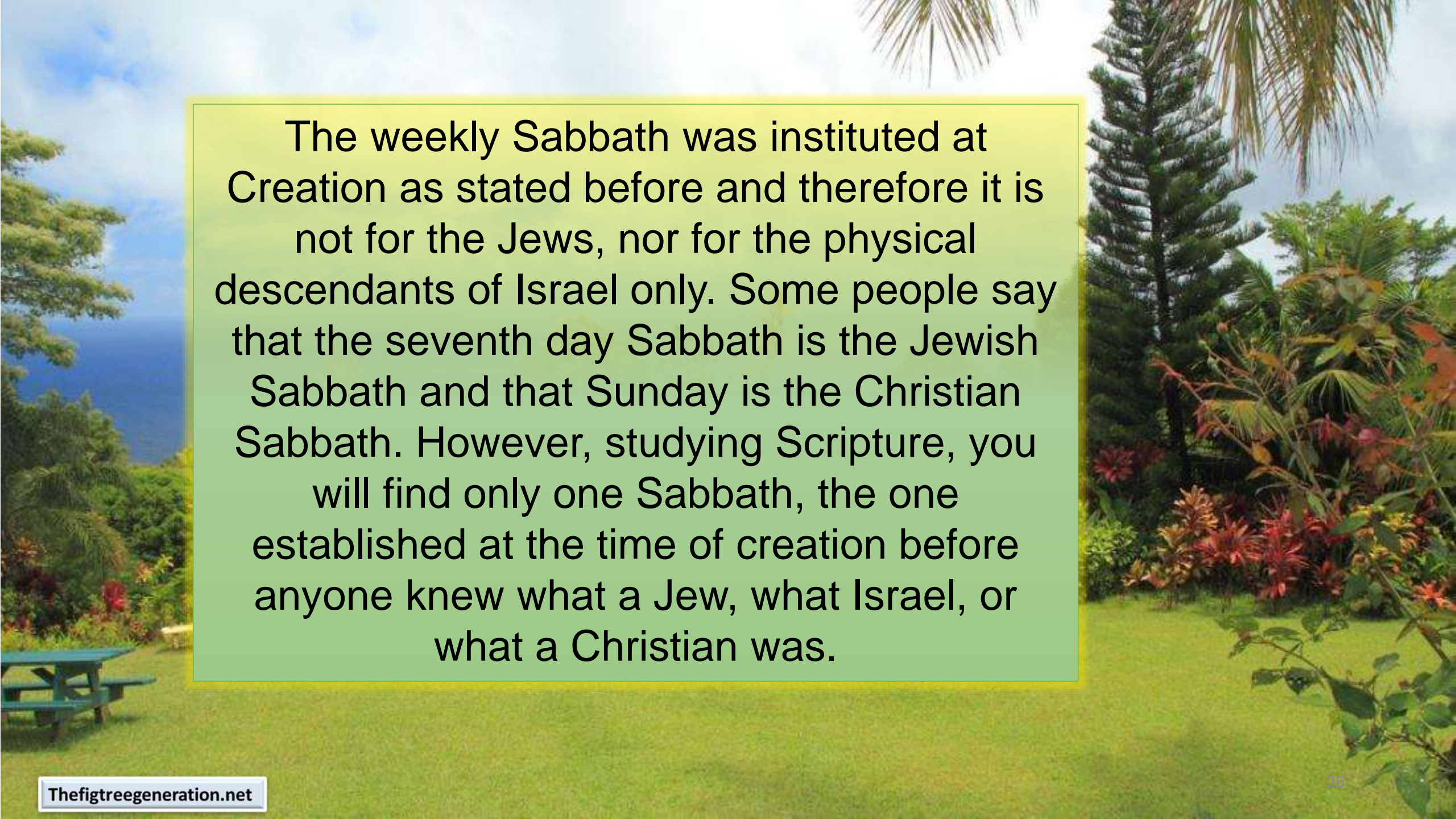
It is important to notice that the very language used in the fourth commandments as we see above indicates a previous knowledge of it. It states “REMEMBER”. There is absolutely no information regarding a Christian Sabbath, called Sunday in the entire Scripture.





Then we have Exodus 31:13-14 **“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 Yahuah that doth sanctify you. 14 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.”** RSB



A tropical garden scene with a green text box. The background features a lush green lawn, a blue picnic table on the left, and various tropical plants including a tall, thin tree and colorful foliage on the right. The sky is blue with some clouds.

The weekly Sabbath was instituted at Creation as stated before and therefore it is not for the Jews, nor for the physical descendants of Israel only. Some people say that the seventh day Sabbath is the Jewish Sabbath and that Sunday is the Christian Sabbath. However, studying Scripture, you will find only one Sabbath, the one established at the time of creation before anyone knew what a Jew, what Israel, or what a Christian was.

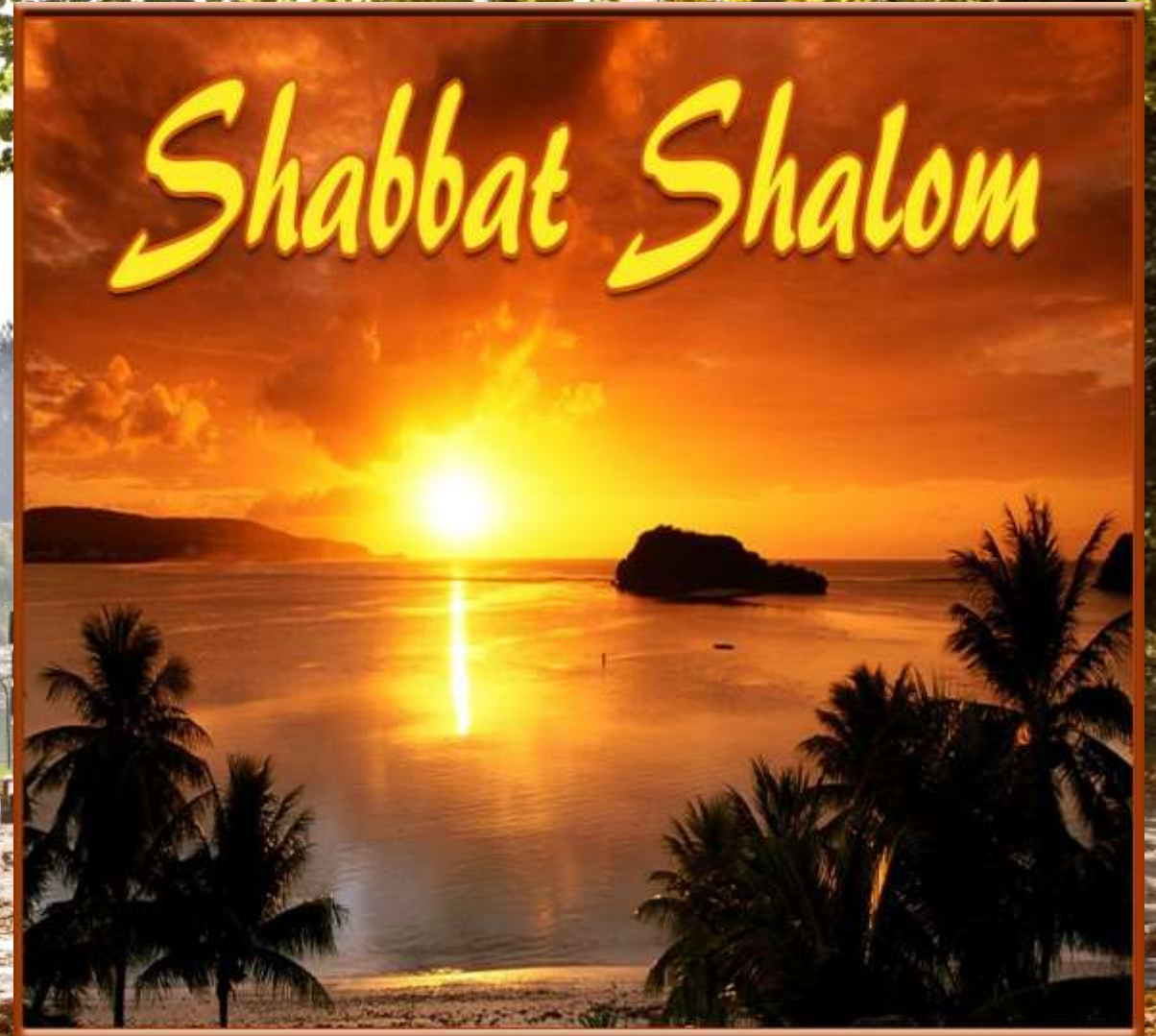
*However, today, the moment we mention the Sabbath of the fourth commandment even among professed Christians, eyebrows are lifted. Questions are raised. Excuses are piled high. **Why? I ask you. Why?***

*The reason is that people have been deceived, lied to and brainwashed by the arch-deceiver Satan, who used people to accomplish his goal.*

*The One who made this earth is the One who made the 7th Day Sabbath. His name is Yahusha Ha Mashiach according to John 1:10. He has every right to say, "The Son of man is Lord of the Sabbath day." For He made it. He has every right to say, "If ye love Me, keep My Commandments."*

*Yahuah Elohim, Abba our Father has a Day. This Day is the Sabbath, the 7th Day of the week, which He set apart, made it Holy and it is the ONLY DAY that He blessed. So let's remember it and keep it HOLY, no matter what others say or think! We don't remember the Sabbath to be saved, but because of proof that we are saved through the blood of Yahusha Ha Mashiach!*

Yahusha said to His disciples in John 14:27: “Peace I leave with you – My peace I give to you. I do not give to you as the world gives. Do not let your heart be troubled, neither let it be afraid.”  
The Scriptures



A vibrant clownfish with orange, white, and black stripes is swimming among the tentacles of a reddish-brown sea anemone. The background is softly blurred, showing more of the anemone and some purple coral.

**Supreme Provider  
Yahusha Ha Mashiach**

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