THE TRUTH ABOUT THE SABBATH

The Most High ordained the Sabbath day from the beginning. **Genesis 2:1-3** ***"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."***

The Commandment of the Sabbath day can be found in **Exodus 20:8 –11** ***"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."***

THE SABBATH IS KEPT HOLY BY OBSERVING THE FOLLOWING LAWS:

- **Work is not allowed on the Sabbath** — Read **Exodus 31:14-17**
- **Cooking is not allowed on the Sabbath** — Read **Exodus 35:3 & Exodus 16:23**
- **Buying and selling is not allowed on the Sabbath** — Read **Nehemiah 10:31**

Jesus Christ observed the Sabbath day along with all the commandments of the Most High

Luke 4:16 ***"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"*** **Matthew 5:17-18** ***"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."*** This shows that we cannot add or subtract from the word of the Most High and we MUST keep the Sabbath. Read **Deuteronomy 4:2**, and **Revelation 22:18-19**.

WHY WAS THE LAW OF THE SABBATH AND THE OTHER LAWS ADDED?

The laws were added because what was ordained from the beginning was not being followed. **Galatians 3:19,** ***"Wherefore then serveth the law? It was added because of transgressions, till the seed should come to whom the promise was made; and it was ordained by angels in the hand of a mediator."***

The **Sabbath** is ***"the seventh day"*** of the Lord, beginning on so called Friday *evening* to so called Saturday *evening,* **Leviticus 23:32,** ***"It shall be unto you a sabbath of rest, from even unto even, shall ye celebrate your sabbath."***

1John 5:3 ***"For this is the love of God, that we keep his commandments: and his commandments are not grievous."*** If we truly love the Most High, we would observe his laws, including the Sabbath day, the way he ordained them.

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