

The True Sabbath — Saturday, Not Sunday

Do Not Add or Take Away from God's Word

Before addressing the Sabbath, we must establish the **absolute authority of Scripture**:

- **Deuteronomy 4:2** — *“You shall not add to the word which I command you, nor take from it...”*
- **Deuteronomy 12:32** — *“Whatever I command you, you shall be careful to do; you shall not add to nor take away from it.”*
- **Proverbs 30:6** — *“Do not add to His words, lest He rebuke you and you be found a liar.”*
- **Revelation 22:18–19** — *“If anyone adds to them... If anyone takes away... God will take away his share...”*
- **1 Corinthians 4:6** — *“...not to think beyond what is written...”*

These verses form the **guardrails of biblical integrity**. Any tradition that alters God's commands—especially His Sabbath—is a violation of these warnings.

The Biblical Sabbath Is Saturday

- **Genesis 2:2–3** — God rested on the **seventh day**, sanctifying it.
- **Exodus 20:8–11** — The **Fourth Commandment**: *“Remember the Sabbath day, to keep it holy... the seventh day is the Sabbath of the Lord your God.”*
- **Leviticus 23:3** — *“Six days shall work be done, but the seventh day is a Sabbath of solemn rest, a holy convocation...”*

The Sabbath is not just a personal rest—it is a **holy convocation**, a sacred assembly commanded by God. It is a time for **corporate worship, teaching, and fellowship** in His presence. This makes the Sabbath a **community covenant**, not just a private preference.

✖ Refuting Misused Scriptures That Deny the Sabbath

1. Galatians 4:9–11

Claim: Sabbath and Feasts are “bondage.” **Truth:** Paul rebukes Gentile converts for returning to **pagan observances**, not Yahweh’s Sabbath. He himself kept the Sabbath and Feasts (Acts 13:42–44; 18:21).

2. Romans 14:5

Claim: Any day can be a Sabbath. **Truth:** The context is **fasting**, not Sabbath observance. The chapter discusses dietary choices, not holy days.

3. Colossians 2:14, 16

Claim: The Sabbath was nailed to the cross. **Truth:** What was nailed were **man-made ordinances** (*dogma*), not Yahweh’s laws. Paul tells believers not to let **outsiders** judge them for keeping Sabbaths and Feasts.

🔑 Refuting Scriptures Used to Justify Sunday Worship

4. Acts 20:7

Claim: Paul preached on Sunday. **Truth:** Paul preached *until midnight*—but this was **Saturday night**, not Sunday morning. According to biblical timekeeping, the “first day of the week” begins at **sunset on Saturday** (Genesis 1:5). Midnight falls within that same night.

- The Greek phrase is *mia ton sabbaton* — “first of the Sabbaths,” referring to the **count toward Pentecost**, not a weekly Sunday service.
- The disciples had gathered after the Sabbath meal, and Paul preached late into the night because he was departing the next day.
- The word “day” is italicized in the KJV, meaning it was added by translators. The correct reading is “upon the first of the Sabbaths.”

This passage does **not** support Sunday worship. It actually reinforces the continuity of Sabbath observance and the biblical calendar.

5. 1 Corinthians 16:2

Claim: Sunday offering in church. **Truth:** Paul instructed believers to **store aid privately** for suffering brethren—not pass a plate in a Sunday service. The word “day” was added by translators.

6. Revelation 1:10

Claim: “Lord’s Day” means Sunday. **Truth:** The phrase “*I was in the Spirit on the Lord’s Day*” is often misinterpreted as Sunday worship. However, Scripture never defines the “Lord’s Day” as Sunday. In prophetic context, it refers to the **Day of the Lord’s judgment and return**, not a weekly gathering.

But even if one insists on interpreting it as a specific day of the week, the only biblically supported option is the **Sabbath**:

- **Yeshua is Lord of the Sabbath** (Matthew 12:8; Mark 2:28)
- **The Sabbath was made for man**, not man for the Sabbath (Mark 2:27)
- **Yahweh sanctified the seventh day**—the Sabbath—**before the Ten Commandments were given** (Genesis 2:3)

The true “Lord’s Day” is the **day the Lord set apart**, not the day man later substituted. To call Sunday the Lord’s Day is to **add to God’s Word**, violating the very warnings we began with.



Historical Evidence: Sunday Is a Man-Made Tradition

- **Constantine’s Edict (321 CE)** — A sun worshiper commanded rest on “the Venerable Day of the Sun.”
- **Council of Laodicea (325 CE)** — Forbade Sabbath observance and enforced Sunday worship under threat of exclusion from Christ.
- **Church Admissions** — Catholic, Protestant, and Baptist leaders have openly admitted that the Sabbath was changed by **church authority**, not Scripture.

Even Martin Luther acknowledged that the Catholic Church claimed power to change the Sabbath—yet he continued to follow the error. Baptist scholar Dr. E.T. Hiscox stated plainly: *“There is no scriptural evidence of the change of the Sabbath institution from the seventh to the first day of the week.”*

Why This Matters

- The Sabbath is a **sign of sanctification** (Exodus 31:13)
- It reflects **God’s rest, creation, and covenant**
- It is a **holy convocation**, a commanded gathering for worship
- Changing it undermines **God’s authority** and **biblical truth**

To call Sunday “The Lord’s Day” and replace the Sabbath is to **add to and take away from God’s Word**—a direct violation of the warnings we began with.

Call to Restoration

Let this teaching be a call to **repentance and restoration**. The true Sabbath is **Saturday**, and honoring it is a matter of **obedience**, not tradition. We must reject man-made doctrines and return to the **unchanging Word of God**.

“Truth over tradition is the better choice.”