

Questions About Statements from Roman Catholic Church Regarding Sabbath

By Pastor Ed Anderson

Pastor Anderson - I'm a Roman Catholic who stumbled upon your channel. I'm enamored by your preaching and compelled to reach out. First thank you for being neutral and not bashing Catholics. I'm a multigenerational Catholic. I'm curious if you can point me to statements from our cardinals, bishops, popes, or theologians where they actually made statements regarding the sabbath and Seventh-Day Adventists. Please use cite references,

Answer:

Hello and thank you for your sincere and respectful message! I appreciate you reaching out, and I'm glad you felt welcomed and safe to do so. Below are **some documented statements** from Catholic sources relating to the Sabbath (Saturday vs. Sunday) and, more indirectly, how the Catholic Church views Adventists or those who keep Saturday. I'll also highlight how to interpret them carefully.

Selected Catholic Statements on Sunday, Sabbath, and Church Authority

Here are a few relevant references:

Source	Statement	Reference
Catholic Mirror, Sept 23 1893 (Cardinal Gibbons)	"The Catholic Church... by virtue of her divine mission, changed the day from Saturday to Sunday... The Protestant world has accepted it in practice, but not in theory. If they kept the Bible alone as their teacher, they would be	Cited in various Adventist sources. See [turn0search3] & [turn0search2]

	Seventh-day Adventists.”	
Catholic Encyclopedia – Article “Sunday”	“The Church after changing the day of rest from the Jewish Sabbath or seventh-day of the week to the first, made the third commandment refer to Sunday as the day to be kept holy as the Lord’s Day.”	[turn0search3]
Apostolic Letter Dies Domini (Pope John Paul II, 1998)	“The Church commands us to keep Sunday as the Lord’s day because on Sunday Christ rose from the dead, and on Sunday the Holy Spirit descended upon the apostles.”	[turn0search11] & [turn0search6]
Catechism of the Catholic Church (regarding Third/Fourth Commandment)	Sunday is described as the “Lord’s Day,” fulfilling the moral command of rest rather than strictly the seventh-day Sabbath.	[turn0search12] & [turn0search13]

What These Statements Indicate

- The Catholic Church **acknowledges** that the change from Saturday (seventh day) Sabbath to Sunday (first day of the week) was carried out by church authority, not directly by Scripture alone. (Example: the statement in the *Catholic Mirror* above.)

- The Church upholds Sunday as the “Lord’s Day” because of the Resurrection and the coming of the Holy Spirit — this is a **key theological justification** for Sunday observance in Catholic teaching.
- There is **no explicit Catholic statement** in my research saying: *“You must become a Seventh-day Adventist to follow the Bible.”* The quote often attributed (“If you want to follow the Bible alone, become an Adventist”) appears in Adventist literature as a paraphrase or derivation from Catholic statements, rather than a formal Catholic declaration.

How to Interpret This as a Catholic Reader

- These statements show that the Catholic Church believes its **tradition and authority** played a role in determining Sunday worship.
- They do **not** mean the Catholic Church is approving or endorsing every doctrine of the Seventh-day Adventist Church.
- They show the **SDA position** uses these Catholic admissions to argue that keeping Saturday is more consistent with “Bible only.”
- For someone from a Catholic background (like you), these statements can open an honest investigation into **why Sunday** is kept and **why Adventists keep Saturday**.

Suggestions for Further Investigation

- If you like, I can gather **more recent Catholic documents**, bishops’ letters, or Vatican statements that discuss Sabbath/Sunday and how the Catholic Church views partial-Sabbath observance movements.
- You may also consider comparing **Catholic Catechism paragraphs** (e.g., 2168-2187 concerning Sunday) and how they present the “change” or “fulfillment” of the Sabbath commandment.
- It might help to review **Adventist responses** to these Catholic statements so you can weigh both sides.

Again, thank you for your openness and for being willing to explore these questions. If you’d like me to pull together a **PDF file** of the references above (with links and full quotes) for your study, I’d be glad to do so. Shalom and blessings on your journey!