

Questions About Keeping the Sabbath as a Sunday Keeper

By Pastor Ed Anderson

I just discovered the truth of the sabbath. But I worship on Sunday and work on Saturday the sabbath. What should I do?

Answer:

That's a beautiful and sincere question — and I can already sense that the **Holy Spirit is working in your heart.**

Discovering the truth about the Sabbath is often one of the most **life-changing moments** in a believer's walk with God. It's not just about switching a day — it's about responding to **a personal invitation from Jesus** to draw closer to Him in rest, faith, and obedience.

Let's walk through this carefully and prayerfully together.

1. God Is Leading You Gently, Not Forcing You

When you learn new truth, God never pushes you — He **invites** you. He said:

"Come unto Me... and I will give you rest." — Matthew 11:28

The Sabbath is part of that invitation. It's not first a test — it's a **gift** (Mark 2:27). God's Spirit draws us one step at a time, and He understands your **work situation**, your **desire to be faithful**, and your **need for wisdom**.

So first: **don't feel condemned**. You are walking in growing light, and God honors that.

2. The Sabbath Is a Sign of Love and Loyalty

"If you love Me, keep My commandments." — John 14:15

"Moreover also I gave them My Sabbaths, to be a sign between Me and them." — Ezekiel 20:12

The Sabbath is not about legalism — it's about **relationship**.

It's God's weekly reminder that He's your **Creator**, your **Redeemer**, and your **Provider**.

Keeping it is a way of saying: "Lord, I trust You enough to rest when You say rest."

3. What About My Job?

This is where many sincere people wrestle — and God understands completely.

Here are some prayerful steps:

1. **Pray for God's guidance and favor.** Ask Him to open a door so you can honor His Sabbath. He can move hearts and circumstances.
2. **Talk to your employer respectfully.**
 - Explain that the Sabbath is a sacred day of worship and rest for you.
 - Ask if you can swap shifts, use vacation time, or work other days.
 - Many find that employers are more understanding than they feared, especially when approached kindly and professionally.
3. **Trust God to provide.** Countless believers have stories of how, once they chose to honor God's Sabbath, He opened **better jobs, better schedules, and better peace of mind**.

"Them that honor Me, I will honor." — *1 Samuel 2:30*

4. **Don't rush into decisions out of fear.** Move step by step, in faith and prayer. God's timing is perfect.

4. Remember: Salvation Comes by Grace, Not by Daykeeping

Keeping the Sabbath doesn't save you — **Jesus does**. The Sabbath is the **fruit** of salvation, not the **root** of it.

"For by grace are ye saved through faith." — *Ephesians 2:8*

God doesn't expect perfection overnight. He looks at your **heart's direction**, not your current position.

5. Practical Tips While You Transition

- Begin **honoring the Sabbath in your heart** even if you can't yet take it fully off work.
- Pray.
- Set aside special time for God on Friday evening and Saturday where possible.
- Avoid unnecessary work when you can.
- Study the **Sabbath passages**: Genesis 2:1–3; Exodus 20:8–11; Isaiah 58:13–14; Mark 2:27–28; Revelation 14:12.
- Ask God to teach you how to **rest physically and spiritually** in Him.

Over time, you'll find that Sabbath-keeping becomes a joy, not a burden.

6. A Prayer You Might Pray

"Lord, thank You for revealing Your Sabbath to me. I want to honor You fully. You know my job, my needs, and my fears. Please make a way where there seems to be no way. Teach me how to rest in You and trust You. I choose to follow the truth You've shown me, one step at a time. In Jesus' name, amen."

Final Encouragement

You haven't "arrived" late to the Sabbath truth — you've arrived **right on time**. God has been preparing your heart for this moment.

Walk forward in peace. He will make the way clear — He always does.

"The path of the righteous is like the morning sun, shining ever brighter till the full light of day." — *Proverbs 4:18*

If you would like me to help you write a **gentle, respectful letter or email to your employer** requesting Sabbath accommodation - please let me know.

I can base it on religious liberty principles that protect your rights of conscience.