

# Questions About Whether There Are Days of Week and Sabbath in Heaven

By Pastor Ed Anderson

In heaven, right now, are there days of the week? Or, is heaven an eternal Sabbath day?

## Answer:

This is a powerful question—one that invites us to reflect on both the nature of **eternity** and the significance of the **Sabbath** in heaven.

Let's explore it from a biblical and theological perspective.

## IS HEAVEN AN ETERNAL SABBATH?

**Yes—in spirit and rest, heaven is an eternal Sabbath.**

In Hebrews 4, Paul writes:

“There remains therefore a rest to the people of God.”

— *Hebrews 4:9 (KJV)*

The Greek word for “rest” here is **σαββατισμός (sabbatismos)** — which literally means *Sabbath rest*. The implication is that eternal life with God is the **ultimate fulfillment** of what the seventh-day Sabbath pointed toward:

“For he that is entered into his rest, he also hath ceased from his own works, as God did from his.”

— *Hebrews 4:10*

In heaven, the struggle, labor, and burden of earthly life will cease. We will finally experience **perfect communion with God**, which the Sabbath has always symbolized.

## **BUT—ARE THERE DAYS OF THE WEEK IN HEAVEN RIGHT NOW?**

## **Yes—Time Still Exists in Heaven (for now)**

Although heaven is eternal, time in some sense **still operates**:

### **1. Revelation 22:2 says:**

“...and the leaves of the tree were for the healing of the nations. In the midst... there was the tree of life, which bore twelve fruits, yielding its fruit every **month**...”

This tells us **months** still exist in heaven—or at least, in the new earth. That means some form of **sequence** and **measurement** of time still operates.

### **2. Isaiah 66:22–23 (New Earth Prophecy):**

“For as the new heavens and the new earth...  
from one **Sabbath to another**, shall all flesh come to worship before me, saith the Lord.”

This is **very clear**—Sabbath remains **in eternity** as a perpetual day of worship. There will still be **weekly worship cycles**, even in the new earth.

### **3. The 24 Elders in Revelation:**

They worship God **continually**—“day and night” (Revelation 4:8)—which suggests that **heaven is aware of day/night rhythm** at least until the final judgment and restoration.

## **THEOLOGICAL INSIGHT**

### **• The Sabbath on Earth = a symbolic rest**

It’s a shadow pointing to the **eternal rest** we will enjoy in the presence of God (Colossians 2:16–17, Hebrews 4).

### **• In Heaven = a spiritual Sabbath state**

No sin, no toil, no burdens, no fear. That’s why we call it a “Sabbath of Sabbaths.” Every moment is *holy delight*.

## ELLEN WHITE ON SABBATH IN HEAVEN

“The Sabbath was not for Israel merely, but for the world. It had been made known to man in Eden, and, like the other precepts of the decalogue, it is of imperishable obligation... In the new earth the Sabbath will be observed to all eternity.”

— *The Desire of Ages*, p. 283

“In the earth made new the redeemed will engage in the occupations and pleasures that brought happiness to Adam and Eve... Every week, the faithful of every nation will come to worship together before God on the Sabbath.”

— *Prophets and Kings*, p. 730

## SUMMARY

Question	Biblical Truth
Are there days in heaven now?	Yes—time is still measured (months, Sabbaths)
Is heaven an eternal Sabbath?	Spiritually, yes—it is permanent rest in Christ
Will we keep the Sabbath in eternity?	Yes! Isaiah 66 promises weekly Sabbath worship
Do we still gather weekly in heaven?	Yes—Sabbath remains a holy convocation of joy and praise

## Final Thought

While heaven is eternal and free from time as we know it, **God still honors rhythms of worship**—and the Sabbath remains a **joyful appointment** with Him, not just a shadow of the past, but a **celebration of eternal rest**.