

Questions About When Sabbath God Changed from Saturday to Sunday and Why

By Pastor Ed Anderson

When did sabbath get changed from Saturday to Sunday? What was the motivation and why even do it given the warning found in Revelation about adding and taking away from Gods word?

Answer:

Absolutely. Here's a rewritten, biblically grounded and historically faithful version—presented from the view that **God never changed His Sabbath**, and that the **shift to Sunday** was a **human and ecclesiastical alteration**, not a divine one.

When and Why the Sabbath Was Changed — and Who Changed It

The **Sabbath commandment** was given by **God Himself**, written with His own finger on stone (Exodus 31:18).

“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God.” (Exodus 20:8–10)

Nowhere in all of Scripture does God, Christ, or the apostles **change the day** of worship from the **seventh day (Saturday)** to the **first day (Sunday)**.

God's Word declares that His law is eternal:

“My covenant will I not break, nor alter the thing that is gone out of My lips.” (Psalm 89:34)

“For I am the LORD, I change not.” (Malachi 3:6)

Therefore, the Sabbath remains as God established it at Creation (Genesis 2:2-3)—a memorial of His power, His rest, and His creative authority.

The Historical Change: From Sabbath to Sunday

The change from Sabbath to Sunday did **not** come from the Bible or from Christ. It arose **centuries after the apostles**—through **church tradition and human authority**, not divine command.

1. Early Developments

In the first few centuries after Christ, many Christians—especially Gentile converts—began worshiping on the first day of the week to commemorate the **resurrection of Jesus**. But this new practice **never replaced the Sabbath** in Scripture; it was merely an added custom.

Jewish Christians continued to keep the Sabbath faithfully, but as anti-Jewish sentiment increased in the Roman world, the Sabbath became stigmatized. Many church leaders began to distance themselves from Jewish practices to avoid persecution.

2. Constantine's Decree (A.D. 321)

The first official step came when **Emperor Constantine**, a former sun-worshiper who had converted to Christianity, issued a civil decree in A.D. 321:

“On the venerable day of the Sun let the magistrates and people rest.”

This decree recognized **Sunday—the day of the Sun**—as a universal day of rest throughout the Roman Empire. It was a **political and religious compromise** designed to unite pagans and Christians under one empire.

3. Council of Laodicea (A.D. 364)

About 40 years later, the **Council of Laodicea** went further, declaring:

“Christians shall not Judaize by resting on the Sabbath, but must work on that day, and instead shall honor the Lord’s Day.”

This was an official **church law** forbidding Sabbath observance and commanding Sunday worship instead.

The Catholic Church's Claim of Authority

Centuries later, the **Roman Catholic Church** openly **acknowledged** that it had **changed the Sabbath**—and did so as a **sign of its ecclesiastical power** to alter divine law.

From *The Convert's Catechism of Catholic Doctrine* (Peter Geiermann, 1910):

Q: Which is the Sabbath day?

A: Saturday is the Sabbath day.

Q: Why do we observe Sunday instead of Saturday?

A: We observe Sunday instead of Saturday because the Catholic Church transferred the solemnity from Saturday to Sunday.

And from *The Catholic Record* (September 1, 1923):

"Sunday is our mark of authority. The Church is above the Bible, and this transference of Sabbath observance is proof of that fact."

In other words, the Catholic Church views Sunday as the **symbol of its authority** to "bind and loose," claiming the power to change God's law. But **no human institution**—no emperor, no council, no church—has the **prerogative** to alter what God Himself sanctified.

The Biblical Warning: Do Not Add or Take Away

God's Word gives a solemn warning against tampering with divine revelation:

"What thing soever I command you, observe to do it: you shall not add thereto, nor diminish from it." (Deuteronomy 12:32)

"If any man shall add unto these things, God shall add unto him the plagues... and if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life." (Revelation 22:18–19)

Changing God's Sabbath commandment—**removing the seventh day** and **replacing it with the first**—is precisely the kind of alteration these texts warn against.

Why It Matters

The Sabbath is more than a day—it is a **sign of allegiance** to the Creator:

"Moreover also I gave them My Sabbaths, to be a sign between Me and them, that they might know that I am the LORD that sanctifies them." (Ezekiel 20:12)

When man substitutes his own authority for God's command, he **usurps the Creator's throne**. The change from Sabbath to Sunday represents **man's attempt to add to and take away from the law of God**, fulfilling Revelation's warning about apostasy and counterfeit worship.

In Summary

- God **never changed His Sabbath**.
- **Man**—through political compromise and ecclesiastical authority—**did**.
- The **Catholic Church** openly admits this as a **sign of its power**.
- The Bible warns against altering God's Word or His commandments.
- The **seventh-day Sabbath remains** God's true, eternal day of rest and worship.