

“The Sabbath and the Lord’s Day” A Sampler of Sabbath Scripture:

John 5:9 & :16; Exodus 20:8-11; 31:14-17; Deuteronomy 5:12-15; Ezekiel 20:19-20; Luke 6:1-11; Acts 17:1-6; Acts 20:7; Colossians 2:16-17; Hebrews 4:1-16; Hebrews 10:24-27; Revelation 1:10

...And that day was the Sabbath. John 5: 9 B (NKJV)

<sup>16</sup> For this reason the Jews persecuted Jesus, and sought to kill Him, because He had done these things on the Sabbath. John 5:16 (NKJV)

<sup>8</sup> “Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day *is* the Sabbath of the LORD your God. *In it* you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who *is* within your gates. <sup>11</sup> For *in* six days the LORD made the heavens and the earth, the sea, and all that *is* in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it. Exodus 20:8–11 (NKJV)

<sup>14</sup> You shall keep the Sabbath, therefore, for *it is* holy to you. Everyone who profanes it shall surely be put to death; for whoever does *any* work on it, that person shall be cut off from among his people. <sup>15</sup> Work shall be done for six days, but the seventh *is* the Sabbath of rest, holy to the LORD. Whoever does *any* work on the Sabbath day, he shall surely be put to death. <sup>16</sup> Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. <sup>17</sup> *It is* a sign between Me and the children of Israel forever; for *in* six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed.’ ” Exodus 31:14–17 (NKJV)

<sup>12</sup> ‘Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. <sup>13</sup> Six days you shall labor and do all your work, <sup>14</sup> but the seventh day *is* the Sabbath of the LORD your God. *In it* you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your ox, nor your donkey, nor any of your cattle, nor your stranger who *is* within your gates, that your male servant and your female servant may rest as well as you. <sup>15</sup> And remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to keep the Sabbath day. Deuteronomy 5:12–15 (NKJV)

<sup>13</sup> Bring no more futile sacrifices; incense is an abomination to Me. The New Moons, the Sabbaths, and the calling of assemblies— I cannot endure iniquity and the sacred meeting. Isaiah 1:13 (NKJV)

<sup>19</sup> I *am* the LORD your God: Walk in My statutes, keep My judgments, and do them; <sup>20</sup> hallow My Sabbaths, and they will be a sign between Me and you, that you may know that I *am* the LORD your God.’ Ezekiel 20:19–20 (NKJV)

6 Now it happened on the second Sabbath after the first that He went through the grainfields. And His disciples plucked the heads of grain and ate *them*, rubbing *them* in *their* hands. <sup>2</sup> And some of the Pharisees said to them, “Why are you doing what is not lawful to do on the Sabbath?” <sup>3</sup> But Jesus answering them said, “**Have you not even read this, what David did when he was hungry, he and those who were with him: <sup>4</sup> how he went into the house of God, took and ate the showbread, and also gave some to those with him, which is not lawful for any but the priests to eat?**” <sup>5</sup> And He said to them, “**The Son of Man is also Lord of the Sabbath.**” <sup>6</sup> Now it happened on another sabbath, also, that He entered the synagogue and taught. And a man was there whose right hand was withered. <sup>7</sup> So the scribes and Pharisees watched Him closely, whether He would heal on the Sabbath, that they might find an accusation against Him. <sup>8</sup> But He knew their thoughts, and said to the man who had the withered hand, “**Arise and stand here.**” And he arose and stood. <sup>9</sup> Then Jesus said to them, “**I will ask you one thing: Is it lawful on the Sabbath to do good or to do evil, to save life or to destroy?**” <sup>10</sup> And when He had looked around at them all, He said to the man,

**“Stretch out your hand.”** And he did so, and his hand was restored as whole as the other. <sup>11</sup> But they were filled with rage, and discussed with one another what they might do to Jesus. Luke 6:1–11 (NKJV)

<sup>17</sup> Now when they had passed through Amphipolis and Apollonia, they came to Thessalonica, where there was a synagogue of the Jews. <sup>2</sup> Then Paul, as his custom was, went in to them, and for three Sabbaths reasoned with them from the Scriptures, <sup>3</sup> explaining and demonstrating that the Christ had to suffer and rise again from the dead, and *saying*, “This Jesus whom I preach to you is the Christ.” <sup>4</sup> And some of them were persuaded; and a great multitude of the devout Greeks, and not a few of the leading women, joined Paul and Silas. <sup>5</sup> But the Jews who were not persuaded, becoming envious, took some of the evil men from the marketplace, and gathering a mob, set all the city in an uproar and attacked the house of Jason, and sought to bring them out to the people. <sup>6</sup> But when they did not find them, they dragged Jason and some brethren to the rulers of the city, crying out, “These who have turned the world upside down have come here too. Acts 17:1–6 (NKJV)

<sup>7</sup> Now on the first *day* of the week, when the disciples came together to break bread, Paul, ready to depart the next day, spoke to them and continued his message until midnight. Acts 20:7 (NKJV)

<sup>16</sup> So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, <sup>17</sup> which are a shadow of things to come, but the substance is of Christ. Colossians 2:16–17 (NKJV)

<sup>4</sup> Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. <sup>2</sup> For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard *it*. <sup>3</sup> For we who have believed do enter that rest, as He has said: “*So I swore in My wrath, ‘They shall not enter My rest,’*” although the works were finished from the foundation of the world. <sup>4</sup> For He has spoken in a certain place of the seventh *day* in this way: “*And God rested on the seventh day from all His works*”; <sup>5</sup> and again in this *place*: “*They shall not enter My rest.*” <sup>6</sup> Since therefore it remains that some *must* enter it, and those to whom it was first preached did not enter because of disobedience, <sup>7</sup> again He designates a certain *day*, saying in David, “*Today*,” after such a long time, as it has been said: “*Today, if you will hear His voice, Do not harden your hearts.*” <sup>8</sup> For if Joshua had given them rest, then He would not afterward have spoken of another *day*. <sup>9</sup> There remains therefore a rest for the people of God. <sup>10</sup> For he who has entered His rest has himself also ceased from his works as God *did* from His. <sup>11</sup> Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. <sup>12</sup> For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. <sup>13</sup> And there is no creature hidden from His sight, but all things *are* naked and open to the eyes of Him to whom we *must* give account. <sup>14</sup> Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast *our* confession. <sup>15</sup> For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as we *are*, yet without sin. <sup>16</sup> Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. Hebrews 4:1–16 (NKJV)

<sup>24</sup> And let us consider one another in order to stir up love and good works, <sup>25</sup> not forsaking the assembling of ourselves together, as *is* the manner of some, but exhorting *one another*, and so much the more as you see the Day approaching. <sup>26</sup> For if we sin willfully after we have received the knowledge of the truth, there no longer remains a sacrifice for sins, <sup>27</sup> but a certain fearful expectation of judgment, and fiery indignation which will devour the adversaries. Hebrews 10:24–27 (NKJV)

<sup>10</sup> I was in the Spirit on the Lord’s Day, and I heard behind me a loud voice, as of a trumpet, Revelation 1:10 (NKJV)

I. *The Sabbath in one sense is “forever” -*

<sup>17</sup> **It is a sign between Me and the children of Israel forever... Exodus 31:17**

*This is something that was and is true of all God’s commands –*

<sup>37</sup> **And the statutes, the ordinances, the law, and the commandment which He wrote for you, you shall be careful to observe forever; you shall not fear other gods. 2 Kings 17:37 (NKJV)**

II. *However, within the Ten Commandments the Sabbath is the one which changes -*

1. *In Exodus the reason for the sabbath is creation –*

<sup>11</sup> **For *in* six days the LORD made the heavens and the earth, the sea, and all that *is* in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it. Exodus 20:8–11 (NKJV)**

2. *In Deuteronomy the reason is redemption –*

<sup>15</sup> **And remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to keep the Sabbath day. Deuteronomy 5:15 (NKJV)**

*Revelation chapters 4 & 5 teach us that both Creation and Redemption are reasons for the worship of God and Christ, by ... every tribe and tongue and people and nation, Revelation 5:9 B (NKJV)*

*I believe the redemption accomplished in God’s delivering His people from Egypt was always meant to point to the Greater Redemption which was accomplished by Christ when He saved His people from their sins. This is the reason for the DAY CHANGE, from Saturday, the seventh day, to Sunday the first day. They were looking forward to a redemption accomplished by Christ, we look back and start with a redemption already accomplished on the cross.*

3. *Note Paul did evangelism on the sabbath Acts 17:2 but he met with God’s people for worship on the Lord’s Day, the first day of the week – Acts 20:7. The apostle John’s reference to being in the Spirit on the Lord’s Day, Revelation 1:10 is further evidence of a day change from Saturday to Sunday in honor of the redemption accomplished by Christ, and remembering His resurrection.*

III. *Even in the Old Testament hypocritical worship on the sabbath by those who were not keeping God’s other commandments was condemned –*

<sup>13</sup> **Bring no more futile sacrifices; incense is an abomination to Me. The New Moons, the Sabbaths, and the calling of assemblies—I cannot endure iniquity and the sacred meeting. Isaiah 1:13 (NKJV)**

*I believe this is a big part of our Lord Jesus’ seeming “disobedience” on Sabbath days.*

*He regularly healed the sick on the sabbath, John 5: 9 and Luke 6:9-11 are examples of this.*

*He also seems to allow for things that the Pharisees and other Jewish leaders condemned - Luke 6:1–8 is an example of this.*

1. *We should always beware of hypocrisy –*

<sup>8</sup>“Behold, you trust in lying words that cannot profit. <sup>9</sup>Will you steal, murder, commit adultery, swear falsely, burn incense to Baal, and walk after other gods whom you do not know, <sup>10</sup> and then come and stand before Me in this house which is called by My name, and say, ‘We are delivered to do all these abominations’? <sup>11</sup> Has this house, which is called by My name, become a den of thieves in your eyes? Behold, I, even I, have seen *it*,” says the LORD. Jeremiah 7:8–11 (NKJV)

2. *If you have sinned, confess your sin –*

<sup>9</sup> If we confess our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness. 1 John 1:9 (NKJV)

3. *Christ’s specifically condemned the hypocrisy of the Pharisees –*

<sup>23</sup> **“Woe to you, scribes and Pharisees, hypocrites! For you pay tithes of mint and anise and cummin, and have neglected the weightier *matters* of the law: justice and mercy and faith. These you ought to have done, without leaving the others undone. Matthew 23:23 (NKJV)**

<sup>12</sup> In the meantime, when an innumerable multitude of people had gathered together, so that they trampled one another, He began to say to His disciples first of all, **“Beware of the leaven of the Pharisees, which is hypocrisy. <sup>2</sup> For there is nothing covered that will not be revealed, nor hidden that will not be known. <sup>3</sup> Therefore whatever you have spoken in the dark will be heard in the light, and what you have spoken in the ear in inner rooms will be proclaimed on the housetops. Luke 12:1–3 (NKJV)**

IV. *Beware of judging about “sabbath” observance -*

<sup>16</sup> So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, <sup>17</sup> which are a shadow of things to come, but the substance is of Christ. Colossians 2:16–17 (NKJV)

1. *Some argue that “sabbaths” in Colossians 2:16 is not referring to the sabbath or the Lord’s Day and their argument is probably to a degree correct.*
2. *However, in the New Testament, believers are given hardly any details about sabbath or Lord’s Day requirements. Therefore, personal rules, should stay “personal” – explain!*

V. *However, we should still take the sabbath / Lord’s Day SERIOUSLY –*

<sup>19</sup> I am the LORD your God: Walk in My statutes, keep My judgments, and do them; <sup>20</sup> hallow My Sabbaths, and they will be a sign between Me and you, that you may know that I am the LORD your God.’ Ezekiel 20:19–20 (NKJV)

1. *Less rules are because of MORE KNOWLEDGE and FREEDOM in our relationship with God! The sabbath is like a wedding ring!*
2. *The Acts 2 Church met daily –*

<sup>46</sup> So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart, <sup>47</sup> praising God and having favor with all the people. And the Lord added to the church daily those who were being saved. Acts 2:46–47 (NKJV) *see also Hebrews 3:13*

3. *We are not to forsake the assembling of ourselves together –*

<sup>25</sup> not forsaking the assembling of ourselves together, as *is* the manner of some, but exhorting *one another*, and so much the more as you see the Day approaching. Hebrews 10:25 *See the dread consequences Hebrews 10:26-27! Beware too of the McSabbath! What our church is like!*