

SUBJECT STUDY: THE SABBATH

What is the Sabbath? When did it get started? What are we supposed to do on the Sabbath? Today's lesson will answer all our questions about the Sabbath.

The word "Sabbath" means "to cease, stop what you're doing, relax, be calm, don't do anything." It's used 137 times in the bible, and the plural is used 37 more times, so God is telling us to stop and relax at certain times. You couldn't travel more than 3000 feet on the Sabbath, you couldn't work, and you were required to rest and not do anything at all.

Gen 2:1-3: God set aside day 7 for rest. It is sanctified, set aside for rest. We work on a 7-day basis. Some nations have tried to change this without knowing it was God's plan. France did it once and they almost collapsed. The Babylons even worked a 7-day week.

Exodus 16:23: This is the first mention of the holy Sabbath since Genesis 2:1-3. In Exodus, on the Sabbath day, the people go pick the food they need for that day only. Any extra that was kept had worms in it the next day.

Vs24: only on that day of the week would the food get wormy.

Vs25: the Sabbath is a holy day set aside to rest and not work. These people did not have the law at that time, and we don't know how they knew about it, but it is God's principle that works.

Vs26-28: the people didn't listen to God, and He asked Moses how long the people will stubbornly not listen to Him?

Vs29: The Lord gives us 2 days' worth of food on the sixth day so that we may rest on the seventh day.

Exodus 20:8: Now the Sabbath becomes part of the law for Christians. Remember the Sabbath day and keep it holy.

Vs9: work for 6 days in a row and take a break on the 7th day.

Vs10: no working allowed on the 7th day. We are to stop and rest.

Vs11: work hard for 6 days; rest on the 7th day at home.

Exodus 31:12-18: there are a number of Sabbaths, but that's another study. We are studying the Sabbath of the day of rest once every 7 days. The Sabbath is a sign between Israel and God. The church didn't even exist at that point in time. If you broke the Sabbath back then, you died. They would execute you or stone you to death according to God's law. If you worked or caused someone else to work on the Sabbath, you were in violation of the Sabbath law and would be put to death. The Sabbath was to be a sign between God and the children of Israel throughout their generations, for a perpetual covenant. No Gentiles involved. They work 6 days, rest on the 7th day, and were refreshed.

Mark 2:27-28: the Sabbath was made for man by Jesus Christ. Jesus Christ is in control of the Sabbath.

There is only one reference to the Sabbath in the book of Acts, when the church comes in, and one reference after the book of Acts.

Colossians 2:8: Quit trying to follow wife's tales and things people set up that are not from Christ.
Vs16-17: don't pay attention to the judgements of other men around you for what you eat and how you live your life in respect to a feast day or a new moon or a Sabbath day. These are a shadow of things to come, a better life with Christ.

Synagogues came in after Nebuchadnezzar destroyed Jerusalem and the Jews had no place to worship, so they set up little places to worship on the run, for seven years. After they came back to Jerusalem, they rebuilt the temple, but they kept the synagogues. They came from people, not Jesus Christ.

According to the bible, what day of the week is the Sabbath?

Acts 20:6-7: tells us the day of the week that Sabbath is. The Christians are meeting on the first day of the week to fellowship and break bread.

1 Cor 16:1-2: Paul said when Christians get together on the first day of the week, take up a collection. Over and over, Christians are told to meet on the first day of the week to fellowship, break bread, and take up a collection.

In the beginning, God set aside one day out of every seven to set aside all normal activity to rest.