

Exodus 16:22-36

God gives the Sabbath to Israel as they gather Manna

GOD PROVIDES A PATTERN

God saw all that He had made, and behold, it was very good. And there was evening and there was morning, the sixth day. Thus the heavens and the earth were completed, and all their hosts. By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. ([Genesis 1:31; 2:1-3](#))

GOD PROVIDES A LAW (TO THE ISRAELITES)

Now on the sixth day they gathered twice as much bread, two omers for each one. When all the leaders of the congregation came and told Moses, then he said to them, "This is what the LORD meant: Tomorrow is a sabbath observance, a holy sabbath to the LORD. Bake what you will bake and boil what you will boil, and all that is left over put aside to be kept until morning." So they put it aside until morning, as Moses had ordered, and it did not become foul nor was there any worm in it. Moses said, "Eat it today, for today is a sabbath to the LORD; today you will not find it in the field. "Six days you shall gather it, but on the seventh day, *the* sabbath, there will be none." It came about on the seventh day that some of the people went out to gather, but they found none. Then the LORD said to Moses, "How long do you refuse to keep My commandments and My instructions? ([Exodus 16:22-28](#))

"Remember the sabbath day, to keep it holy. "Six days you shall labor and do all your work, but the seventh day is a sabbath of the LORD your God; *in it* you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. "For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy. ([Exodus 20:8-11](#))

THE PROMISED LAND GETS A SABBATH

The LORD then spoke to Moses at Mount Sinai, saying, "Speak to the sons of Israel and say to them, 'When you come into the land which I shall give you, then the land shall have a sabbath to the LORD. 'Six years you shall sow your field, and six years you shall prune your vineyard and gather in its crop, but during the seventh year the land shall have a sabbath rest, a sabbath to the LORD; you shall not sow your field nor prune your vineyard. 'Your harvest's aftergrowth you shall not reap, and your grapes of untrimmed vines you shall not gather; the land shall have a sabbatical year. ([Leviticus 25:1-5](#))

THE PROMISED LAND GETS A SABBATH OF SABBATHS (YEAR OF JUBILEE)

'You are also to count off seven sabbaths of years for yourself, seven times seven years, so that you have the time of the seven sabbaths of years, *namely*, forty-nine years. 'You shall then sound a ram's horn abroad on the tenth day of the seventh month; on the day of atonement you shall sound a horn all through your land. 'You shall thus consecrate the fiftieth year and proclaim a release through the land to all its inhabitants. It shall be a jubilee for you, and each of you shall return to his own property, and each of you shall return to his family. 'You shall have the fiftieth year as a jubilee; you shall not sow, nor reap its aftergrowth, nor gather in *from* its untrimmed vines. 'For it is a jubilee; it shall be holy to you. You shall eat its crops out of the field. ([Leviticus 25:8-12](#))

JEREMIAH WARNS THE ISRAELITES THAT THE SABBATH IS SERIOUS

Thus the LORD said to me, "Go and stand in the public gate, through which the kings of Judah come in and go out, as well as in all the gates of Jerusalem; and say to them, 'Listen to the word of the LORD, kings of Judah, and all Judah and all inhabitants of Jerusalem who come in through these gates: 'Thus says the LORD, "Take heed for yourselves, and do not carry any load on the sabbath day or bring anything in through the gates of Jerusalem. "You shall not bring a load out of your houses on the sabbath day nor do any work, but keep the sabbath day holy, as I commanded your forefathers. "Yet they did not listen or incline their ears, but stiffened their necks in order not to listen or take correction. "But it will come about, if you listen attentively to Me," declares the LORD, "to bring no load in through the gates of this city on the sabbath day, but to keep the sabbath day holy by doing no work on it, then there will come in through the gates of this city kings and princes sitting on the throne of David... "But if you do not listen to Me to keep the sabbath day holy by not carrying a load and coming in through the gates of Jerusalem on the sabbath day, then I will kindle a fire in its gates and it will devour the palaces of Jerusalem and not be quenched.'" (Jeremiah 17:19-27)

THE ISRAELITES SENT INTO CAPTIVITY FOR IGNORING THE LAND'S SABBATHS

Therefore He brought up against them the king of the Chaldeans who slew their young men with the sword in the house of their sanctuary, and had no compassion on young man or virgin, old man or infirm; He gave *them* all into his hand. All the articles of the house of God, great and small, and the treasures of the house of the LORD, and the treasures of the king and of his officers, he brought *them* all to Babylon. Then they burned the house of God and broke down the wall of Jerusalem, and burned all its fortified buildings with fire and destroyed all its valuable articles. Those who had escaped from the sword he carried away to Babylon; and they were servants to him and to his sons until the rule of the kingdom of Persia, to fulfill the word of the LORD by the mouth of Jeremiah, until the land had enjoyed its sabbaths. All the days of its desolation it kept sabbath until seventy years were complete.

(2 Chronicles 36:17-21)

NEHEMIAH RESTORES THE SABBATH UPON RETURN FROM EXILE

Now the rest of the people, the priests, the Levites, the gatekeepers, the singers, the temple servants and all those who had separated themselves from the peoples of the lands to the law of God, their wives, their sons and their daughters, all those who had knowledge and understanding, are joining with their kinsmen, their nobles, and are taking on themselves a curse and an oath to walk in God's law, which was given through Moses, God's servant, and to keep and to observe all the commandments of GOD our Lord, and His ordinances and His statutes; and that we will not give our daughters to the peoples of the land or take their daughters for our sons. As for the peoples of the land who bring wares or any grain on the sabbath day to sell, we will not buy from them on the sabbath or a holy day; and we will forego *the crops* the seventh year and the exaction of every debt. (Nehemiah 10:28-31)

JESUS INVITES PEOPLE TO COME AND REST IN HIM

At that time Jesus said, "I praise You, Father, Lord of heaven and earth, that You have hidden these things from *the wise* and intelligent and have revealed them to infants. "Yes, Father, for this way was well-pleasing in Your sight. "All things have been handed over to Me by My Father; and no one knows the Son except the Father; nor does anyone know the Father except the Son, and anyone to whom the Son wills to reveal *Him*. "Come to Me, all who are weary and heavy-laden, and I will give you rest. "Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. "For My yoke is easy and My burden is light." (Matthew 11:25-30)

JESUS IS THE LORD OF THE SABBATH

And it happened that He was passing through the grain fields on the Sabbath, and His disciples began to make their way along while picking the heads *of grain*. The Pharisees were saying to Him, "Look, why are they doing what is not lawful on the Sabbath?" And He *said to them, "Have you never read what David did when he was in need and he and his companions became hungry; how he entered the house of God in the time of Abiathar *the high priest*, and ate the consecrated bread, which is not lawful for *anyone* to eat except the priests, and he also gave it to those who were with him?" Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath. "So the Son of Man is Lord even of the Sabbath." (Mark 2:23-28)

JESUS HEALS ON THE SABBATH

He entered again into a synagogue; and a man was there whose hand was withered. They were watching Him *to see* if He would heal him on the Sabbath, so that they might accuse Him. He *said to the man with the withered hand, "Get up and come forward!" And He *said to them, "Is it lawful to do good or to do harm on the Sabbath, to save a life or to kill?" But they kept silent. After looking around at them with anger, grieved at their hardness of heart, He *said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored. The Pharisees went out and immediately *began* conspiring with the Herodians against Him, *as to* how they might destroy Him. (Mark 3:1-6)

JESUS TELLS THE JEWISH LEADERSHIP, "MY FATHER IS WORKING"

After this there was a feast of the Jews, and Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Aramaic called Bethesda, which has five roofed colonnades. In these lay a multitude of invalids—blind, lame, and paralyzed. One man was there who had been an invalid for thirty-eight years. When Jesus saw him lying there and knew that he had already been there a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me." Jesus said to him, "Get up, take up your bed, and walk." And at once the man was healed, and he took up his bed and walked. Now that day was the Sabbath. So the Jews said to the man who had been healed, "It is the Sabbath, and it is not lawful for you to take up your bed." But he answered them, "The man who healed me, that man said to me, 'Take up your bed, and walk.'" They asked him, "Who is the man who said to you, 'Take up your bed and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward Jesus found him in the temple and said to him, "See, you are well! Sin no more, that nothing worse may happen to you." The man went away and told the Jews that it was Jesus who had healed him. And this was why the Jews were persecuting Jesus, because he was doing these things on the Sabbath. But Jesus answered them, "My Father is working until now, and I am working." (John 5:1-17)

THERE REMAINS A SABBATH REST FOR THE PEOPLE OF GOD

Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it. For indeed we have had good news preached to us, just as [the Jews did] also; but the word they heard did not profit them, because it was not united by faith in those who heard. For we who have believed enter that rest, just as He has said, "AS I SWORE IN MY WRATH, THEY SHALL NOT ENTER MY REST," although His works were finished from the foundation of the world. For He has said somewhere concerning the seventh *day*: "AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS"; and again in this *passage*, "THEY SHALL NOT ENTER MY REST." Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, "TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS." For if Joshua had given them rest, He would not have spoken of another day after that. So there remains a Sabbath rest for the people of God. For the one who has entered His rest has himself also rested from his

works, as God did from His. Therefore let us be diligent to enter that rest, so that no one will fall, through *following* the same example of disobedience. ([Hebrews 4:1-11](#))

THE WICKED HAVE NO REST; THOSE WHO DIE IN THE LORD REST FROM THEIR LABORS

Then I saw another angel flying directly overhead, with an eternal gospel to proclaim to those who dwell on earth, to every nation and tribe and language and people. And he said with a loud voice, "Fear God and give him glory, because the hour of his judgment has come, and worship him who made heaven and earth, the sea and the springs of water." Another angel, a second, followed, saying, "Fallen, fallen is Babylon the great, she who made all nations drink the wine of the passion of her sexual immorality." And another angel, a third, followed them, saying with a loud voice, "If anyone worships the beast and its image and receives a mark on his forehead or on his hand, he also will drink the wine of God's wrath, poured full strength into the cup of his anger, and he will be tormented with fire and sulfur in the presence of the holy angels and in the presence of the Lamb. And the smoke of their torment goes up forever and ever, and they have no rest, day or night, these worshipers of the beast and its image, and whoever receives the mark of its name." Here is a call for the endurance of the saints, those who keep the commandments of God and their faith in Jesus. And I heard a voice from heaven saying, "Write this: Blessed are the dead who die in the Lord from now on." "Blessed indeed," says the Spirit, "that they may rest from their labors, for their deeds follow them!" ([Revelation 14:6-13](#))

1689 LONDON BAPTIST CONFESSION OF FAITH

Chapter 22 – Religious Worship and the Sabbath Day

7. It is the law of nature that in general a portion of time specified by God should be set apart for the worship of God. So by his Word, in a positive-moral and perpetual commandment that obligates everyone in every age, he has specifically appointed one day in seven for a sabbath to be kept holy to him.²⁸ From the beginning of the world to the resurrection of Christ the appointed day was the last day of the week. After the resurrection of Christ it was changed to the first day of the week, which is called the Lord's Day.²⁹ This day is to be kept to the end of the age as the Christian Sabbath, since the observance of the last day of the week has been abolished.

[²⁸Exodus 20:8. ²⁹1 Corinthians 16:1, 2; Acts 20:7; Revelation 1:10.]

8. The Sabbath is kept holy to the Lord when people have first prepared their hearts appropriately and arranged their everyday affairs in advance. Then they observe a holy rest all day from their own works, words and thoughts about their secular employment and recreation.³⁰ Not only that, but they also fill the whole time with public and private acts of worship and the duties of necessity and mercy.³¹

[³⁰Isaiah 58:13; Nehemiah 13:15–22. ³¹Matthew 12:1–13.]

2000 BAPTIST FAITH AND MESSAGE (SBC STATEMENT OF FAITH)

VIII. The Lord's Day

The first day of the week is the Lord's Day. It is a Christian institution for regular observance. It commemorates the resurrection of Christ from the dead and should include exercises of worship and spiritual devotion, both public and private. Activities on the Lord's Day should be commensurate with the Christian's conscience under the Lordship of Jesus Christ.

[Exodus 20:8-11; Matthew 12:1-12; 28:1ff.; Mark 2:27-28; 16:1-7; Luke 24:1-3,33-36; John 4:21-24; 20:1,19-28; Acts 20:7; Romans 14:5-10; 1 Corinthians 16:1-2; Colossians 2:16; 3:16; Revelation 1:10]