

~SABBATH DAY (1356)

[Hebrew, *yohm hash-shab-bath'*, Greek, *he he-me'ra tou sab-ba'tou*]

- Benefits And Importance Of The Sabbath
- Rabbinic Sabbath Restrictions
- Not Enjoined On Christians
- Entering Into God's Rest
- Lord Of The Sabbath

- A day set apart by God for rest from regular labors, the Sabbath was given by Yehowah as a sign between him and the sons of Israel.
- And the sons of Israel must keep the **Sabbath**, so as to carry out the Sabbath during their generations. It is a covenant to time indefinite. (**Exodus 31:16**)
- Between me and the sons of Israel it is a sign to time indefinite, because in six days Yehowah made the heavens and the earth and on the seventh day he rested and proceeded to refresh himself. (**Exodus 31:17**)
- The **Hebrew** expression *yohm hash-shab-bath'* is drawn from the verb *sha-vath'*, meaning, **rest, cease**.
- And by the seventh day God came to the completion of his work that he had made, and he proceeded to rest on the seventh day from all his work that he had made. (**Genesis 2:2**)
- For all the days the earth continues, seed sowing and harvest, and cold and heat, and summer and winter, and day and night, will never cease. (**Genesis 8:22**)
- In **Greek**, *he he-me'ra tou sab-ba'tou* means, **Sabbath day**.
- The history of a weekly 24-hour **Sabbath** observance begins with the nation of Israel in the wilderness in the second month after their Exodus from Egypt in **1513 B.C.E.**
- Later they departed from Elim, and the entire assembly of the sons of Israel finally came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after their coming out of the land of Egypt. (**Exodus 16:1**)

- **Yehowah had told Moses that the miraculous provision of the manna would be double on the sixth day. When this proved true, the chieftains of the assembly reported the matter to Moses and then the arrangement for the weekly **Sabbath** was announced.**
- **And it came about on the sixth day that they picked up twice as much bread, two omer measures for one person. So all the chieftains of the assembly came and reported it to Moses. (Exodus 16:22)**
- **At that he said to them; It is what Yehowah has spoken. Tomorrow there will be a **Sabbath** observance of a holy **Sabbath** to Yehowah. What you can bake, bake, and what you can boil, boil, and all the surplus that there is save it up for you as something to be kept until the morning. (Exodus 16:23)**
- **That Israel was obligated from that time forward is shown by Yehowah's words at;**
- **Consequently Yehowah said to Moses; How long must you people refuse to keep my commandments and my Laws? (Exodus 16:28)**
- **Mark the fact that Yehowah has given you the **Sabbath**. That is why he is giving you on the sixth day the bread of two days. Keep sitting each one in his own place. Let nobody go out from his locality on the seventh day. (Exodus 16:29)**
- **The weekly **Sabbath** was made an integral part of a system of Sabbaths when the Law covenant was formally inaugurated at Mount Sinai a short time later.**
- **In the third month after the sons of Israel came out of the land of Egypt, on the same day, they came into the wilderness of Sinai. (Exodus 19:1)**
- **Remembering the **Sabbath** day to hold it sacred. (Exodus 20:8)**
- **You are to render service and you must do all your work six days. (Exodus 20:9)**
- **But the seventh day is a **Sabbath** to Yehowah your God. You must not do any work, you nor your son nor your daughter, your slave man nor your slave girl nor your domestic animal nor your**

- alien resident who is inside your gates. (**Exodus 20:10**)
- After that he sent young men of the sons of Israel and they offered up burnt offerings and sacrificed bulls as sacrifices, as communion sacrifices to Yehowah. (**Exodus 24:5**)
 - Then Moses took half the blood and put it in bowls, and half the blood he sprinkled upon the altar. (**Exodus 24:6**)
 - Finally he took the book of the covenant and read it in the ears of the people. Then they said; All that Yehowah has spoken we are willing to do and be obedient. (**Exodus 24:7**)
 - So Moses took the blood and sprinkled it upon the people and said; Here is the blood of the covenant that Yehowah has concluded with you as respects all these words. (**Exodus 24:8**)
 - This **sabbatical** system was composed of many types of **Sabbaths**: the 7th day, the 7th year, the 50th year, Jubilee year, Nisan 14, Passover, Nisan 15, Nisan 21, Sivan 6, Pentecost, Ethanim 1, Ethanim 10, Atonement Day, Ethanim 15, and Ethanim 22.
 - That the **Sabbath** was not enjoined upon any of God's servants until after the Exodus is evident from the testimony of.
 - Yehowah our God concluded a covenant with us in Horeb. (**Deuteronomy 5:2**)
 - It was not with our forefathers that Yehowah concluded this covenant, but with us, all those of us alive here today. (**Deuteronomy 5:3**)
 - And the sons of Israel must keep the **Sabbath**, so as to carry out the Sabbath during their generations. It is a covenant to time indefinite. (**Exodus 31:16**)
 - Between me and the sons of Israel it is a sign to time indefinite, because in six days Yehowah made the heavens and the earth and on the seventh day he rested and proceeded to refresh himself. (**Exodus 31:17**)
 - It was not with our forefathers that Yehowah concluded this covenant, but with us. The sons of Israel must keep the **Sabbath** during their generations. Between me and the sons of Israel it is a sign

to time indefinite. If Israel had already been observing the **Sabbath**, it could not have served as a reminder of their deliverance from Egypt by Yehowah, as shown at;

- And you must remember that you became a slave in the land of Egypt and Yehowah your God proceeded to bring you out from there with a strong hand and an outstretched arm. That is why Yehowah your God commanded you to carry on the **Sabbath** day. ([Deuteronomy 5:15](#))
- The fact that some of the Israelites went out to pick up manna on the seventh day, in spite of direct instruction to the contrary, indicates that **Sabbath** observance was something new.
- And Yehowah spoke further to Moses, saying; ([Exodus 16:11](#))
- I have heard the murmurings of the sons of Israel. Speak to them, saying; Between the two evenings you will eat meat and in the morning you will be satisfied with bread, and you will certainly know that I am Yehowah your God. ([Exodus 16:12](#))
- Accordingly it occurred that in the evening the quails began to come up and cover the camp, and in the morning there had developed a layer of dew round about the camp. ([Exodus 16:13](#))
- In time the layer of dew evaporated and here upon the surface of the wilderness there was a fine flaky thing, fine like hoarfrost upon the earth. ([Exodus 16:14](#))
- When the sons of Israel got to see it, they began to say to one another; What is it? For they did not know what it was. Hence Moses said to them; It is the bread that Yehowah has given you for food. ([Exodus 16:15](#))
- This is the word that Yehowah has commanded; Pick up some of it, each one in proportion to his eating. You are to take an omer measure for each individual according to the number of the souls that each of you has in his tent. ([Exodus 16:16](#))
- And the sons of Israel began to do so, and they went picking it up, some gathering much and some gathering little. ([Exodus 16:17](#))
- When they would measure it by the omer, he that had gathered

much had no surplus and he that had gathered little had no shortage. They picked it up each one in proportion to his eating. (**Exodus 16:18**)

- Then Moses said to them; Let nobody leave any of it until the morning. (**Exodus 16:19**)
- But they did not listen to Moses. When some men would leave some of it until the morning, it would breed worms and stink, so that Moses became indignant at them. (**Exodus 16:20**)
- And they would pick it up morning by morning, each one in proportion to his eating. When the sun got hot, it melted. (**Exodus 16:21**)
- And it came about on the sixth day that they picked up twice as much bread, two omer measures for one person. So all the chieftains of the assembly came and reported it to Moses. (**Exodus 16:22**)
- At that he said to them; It is what Yehowah has spoken. Tomorrow there will be a **Sabbath** observance of a holy **Sabbath** to Yehowah. What you can bake, bake, and what you can boil, boil, and all the surplus that there is save it up for you as something to be kept until the morning. (**Exodus 16:23**)
- Accordingly they saved it up until the morning, just as Moses had commanded, and it did not stink nor did maggots develop in it. (**Exodus 16:24**)
- Then Moses said; Eat it today, because today is a **Sabbath** to Yehowah. Today you will not find it in the field. (**Exodus 16:25**)
- Six days you will pick it up, but on the seventh day is a **Sabbath**. On it none will form. (**Exodus 16:26**)
- However, it came about on the seventh day that some of the people did go out to pick it up, but they found none. (**Exodus 16:27**)
- Consequently Yehowah said to Moses; How long must you people refuse to keep my commandments and my Laws? (**Exodus 16:28**)

- Mark the fact that Yehowah has given you the **Sabbath**. That is why he is giving you on the sixth day the bread of two days. Keep sitting each one in his own place. Let nobody go out from his locality on the seventh day. (**Exodus 16:29**)
- And the people proceeded to observe the **Sabbath** on the seventh day. (**Exodus 16:30**)
- That there was uncertainty in handling the case of the first recorded **Sabbath** breaker after the Law had been given at Sinai also shows that the **Sabbath** had only recently been instituted.
- While the sons of Israel were continuing in the wilderness, they once found a man collecting pieces of wood on the **Sabbath** day. (**Numbers 15:32**)
- Then those who found him collecting pieces of wood brought him up to Moses and Aaron and the whole assembly. (**Numbers 15:33**)
- So they committed him into custody, because it had not been distinctly stated what should be done to him. (**Numbers 15:34**)
- In time Yehowah said to Moses; Without fail the man should be put to death, the whole assembly pelting him with stones outside the camp. (**Numbers 15:35**)
- Accordingly the whole assembly brought him forth outside the camp and pelted him with stones so that he died, just as Yehowah had commanded Moses. (**Numbers 15:36**)
- While in Egypt the Israelites, being slaves, could not have kept the **Sabbath** even if they had been under such Law at the time. Pharaoh complained that Moses was interfering even when he asked for a three-day period to make a sacrifice to God. How much more so if the Israelites had tried to rest one day out of every seven.
- And afterward Moses and Aaron went in and proceeded to say to Pharaoh; This is what Yehowah the God of Israel has said; Send my people away that they may celebrate a festival to me in the wilderness. (**Exodus 5:1**)
- But Pharaoh said; Who is Yehowah, so that I should obey his voice to send Israel away? I do not know Yehowah at all and,

- what is more, I am not going to send Israel away. (**Exodus 5:2**)
- However, they went on to say; The God of the Hebrews has come in touch with us. We want to go, please, a journey of three days into the wilderness and sacrifice to Yehowah our God, otherwise he may strike at us with pestilence or with sword. (**Exodus 5:3**)
 - At this the king of Egypt said to them; Why is it, Moses and Aaron, that you cause the people to leave off from their works? Go bearing your burdens! (**Exodus 5:4**)
 - And Pharaoh continued; Look! The people of the land are now many, and you indeed make them desist from their bearing of burdens. (**Exodus 5:5**)
 - While it is true that the patriarchs apparently measured time in a week of seven days, there is no evidence that any distinction was made as to the seventh day. Seven was prominent, however, as a number that often denoted completeness.
 - At this Yehowah said to him; For that reason anyone killing Cain must suffer vengeance seven times. And so Yehowah set up a sign for Cain in order, that no one finding him should strike him. (**Genesis 4:15**)
 - Consequently Lamech composed these words for his wives Adah and Zillah; Hear my voice, you wives of Lamech; Give ear to my saying; A man I have killed for wounding me, yes, a young man for giving me a blow. (**Genesis 4:23**)
 - If seven times Cain is to be avenged, then Lamech seventy times and seven. (**Genesis 4:24**)
 - When Abraham set seven female lambs of the flock by themselves. (**Genesis 21:28**)
 - Abimelech went on to say to Abraham; What is the meaning here of these seven female lambs that you have set by themselves? (**Genesis 21:29**)
 - Then he said; You are to accept the seven female lambs at my hand, that it may serve as a witness for me that I have dug this well. (**Genesis 21:30**)

- That is why he called that place Beersheba, because there both of them had taken an oath. (**Genesis 21:31**)
- So they concluded a covenant at Beersheba, after which Abimelech got up together with Phicol the chief of his army and they returned to the land of the Philistines. (**Genesis 21:32**)
- The **Hebrew** word, **swear**, *sha-va`*, is evidently from the same root as the word meaning, **seven**.
- The **Sabbath** was celebrated as a sacred day.
- Keeping the **Sabbath** day to hold it sacred, just as Yehowah your God commanded you. (**Deuteronomy 5:12**)
- A day of rest and rejoicing for all Israelites, servants, alien residents, and animals ceasing from all labors.
- If in view of the **Sabbath** you will turn back your foot as regards doing your own delights on my holy day, and will actually call the **Sabbath** an exquisite delight, a holy day of Yehowah, one being glorified, and will actually glorify it rather than doing your own ways, rather than finding what delights you and speaking a word. (**Isaiah 58:13**)
- You will in that case find your exquisite delight in Yehowah, and I will make you ride upon the high places of the earth, and I will cause you to eat from the hereditary possession of Jacob your forefather, for the mouth of Yehowah itself has spoken it. (**Isaiah 58:14**)
- And I shall certainly cause all her exultation, her festival, her new moon and her **Sabbath** and her every festal season to cease. (**Hosea 2:11**)
- But the seventh day is a **Sabbath** to Yehowah your God. You must not do any work, you nor your son nor your daughter, your slave man nor your slave girl nor your domestic animal nor your alien resident who is inside your gates. (**Exodus 20:10**)
- Six days you are to labor, but on the seventh day you will keep **Sabbath**. In plowing time and in harvest you will keep Sabbath. (**Exodus 34:21**)

- Keeping the **Sabbath** day to hold it sacred, just as Yehowah your God commanded you. (**Deuteronomy 5:12**)
- You are to render service and you must do all your work six days. (**Deuteronomy 5:13**)
- But the seventh day is a **Sabbath** to Yehowah your God. You must not do any work, you nor your son nor your daughter nor your slave man nor your slave girl nor your bull nor your ass nor any domestic animal of yours nor your alien resident who is inside your gates, in order, that your slave man and your slave girl may rest the same as you. (**Deuteronomy 5:14**)
- And you must remember that you became a slave in the land of Egypt and Yehowah your God proceeded to bring you out from there with a strong hand and an outstretched arm. That is why Yehowah your God commanded you to carry on the **Sabbath** day. (**Deuteronomy 5:15**)
- This is what Yehowah has said; Watch out for your souls, and do not carry on the **Sabbath** day any load that you must bring in through the gates of Jerusalem. (**Jeremiah 17:21**)
- And it must occur that, if you strictly obey me, is the utterance of Yehowah, to bring in no load through the gates of this city on the **Sabbath** day and to sanctify the Sabbath day by not doing on it any work. (**Jeremiah 17:24**)
- A special burnt offering, along with grain and drink offerings, was made, in addition to the regular daily constant burnt offering.
- However, on the **Sabbath** day there will be two sound year-old male lambs and two tenth measures of fine flour as a grain offering moistened with oil, together with its drink offering. (**Numbers 28:9**)
- As a **Sabbath** burnt offering on its **Sabbath**, along with the constant burnt offering and its drink offering. (**Numbers 28:10**)
- The showbread was renewed in the sanctuary, and a new division of priests took up their duties.
- And you must take fine flour and bake it up into twelve ring-

- shaped cakes. Two tenths of an ephah should go to each ring-shaped cake. ([Leviticus 24:5](#))
- And you must place them in two sets of layers, six to the layer set, upon the table of pure gold before Yehowah. ([Leviticus 24:6](#))
 - And you must put pure frankincense upon each layer set, and it must serve as the bread for a remembrancer, an offering made by fire to Yehowah. ([Leviticus 24:7](#))
 - On one **Sabbath** day after another he should set it in order before Yehowah constantly. It is a covenant to time indefinite with the sons of Israel. ([Leviticus 24:8](#))
 - And it must become Aaron's and his sons, and they must eat it in a holy place, because it is something most holy for him from Yehowah's offerings made by fire, as a regulation to time indefinite. ([Leviticus 24:9](#))
 - And some of the sons of the Kohathites, their brothers, were in charge of the layer bread, to prepare it **Sabbath** by **Sabbath**. ([1 Chronicles 9:32](#))
 - This is the thing that you will do, one third of you who are coming in on the **Sabbath**, of the priests and of the Levites, will be for doorkeepers. ([2 Chronicles 23:4](#))
 - **Priestly duties were not curtailed on the Sabbath.**
 - Or, have you not read in the Law that on the **Sabbaths** the priests in the temple treat the **Sabbath** as not sacred and continue guiltless? ([Matthew 12:5](#))
 - And infants were even circumcised on the **Sabbath** if that happened to be their eighth day of life. In later times the Jews had a saying; **There is no Sabbath in the sanctuary, meaning that the priestly duties went right on.** [[The Temple, by A. Edersheim, 1874, p. 152](#)]
 - For this reason Moses has given you the circumcision, not that it is from Moses, but that it is from the forefathers, and you circumcise a man on a **Sabbath**. ([John 7:22](#))
 - Speak to the sons of Israel, saying; In case a woman conceives seed and does bear a male, she must be unclean seven days, as

- in the days of the impurity when she is menstruating she will be unclean. (**Leviticus 12:2**)
- And on the eighth day the flesh of his foreskin will be circumcised. (**Leviticus 12:3**)
 - According to rabbinic sources, in the time when Jesus was on earth three trumpet blasts at about the ninth hour, or three o'clock, on Friday afternoon announced the **Sabbath** days approach. At this, all work and business were to cease, the **Sabbath** lamp was lit, and festive garments were put on.
 - Then three more blasts indicated that **Sabbath** had actually begun. The outgoing division of priests offered the morning sacrifice on the **Sabbath** and the incoming division offered the evening sacrifice, both spending **Sabbath** in the sanctuary.
 - Each one of the divisions would give to the High Priest half of its portion of the bread. It was eaten during the **Sabbath** in the temple itself by the priests who were in a state of cleanness.
 - The heads of the families of the incoming divisions determined by lot which of the families were to serve on each special day of their week of ministry and who were to discharge the priestly functions on the **Sabbath**. [**The Temple**, pp. 151,152,156-158]
 - On one **Sabbath** day after another he should set it in order before Yehowah constantly. It is a covenant to time indefinite with the sons of Israel. (**Leviticus 24:8**)
 - And it must become Aaron's and his sons, and they must eat it in a holy place, because it is something most holy for him from Yehowah's offerings made by fire, as a regulation to time indefinite. (**Leviticus 24:9**)
 - How he entered into the house of God, in the account about Abiathar the chief priest, and ate the loaves of presentation, which it is not lawful for anybody to eat except the priests, and he gave some also to the men who were with him? (**Mark 2:26**)
 - So he went on to say to them; The **Sabbath** came into existence for the sake of man, and not man for the sake of the Sabbath. (**Mark 2:27**)

- There was a distinction in requirements for the regular weekly **Sabbath** and the **Sabbaths** or holy conventions that were connected with the festivals.
- Speak to the sons of Israel, and you must say to them, The seasonal festivals of Yehowah that you should proclaim are holy conventions. These are my seasonal festivals. (**Leviticus 23:2**)
- Generally speaking, the weekly **Sabbath** was more restrictive, no work, laborious or otherwise, could be done, except in the sanctuary. Even gathering wood or lighting a fire was prohibited.
- While the sons of Israel were continuing in the wilderness, they once found a man collecting pieces of wood on the **Sabbath** day. (**Numbers 15:32**)
- Then those who found him collecting pieces of wood brought him up to Moses and Aaron and the whole assembly. (**Numbers 15:33**)
- So they committed him into custody, because it had not been distinctly stated what should be done to him. (**Numbers 15:34**)
- In time Yehowah said to Moses; Without fail the man should be put to death, the whole assembly pelting him with stones outside the camp. (**Numbers 15:35**)
- Accordingly the whole assembly brought him forth outside the camp and pelted him with stones so that he died, just as Yehowah had commanded Moses. (**Numbers 15:36**)
- You must not light a fire in any of your dwelling places on the **Sabbath** day. (**Exodus 35:3**)
- Travel was also restricted, this apparently being based on,
- Mark the fact that Yehowah has given you the Sabbath. That is why he is giving you on the sixth day the bread of two days. Keep sitting each one in his own place. Let nobody go out from his locality on the seventh day. (**Exodus 16:29**)
- The Day of Atonement was likewise a time of rest from all sorts of work.

- **And it must serve as a statute to time indefinite for you people. In the seventh month on the tenth of the month you should afflict your souls, and you must not do any work, either the native or the alien resident who is residing as an alien in your midst. (Leviticus 16:29)**
- **For on this day atonement will be made for you to pronounce you clean. You will be clean from all your sins before Yehowah. (Leviticus 16:30)**
- **It is a Sabbath of complete rest for you, and you must afflict your souls. It is a statute to time indefinite. (Leviticus 16:31)**
- **And you must do no sort of work on this very day, because it is a day of atonement to make atonement for you before Yehowah your God;**
- **And you must do no sort of work on this very day, because it is a day of atonement to make atonement for you before Yehowah your God. (Leviticus 23:28)**
- **Because every soul that will not be afflicted on this very day must be cut off from his people. (Leviticus 23:29)**
- **As for any soul that will do any sort of work on this very day, I must destroy that soul from among his people. (Leviticus 23:30)**
- **You must do no sort of work. It is a statute to time indefinite for your generations in all places where you dwell. (Leviticus 23:31)**
- **However, on the holy convention days of the festivals no laborious work, trade, or business activities could be engaged in, but cooking, festival preparations, and so forth, were allowed.**
- **And on the first day there is to take place for you a holy convention, and on the seventh day a holy convention. No work is to be done on them. Only what every soul needs to eat, that alone may be done for you. (Exodus 12:16)**
- **On the first day you will have a holy convention occur. No sort of laborious work may you do. (Leviticus 23:7)**
- **But you must present an offering made by fire to Yehowah seven days. On the seventh day there will be a holy convention. No**

sort of laborious work may you do. (**Leviticus 23:8**)

- And you must make a proclamation on this very day, there will be a holy convention for yourselves. No sort of laborious work may you do. It is a statute to time indefinite in all your dwelling places for your generations. (**Leviticus 23:21**)
- On the first day is a holy convention. No sort of laborious work may you do. (**Leviticus 23:35**)
- Seven days you should present an offering made by fire to Yehowah. On the eighth day there should occur a holy convention for you, and you must present an offering made by fire to Yehowah. It is a solemn assembly. No sort of laborious work may you do. (**Leviticus 23:36**)
- Sometimes two legal **Sabbaths** would fall on the same 24-hour period, and this was called a **great Sabbath**, such as when Nisan 15, a **Sabbath** day coincided with the regular **Sabbath**.
- Then the Jews, since it was Preparation, in order, that the bodies might not remain upon the torture stakes on the **Sabbath**, for the day of that **Sabbath** was a great one, requested Pilate to have their legs broken and the bodies taken away. (**John 19:31**)

•• **Benefits And Importance Of The Sabbath**

- The desisting from all labor and observing other God-given **Sabbath** requirements not only gave rest to the body but, more important, provided opportunity for the individual to demonstrate his faith and obedience through **Sabbath** observance.
- It gave parents the opportunity to inculcate God's laws and commandments in the minds and hearts of their children.
- Listen, O Israel, Yehowah our God is one Yehowah. (**Deuteronomy 6:4**)
- And you must love Yehowah your God with all your heart and all your soul and all your vital force. (**Deuteronomy 6:5**)
- And these words that I am commanding you today must prove to be on your heart. (**Deuteronomy 6:6**)

- And you must inculcate them in your son and speak of them when you sit in your house and when you walk on the road and when you lie down and when you get up. (**Deuteronomy 6:7**)
- And you must tie them as a sign upon your hand, and they must serve as a frontlet band between your eyes. (**Deuteronomy 6:8**)
- And you must write them upon the doorposts of your house and on your gates. (**Deuteronomy 6:9**)
- The **Sabbath** was customarily occupied with taking in knowledge of God and attending to spiritual needs, as is indicated by the reply of the Shunammite woman's husband when she requested permission to go to see Elisha, the man of God.
 - She now called her husband and said; Do send me, please, one of the attendants and one of the she-asses, and let me run as far as the man of the true God and return. (**2 Kings 4:22**)
 - But he said; Why are you going to him today? It is not a new moon nor a **Sabbath**. However, she said; It is all right. (**2 Kings 4:23**)
- And the Levites who were scattered throughout the land doubtless took advantage of the **Sabbath** to teach the Law to the people of Israel.
 - And as to Levi he said; Your Thummim and your Urim belong to the man loyal to you, whom you put to the test at Massah. You began to contend with him by the waters of Meribah. (**Deuteronomy 33:8**)
 - Let them instruct Jacob in your judicial decisions and Israel in your law. Let them render up incense before your nostrils and a whole offering on your altar. (**Deuteronomy 33:10**)
 - And in order to teach the sons of Israel all the regulations that Yehowah has spoken to them by means of Moses. (**Leviticus 10:11**)
- It was important for individual Israelites to remember to keep the **Sabbath** because violation was regarded as rebellion against Yehowah and was punished by death.

- And you must keep the **Sabbath**, for it is something holy to you. A profaner of it will positively be put to death. In case there is anyone doing work on it, then that soul must be cut off from the midst of his people. (**Exodus 31:14**)
- Six days may work be done, but on the seventh day is a **Sabbath** of complete rest. It is something holy to Yehowah. Anyone doing work on the **Sabbath** day will positively be put to death. (**Exodus 31:15**)
- While the sons of Israel were continuing in the wilderness, they once found a man collecting pieces of wood on the **Sabbath** day. (**Numbers 15:32**)
- Then those who found him collecting pieces of wood brought him up to Moses and Aaron and the whole assembly. (**Numbers 15:33**)
- So they committed him into custody, because it had not been distinctly stated what should be done to him. (**Numbers 15:34**)
- In time Yehowah said to Moses; Without fail the man should be put to death, the whole assembly pelting him with stones outside the camp. (**Numbers 15:35**)
- Accordingly the whole assembly brought him forth outside the camp and pelted him with stones so that he died, just as Yehowah had commanded Moses. (**Numbers 15:36**)
- The same principle applied to the nation. Their observing the entire **Sabbath** system, days and years, in a wholehearted way was a vital factor to their continued existence as a nation on their God-given land.
- Their failure to honor the **Sabbath** laws contributed largely to their downfall and the desolation of the land of Judah for 70 years to make up for the **Sabbaths** violated.
- And I shall indeed give your cities to the sword and lay your sanctuaries desolate, and I shall not smell your restful odors. (**Leviticus 26:31**)
- And I, for my part, will lay the land desolate, and your enemies who are dwelling in it will simply stare in amazement over it.

(Leviticus 26:32)

- And you I shall scatter among the nations, and I will unsheathe a sword after you, and your land must become a desolation, and your cities will become a desolate ruin. (Leviticus 26:33)
- At that time the land will pay off its **Sabbaths** all the days of its lying desolated, while you are in the land of your enemies. At that time the land will keep **Sabbath**, as it must repay its **Sabbaths**. (Leviticus 26:34)
- All the days of its lying desolated it will keep **Sabbath**, for the reason that it did not keep Sabbath during your **Sabbaths** when you were dwelling upon it. (Leviticus 26:35)
- Furthermore, he carried off those remaining from the sword captive to Babylon, and they came to be servants to him and his sons until the royalty of Persia began to reign. (2 Chronicles 36:20)
- To fulfill Yehowah's word by the mouth of Jeremiah, until the land had paid off its **Sabbaths**. All the days of lying desolated it kept Sabbath, to fulfill seventy years. (2 Chronicles 36:21)

•• Rabbinic Sabbath Restrictions

- The **Sabbath** was originally intended to be a joyous, spiritually upbuilding time. But in their zeal to distinguish themselves from the Gentiles as much as possible, the Jewish religious leaders, especially after the return from Babylonian exile, gradually made it a burdensome thing by greatly increasing the **Sabbath** restrictions to 39, with innumerable lesser restrictions.
- These, when compiled, filled two large volumes. For example, catching a flea was forbidden as hunting. A sufferer could not be given relief unless death threatened. A bone could not be set, nor a sprain bandaged.
- The true purpose of the **Sabbath** was made void by these Jewish religious leaders, for they made the people slaves to tradition, instead of having the Sabbath serve men to the honor of God.
- In reply he said to them; Why is it you also overstep the commandment of God because of your tradition? (Matthew 15:3)

- He must not honor his father at all. And so you have made the word of God invalid because of your tradition. (**Matthew 15:6**)
- The scribes and the Pharisees have seated themselves in the seat of Moses. (**Matthew 23:2**)
- Therefore all the things they tell you, do and observe, but do not do according to their deeds, for they say but do not perform. (**Matthew 23:3**)
- They bind up heavy loads and put them upon the shoulders of men, but they themselves are not willing to budge them with their finger. (**Matthew 23:4**)
- So he went on to say to them; The **Sabbath** came into existence for the sake of man, and not man for the sake of the **Sabbath**. (**Mark 2:27**)
- When Jesus disciples picked grain and rubbed it in their hands to eat, they evidently were accused on two counts, namely, harvesting and threshing on the **Sabbath**.
- Now on a **Sabbath** he happened to be passing through grainfields, and his disciples were plucking and eating the heads of grain, rubbing them with their hands. (**Luke 6:1**)
- At this some of the Pharisees said; Why are you doing what is not lawful on the **Sabbath**? (**Luke 6:2**)
- The rabbis had a saying; The sins of everyone who strictly observes every Law of the **Sabbath**, though he be an idol worshiper, are forgiven.

.. Not Enjoined On Christians

- Jesus, being a Jew under the Law, observed the **Sabbath** as God's Word, not the Pharisees, directed. He knew it was lawful to do fine things on the **Sabbath**.
- All considered, of how much more worth is a man than a sheep! So it is lawful to do a fine thing on the **Sabbath**. (**Matthew 12:12**)

- **However, the inspired Christian writings state that Christ is the end of the Law.**
- **For Christ is the end of the Law, so that everyone exercising faith may have righteousness. (Romans 10:4)**
- **Which results in Christians being discharged from the Law.**
- **But now we have been discharged from the Law, because we have died to that by which we were being held fast, that we might be slaves in a new sense by the spirit, and not in the old sense by the written code. (Romans 7:6)**
- **Neither Jesus nor his disciples made any distinction between so-called moral and ceremonial laws. They quoted from the other parts of the Law as well as from the Ten Commandments and considered all of it equally binding on those under the Law.**
- **You heard that it was said to those of ancient times, You must not murder, but whoever commits a murder will be accountable to the court of justice. (Matthew 5:21)**
- **However, I say to you that everyone who continues wrathful with his brother will be accountable to the court of justice, but whoever addresses his brother with an unspeakable word of contempt will be accountable to the Supreme Court, whereas whoever says, You despicable fool! Will be liable to the fiery Gehenna. (Matthew 5:22)**
- **If, then, you are bringing your gift to the altar and you there remember that your brother has something against you. (Matthew 5:23)**
- **Leave your gift there in front of the altar, and go away, first make your peace with your brother, and then, when you have come back, offer up your gift. (Matthew 5:24)**
- **Be about settling matters quickly with the one complaining against you at law, while you are with him on the way there, that somehow the complainant may not turn you over to the judge, and the judge to the court attendant, and you get thrown into prison. (Matthew 5:25)**
- **I say to you for a fact, You will certainly not come out from there**

until you have paid over the last coin of very little value.
([Matthew 5:26](#))

- You heard that it was said; You must not commit adultery.
([Matthew 5:27](#))
- But I say to you that everyone that keeps on looking at a woman so as to have a passion for her has already committed adultery with her in his heart. ([Matthew 5:28](#))
- If, now, that right eye of yours is making you stumble, tear it out and throw it away from you. For it is more beneficial to you for one of your members to be lost to you than for your whole body to be pitched into Gehenna. ([Matthew 5:29](#))
- Also, if your right hand is making you stumble, cut it off and throw it away from you. For it is more beneficial to you for one of your members to be lost than for your whole body to land in Gehenna. ([Matthew 5:30](#))
- Moreover it was said; Whoever divorces his wife, let him give her a certificate of divorce. ([Matthew 5:31](#))
- However, I say to you that everyone divorcing his wife, except on account of fornication, makes her a subject for adultery, and whoever marries a divorced woman commits adultery. ([Matthew 5:32](#))
- Again you heard that it was said to those of ancient times, You must not swear without performing, but you must pay your vows to Yehowah. ([Matthew 5:33](#))
- However, I say to you; Do not swear at all, neither by heaven, because it is God's throne. ([Matthew 5:34](#))
- Nor by earth, because it is the footstool of his feet, nor by Jerusalem, because it is the city of the great King. ([Matthew 5:35](#))
- Nor by your head must you swear, because you cannot turn one hair white or black. ([Matthew 5:36](#))
- Just let your word Yes mean Yes, your No, No, for what is in excess of these is from the wicked one. ([Matthew 5:37](#))

- **You heard that it was said; Eye for eye and tooth for tooth. (Matthew 5:38)**
- **However, I say to you; Do not resist him that is wicked, but whoever slaps you on your right cheek, turn the other also to him (Matthew 5:39)**
- **And if a person wants to go to court with you and get possession of your inner garment, let your outer garment also go to him. (Matthew 5:40)**
- **And if someone under authority impresses you into service for a mile, go with him two miles. (Matthew 5:41)**
- **Give to the one asking you, and do not turn away from one that wants to borrow from you without interest. (Matthew 5:42)**
- **You heard that it was said; You must love your neighbor and hate your enemy. (Matthew 5:43)**
- **However, I say to you; Continue to love your enemies and to pray for those persecuting you. (Matthew 5:44)**
- **That you may prove yourselves sons of your Father who is in the heavens, since he makes his sun rise upon wicked people and good and makes it rain upon righteous people and unrighteous. (Matthew 5:45)**
- **For if you love those loving you, what reward do you have? Are not also the tax collectors doing the same thing? (Matthew 5:46)**
- **And if you greet your brothers only, what extraordinary thing are you doing? Are not also the people of the nations doing the same thing? (Matthew 5:47)**
- **You must accordingly be perfect, as your heavenly Father is perfect. (Matthew 5:48)**
- **He said to him; You must love Yehowah your God with your whole heart and with your whole soul and with your whole mind. (Matthew 22:37)**
- **This is the greatest and first commandment. (Matthew 22:38)**

- **The second, like it, is this, You must love your neighbor as yourself. (Matthew 22:39)**
- **On these two commandments the whole Law hangs, and the Prophets. (Matthew 22:40)**
- **Do not you people be owing anybody a single thing, except to love one another, for he that loves his fellowman has fulfilled the law. (Romans 13:8)**
- **For the Law code, you must not commit adultery. You must not murder. You must not steal. You must not covet, and whatever other commandment there is, is summed up in this word, namely. You must love your neighbor as yourself. (Romans 13:9)**
- **Love does not work evil to ones neighbor, therefore love is the laws fulfillment. (Romans 13:10)**
- **For whoever observes all the Law but makes a false step in one point, he has become an offender against them all. (James 2:10)**
- **For he who said; You must not commit adultery, said also; You must not murder. If, now, you do not commit adultery but you do murder, you have become a transgressor of Law. (James 2:11)**
- **The Scriptures plainly state that Christ's sacrifice abolished the Law of commandments consisting in decrees.**
- **But now in union with Christ Jesus you who were once far off have come to be near by the blood of the Christ. (Ephesians 2:13)**
- **For he is our peace, he who made the two parties one and destroyed the wall in between that fenced them off. (Ephesians 2:14)**
- **By means of his flesh he abolished the enmity, the Law of commandments consisting in decrees, that he might create the two peoples in union with himself into one new man and make peace. (Ephesians 2:15)**
- **Furthermore, though you were dead in your trespasses and in the uncircumcised state of your flesh, God made you alive together with him. He kindly forgave us all our trespasses (Colossians**

2:13)

- **And blotted out the handwritten document against us, which consisted of decrees and which was in opposition to us, and He has taken it out of the way by nailing it to the torture stake. (Colossians 2:14)**
- **Consequently, the whole system of Sabbaths, be they days or years, was brought to its end with the rest of the Law by the sacrifice of Christ Jesus. This explains why Christians can esteem one day as all others, whether it be a Sabbath or any other day, with no fear of judgment by another.**
- **Who are you to judge the house servant of another? To his own master he stands or falls. Indeed, he will be made to stand, for Yehowah can make him stand. (Romans 14:4)**
- **One man judges one day as above another, another man judges one day as all others, let each man be fully convinced in his own mind. (Romans 14:5)**
- **He who observes the day observes it to Yehowah. Also, he who eats, eats to Yehowah, for he gives thanks to God, and he who does not eat does not eat to Yehowah, and yet gives thanks to God. (Romans 14:6)**
- **Therefore let no man judge you in eating and drinking or in respect of a festival or of an observance of the new moon or of a Sabbath. (Colossians 2:16)**
- **Paul made the following expression concerning those scrupulously observing;**
- **You are scrupulously observing days and months and seasons and years. (Galatians 4:10)**
- **I fear for you, that somehow I have toiled to no purpose respecting you. (Galatians 4:11)**
- **After Jesus death, his apostles at no time commanded Sabbath observance. The Sabbath was not included as a Christian requirement at;**
- **For the Holy Spirit and we ourselves have favored adding no**

- further burden to you, except these necessary things. (**Acts of Apostles 15:28**)
- To keep abstaining from things sacrificed to idols and from blood and from things strangled and from fornication. If you carefully keep yourselves from these things, you will prosper. Good health to you! (**Acts of Apostles 15:29**)
 - Nor did they institute a new **Sabbath**, a day of the Lord. Even though Jesus was resurrected on the day now called Sunday, nowhere does the Bible indicate that this day of his resurrection should be commemorated as a new **Sabbath** or in any other way.
 - Every first day of the week let each of you at his own house set something aside in store as he may be prospering, so that when I arrive collections will not take place then. (**1 Corinthians 16:2**)
 - On the first day of the week, when we were gathered together to have a meal, Paul began discoursing to them, as he was going to depart the next day, and he prolonged his speech until midnight. (**Acts of Apostles 20:7**)
 - Have been appealed to by some as a basis for observing Sunday as a **Sabbath**. However, the former text merely indicates that Paul instructed Christians to lay aside in their homes for their needy brothers at Jerusalem a certain amount each first day of the week.
 - The money was not to be turned in at their place of meeting but was to be retained until Paul's arrival. As for the latter text, it was only logical that Paul would meet with the brothers in Troas on the first day of the week, since he was leaving the very next day.
 - From the foregoing it is clear that literal observance of **Sabbath** days and years was not a part of first-century Christianity. It was not until **321 C.E.** that Constantine decreed Sunday, Latin: *dies Solis*, an old title associated with astrology and sun worship, not *Sabbatum* Sabbath, or *dies Domini*, Lord's day, to be a day of rest for all, but the farmers.

·· Entering Into God's Rest

- According to,
- And by the seventh day God came to the completion of his work that he had made, and he proceeded to rest on the seventh day

- from all his work that he had made. (**Genesis 2:2**)
- And God proceeded to bless the seventh day and make it sacred, because on it he has been resting from all his work that God has created for the purpose of making. (**Genesis 2:3**)
 - Following the sixth creative day, or period, God proceeded to rest on the seventh day, desisting from creative works with respect to the earth, as described in. (**Genesis Chapter 1**)
 - The apostle Paul shows in (**Hebrews Chapters 3,4**), that the Jews in the wilderness failed to enter into God's rest, or **Sabbath**, because of disobedience and lack of faith.
 - But to whom did he swear that they should not enter into his rest except to those who acted disobediently? (**Hebrews 3:18**)
 - So we see that they could not enter in because of lack of faith. (**Hebrews 3:19**)
 - For he is our God, and we are the people of his pasturage and the sheep of his hand. Today if you people listen to his own voice. (**Psalms 95:7**)
 - Do not harden your heart as at Meribah, as in the day of Massah in the wilderness. (**Psalms 95:8**)
 - When your forefathers put me to the proof, they examined me, they also saw my activity. (**Psalms 95:9**)
 - For forty years I kept feeling a loathing toward that generation, and I proceeded to say; They are a people wayward at heart, and they themselves have not come to know my ways. (**Psalms 95:10**)
 - Concerning whom I swore in my anger; They shall not enter into my resting-place. (**Psalms 95:11**)
 - Say to them, As I live, is the utterance of Yehowah, if I shall not do to you just that way as you have spoken in my ears! (**Numbers 14:28**)
 - In this wilderness your carcasses will fall, yes, all your registered ones of all your number from twenty years old upward, you who

have murmured against me. (**Numbers 14:29**)

- **As for you, you will not enter into the land in which I lifted up my hand in oath to reside with you, except Caleb the son of Jephunneh and Joshua the son of Nun. (Numbers 14:30)**
- **And your little ones who you said would become plunder, these also I shall certainly bring in, and they will indeed know the land that you have rejected. (Numbers 14:31)**
- **But the carcasses of you yourselves will fall in this wilderness. (Numbers 14:32)**
- **And your sons will become shepherds in the wilderness forty years, and they will have to answer for your acts of fornication, until your carcasses come to their end in the wilderness. (Numbers 14:33)**
- **By the number of the days that you spied out the land, forty days, a day for a year, a day for a year, you will answer for your errors forty years, as you must know what my being estranged means. (Numbers 14:34)**
- **I Yehowah have spoken if this is not what I shall do to all this evil assembly, those who have gathered together against me. In this wilderness they will come to their end, and there they will die. (Numbers 14:35)**
- **Those who did enter the Promised Land under Joshua experienced a rest, but not the full rest to be enjoyed under the Messiah. It was only typical, or a shadow of the reality.**
- **Furthermore, Yehowah gave them rest all around, according to everything that he had sworn to their forefathers, and not one of all their enemies stood before them. All their enemies Yehowah gave into their hand. (Joshua 21:44)**
- **For if Joshua had led them into a place of rest, God would not afterward have spoken of another day. (Hebrews 4:8)**
- **For since the Law has a shadow of the good things to come, but not the very substance of the things, men can never with the same sacrifices from year to year which they offer continually make those who approach perfect. (Hebrews 10:1)**

- However, Paul explains, there remains a **Sabbath resting** for the people of God.
- So there remains a **Sabbath resting** for the people of God. (**Hebrews 4:9**)
- Those who are obedient and exercise faith in Christ thereby enjoy a **Sabbath resting** from their **own works**, works by means of which they formerly sought to prove themselves righteous.
- For, because of not knowing the righteousness of God but seeking to establish their own, they did not subject themselves to the righteousness of God. (**Romans 10:3**)
- Thus Paul shows that God's **Sabbath**, or rest, was still continuing in his day and Christians were entering into it, indicating that God's rest day is thousands of years long.
- For we who have exercised faith do enter into the rest, just as he has said; So I swore in my anger, They shall not enter into my rest, although his works were finished from the founding of the world. (**Hebrews 4:3**)
- Since, therefore, it remains for some to enter into it, and those to whom the Good News was first declared did not enter in because of disobedience. (**Hebrews 4:6**)
- For the man that has entered into God's rest has also himself rested from his own works, just as God did from his own. (**Hebrews 4:10**)

•• Lord Of The Sabbath

- While on earth, Jesus Christ referred to himself as **Lord of the Sabbath**.
- For **Lord of the Sabbath** is what the Son of man is. (**Matthew 12:8**)
- The literal **Sabbath** day, which was meant to bring the Israelites relief from their labors, was a shadow of the things to come, but the reality belongs to the Christ.

- Therefore let no man judge you in eating and drinking or in respect of a festival or of an observance of the new moon or of a **Sabbath**. (**Colossians 2:16**)
- For those things are a shadow of the things to come, but the reality belongs to the Christ. (**Colossians 2:17**)
- In connection with those things to come, there is a **Sabbath** of which Jesus is to be the Lord. As Lord of lords, Christ will rule all the earth for a thousand years.
- And upon his outer garment, even upon his thigh, he has a name written, King of kings and Lord of lords. (**Revelation 19:16**)
- Happy and holy is anyone having part in the first resurrection, over these the second death has no authority, but they will be priests of God and of the Christ, and will rule as kings with him for the thousand years. (**Revelation 20:6**)
- During his earthly ministry, Jesus performed some of his most outstanding miraculous works on the **Sabbath**.
- Now he was teaching in one of the synagogues on the **Sabbath**. (**Luke 13:10**)
- And, look! A woman with a spirit of weakness for eighteen years, and she was bent double and was unable to raise herself up at all. (**Luke 13:11**)
- When he saw her, Jesus addressed her and said to her; Woman, you are released from your weakness. (**Luke 13:12**)
- And he laid his hands on her, and instantly she straightened up, and began to glorify God. (**Luke 13:13**)
- But a certain man was there who had been in his sickness for thirty-eight years. (**John 5:5**)
- Seeing this man lying down, and being aware that he had already been sick a long time, Jesus said to him; Do you want to become sound in health? (**John 5:6**)
- The sick man answered him; Sir, I do not have a man to put me into the pool when the water is disturbed, but while I am coming

- another steps down ahead of me. ([John 5:7](#))
- Jesus said to him; Get up, pick up your cot and walk. ([John 5:8](#))
 - With that the man immediately became sound in health, and he picked up his cot and began to walk. Now on that day it was a **Sabbath**. ([John 5:9](#))
 - Now as he was passing along he saw a man blind from birth. ([John 9:1](#))
 - And his disciples asked him; Rabbi, who sinned, this man or his parents, so that he was born blind? ([John 9:2](#))
 - Jesus answered; Neither this man sinned nor his parents, but it was in order, that the works of God might be made manifest in his case. ([John 9:3](#))
 - We must work the works of him that sent me while it is day, the night is coming when no man can work. ([John 9:4](#))
 - As long as I am in the world, I am the world's light. ([John 9:5](#))
 - After he said these things, he spit on the ground and made a clay with the saliva, and put his clay upon the man's eyes ([John 9:6](#))
 - And said to him; Go wash in the pool of Siloam, which is translated, **Sent forth**. And so he went off and washed, and came back seeing. ([John 9:7](#))
 - Therefore the neighbors and those who formerly used to see he was a beggar began to say; This is the man that used to sit and beg, is it not? ([John 9:8](#))
 - Some would say; This is he. Others would say; Not at all, but he is like him. The man would say; I am he. ([John 9:9](#))
 - Consequently they began to say to him; How, then, were your eyes opened? ([John 9:10](#))
 - He answered; The man called Jesus made a clay and smeared it on my eyes and said to me; Go to Siloam and wash. I therefore went and washed and gained sight. ([John 9:11](#))

- At this they said to him; Where is that man? He said; I do not know. (**John 9:12**)
- They led the once-blind man himself to the Pharisees. (**John 9:13**)
- Incidentally it was **Sabbath** on the day that Jesus made the clay and opened his eyes. (**John 9:14**)
- This evidently shows the kind of relief that he will bring as he raises mankind to spiritual and physical perfection during his coming Millennial Rule, which thus will be like a period of **Sabbath** rest for the earth and mankind.
- And I saw a new heaven and a new earth, for the former heaven and the former earth had passed away, and the sea is no more. (**Revelation 21:1**)
- I saw also the holy city, New Jerusalem, coming down out of heaven from God and prepared as a bride adorned for her husband. (**Revelation 21:2**)
- With that I heard a loud voice from the throne say; Look! The tent of God is with mankind, and he will reside with them, and they will be his peoples. And God himself will be with them. (**Revelation 21:3**)
- And he will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore. The former things have passed away. (**Revelation 21:4**)