

Sabbath: The Basics

1. Sabbath is kadosh (set apart/holy)

Elohim blessed the seventh day, and made it holy, because he rested in it from all his work which he had created and made. Bereshit, (Genesis) 2:3

The Sabbath has been set apart, sanctified, consecrated, by the Most High from all the other days of the week. From His own mouth He declared it so at Sinai. He has given us six days to conduct our business, work, and pursue our own interests. However, the Sabbath is His day, and time when we are not to be concerned with the usual tasks. (Exodus 20:11; Leviticus 23:3; Isaiah 58:13-14) The Sabbath was so important that Yahweh decreed death for those who broke it. Did He change his mind about the sanctity of the Sabbath? Yeshua, when speaking of the latter days, said that we should pray that our flight, would not be on a Sabbath. Even in the middle of the chaos to come, the order that Yahweh has set in place - His distinction of the seventh day - shall not cease.

2. The Sabbath is the seventh day of the week.

The following was taken from the Stewarton Bible School of Scotland, <http://atschool.eduweb.co.uk/sbs777/sbsindex.html> and is the best study that I have read regarding which day is truly the seventh day.

Question: How can we be sure that our present Saturday is the original seventh day of the week?

Answer: To prove that the day called Saturday is the seventh day of the week we will consider the history of mankind in three parts:

From the Creation to the Exodus.

From the Exodus to the Apostolic era.

From the Apostolic era to the present time.

a. FROM THE CREATION TO THE EXODUS

We will suppose for the moment that the Sabbath was **'lost'** between the creation and the exodus. It may not have been of course, for **Jehovah's** (Yahweh's) laws were known and kept by faithful believers long before they were given to Israel at Mount Sinai (Genesis 26:5) and the sacred calendar and weekly cycle was followed as far back as the days of Noah (Genesis 7: 11, 8: 9-14). But even supposing that the Sabbath had been lost we can be certain that it was identified and established again by the Almighty in the days of Moses? Here is how we can know this fact.

In Exodus 16: 14-30 we read of how the Almighty fed Israel with manna. By the following **3 miracles, performed every week for 40 years**, Yahweh made known His Sabbath day to the nation of Israel.

He gave Israel twice as much manna on the sixth day

He withheld manna on the Sabbath, the seventh day

And He kept the manna given on the sixth day from spoiling overnight (which it normally did) in order that His people might rest on the **seventh day of the week**.

By these three distinct miracles which occurred every week for 40 years the Creator identified the seventh day of the week as His Sabbath.

b. FROM THE EXODUS TO THE APOSTOLIC ERA

Was the identity of the seventh day '**lost**' between the exodus and the time of **Yeshua**? The answer is **No it wasn't**. But again, for the sake of this investigation, we'll assume that it was. We can be certain that it was **again identified** when the Messiah observed it, for just prior to his death on Calvary the Savior categorically stated that he had kept his father's commandments, one of which is the seventh-day Sabbath.

*If ye keep my commandments, ye shall abide in my love; even as **I have kept my Father's commandments**, and abide in his love. (John 15:10)*

The Master could hardly have said this if the Sabbath day he had been keeping for some thirty three years was the wrong one! Besides, if he had kept the wrong day as the Sabbath he would have been a **sinner** and that would have disqualified him from being our Savior. We are, therefore, certain that the Savior kept the correct seventh day Sabbath. He was no law breaker.

c. FROM THE APOSTOLIC ERA TO THE PRESENT TIME

Has the identity of the seventh day of the week been '**lost**' since the Saviour's resurrection some 1965 years ago? We can assure the reader that it hasn't been. Here is the proof.

Soon after the capture of Jerusalem in AD 70 the '*Diaspora*' took place. The '*Diaspora*' is the scattering of the people of Israel to lands other than their own. Initially the exiles had fled to the surrounding countries of Egypt, Syria and Phoenicia, but in the course of time, as persecution mounted, the people of Israel traveled further and further afield and today you will find Jewish communities in every country on the face of the earth. With them the Jews took the Holy Scriptures and their knowledge of the true Sabbath day. Every seventh day since their first century banishment, orthodox Jews all over the world have remembered the weekly Sabbath. And what do we find in the 20th century? We find the Jews still keeping the original seventh day Sabbath, the same day they knew at the time of the Diaspora, which was the same day that Yeshua kept. There is absolutely no disagreement or dispute amongst the Jews as to which day is the seventh day of the week. Every synagogue in every country is in perfect agreement that Saturday is the seventh day of the week.

Had there been any change of the day, any loss or gain of time, any deliberate or accidental slip or alteration in the weekly cycle, which would have resulted in the Jews in one country observing a different weekly Sabbath from Jewish believers in the next, then we would readily agree that the identity of the seventh day of the week is now in doubt. But we do not find that

situation anywhere on earth. Instead we have total agreement amongst all the Jews of all nations that the day known throughout the world as '**Saturday**' is the **seventh day of the week**.

Nor is this fact disputed by any reputable theologian of whatever denomination. Leading churchmen all agree that **Sunday is the first day of the week and Saturday is the seventh**. Look up any dictionary and this fact will be verified. Only the unenlightened continue to argue that Saturday is not the 7th day of the week.

CALENDAR CHANGES

Some point out that the civil calendar was changed in the sixteenth century and that the weekly cycle itself was altered - all over the world - so no one can be certain that Saturday is the true seventh day of the week. Those who use this argument are misinformed. Here are the facts of history: In the year **1582** the Julian calendar (named after the Emperor Julius Caesar) was found to be 10 days late when compared with the position of the sun. That is, the vernal equinox was not occurring on or about March 20/21, as it should do in a correct solar calendar, but was gradually receding towards the beginning of March. The reason for this error was that the Julian calendar worked on the basis that the year was 365 days, 6 hours in length, whereas in truth it is about 11 minutes more than that. Over the centuries this 11 minute discrepancy accumulated causing the Julian calendar to steadily recede, till by the sixteenth century it had lost 10 days and the equinox was occurring on March 11th in that calendar.

To correct this discrepancy Pope Gregory XI ordered that 10 days be added to the Julian calendar dates to bring them into line with the sun. The month of October was chosen for the amendment and in the calendar of 1582 that month appeared as follows:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

You will notice from the above that the weekly cycle, the order of the days of the week, remained unchanged even though the Gregorian calendar dates had increased by ten between the Thursday 4th and the following day - Friday 15th. In other words in both calendars the day after Thursday remained a Friday.

This amendment, understandably, was not very popular in some countries, mainly because it had been authorised by a Roman Catholic Pope. Several Protestant countries refused to acknowledge it and continued to use the Julian calendar; but one by one they came into line. Here is a short list of when they did:

Germany (Catholic States)

1583

Germany (Protestant States)	1700
Netherlands	1700
England	1752
Rumania, Turkey and Russia	1919

All those years between 1582 and 1919 while both calendars were in use, the sequence of the days in the weekly cycle was the same in every country. In other words Sunday in Rome in 1900 was also Sunday in Russia in that year even though both countries were using a different calendar. And as each nation adopted the Gregorian calendar it simply added 10 days to its Julian calendar date. **There was no need to change the order of the days of the week, because they already agreed.**

SUMMARY

Yahweh identified the seventh day of the week as the Sabbath in the days of Israel's Exodus from Egypt. By performing 3 separate miracles each week for 40 years in the wilderness of Sinai the Almighty clearly identified the true Sabbath day.

Yeshua the Messiah (Jesus Christ) kept the seventh day of the week as the Sabbath. Had he not done so he would have been classified as a sinner.

Jewish communities around the world have since the Diaspora kept track of the seventh day Sabbath; and all agree it is the day commonly known as *Saturday*.

Calendar changes in the year 1582 did not affect the days of the week in the weekly cycle.

Christian theologians all agree that Saturday is the 7th day of the week and Sunday is the 1st.

These facts prove that Saturday is the seventh day of the week. They also mean that all true believers in **Yahweh the Almighty God of Israel** should keep this day holy as required in the Ten Commandments. Failure to do so is sin.

3. Sabbath is from Friday sunset to Saturday sunset.

In Bereshit 1 we are told six times that the evening and the morning were a new day. In Biblical time a new day begins at sunset, not at midnight. This is very important to remember when celebrating the appointed times of Yahweh. It is reiterated in the instructions for the Day of Atonement in Vayiqra (Leviticus) 23.

It shall be a Sabbath of solemn rest for you, and you shall deny yourselves. In the ninth day of the month at evening, from evening to evening, you shall keep your Sabbath." Vayiqra 23:32

4. Sabbath is a day of worship.

Six days shall work be done: but on the seventh day is a Sabbath of solemn rest, a holy convocation; you shall do no manner of work. It is a Sabbath to Yahweh in all your dwellings. Leviticus 23:3

What is a holy convocation? The Hebrew word for convocation is *miqra*. (Strong's 4744) It means a public meeting (the act, the persons, or the place); also a rehearsal:--assembly, calling, convocation, reading. When we keep Sabbath we do not lie around idly, but we come together with other like-minded believers. It is a rehearsal for the Messianic Age when every day will be a Sabbath. We are rehearsing - preparing for that time when we will be in His presence forever.

For Moses from generations of old has in every city those who preach him, being read in the synagogues every Sabbath. Acts 15:21

There are some of us who do not live close enough to Messianic congregations to assemble together on this day, and our family has certainly gone through that as well. However this does not mitigate our responsibility for *miqra*. When we don't live close to any suitable congregations or home fellowships, we still need to assemble our family together to worship, read, and study the Word. If you are alone, the Internet is a wonderful tool for getting together with other believers, through chatrooms like Paltalk, and other online communities. **Please remember to be cautious when using these online meeting tools.** On ST's Congregation page we have listed online communities that I consider safe gathering places for those looking for fellowships in their area. Again, please use caution. **Do not give out personal information like addresses and phone numbers.** Take the time to really get to know first. If there is a check in your spirit, listen to it! The Ruach Hakodesh is speaking to you. Do not let your desire for fellowship overrule common sense.

5. The Sabbath is not just for the Jewish people.

I was once told on the Sabbath, that I was keeping "my" Sabbath, and the person speaking had their own Sabbath. I am going to simply state what Yahweh has said in regard to this matter.

According to Yahweh, Creator of the universe and our King there is only one Sabbath and that is the seventh day, from sunset to sunset as we have shown above (Bereshit ~ Genesis 2:3) and that the Sabbath rest includes you, your spouse, your children, your animals, your servants, your guests, (to include strangers). (Shemot ~ Exodus 20:10)

There is only one Sabbath There is no such thing as a Christian Sabbath (referring to Sunday). It is not our place as the **creation** to speak in opposition to what the **Creator** has proclaimed and say the very words He spoke in the hearing of His people were now null and void. How could we possibly dare?! We as the creation do not have the power to make one day *kadosh* (holy), and another not. That is only in His power. **Even if we were not aware of this we have still transgressed in this matter.**

Since the Sabbath is meant to be universal we also can not ask some one else to do what we can't on the Sabbath simply because they don't follow our beliefs. (Sabbath goy). Instead let us be an example - a light, as our Messiah said, to those who do not understand.

6. Sabbath is a sign.

It is a symbol of what is to come when Yeshua returns. Just as a bride wears an engagement ring, a symbol to all the world that she is going to be the wife of man. It tells the world that we are taken, and who it is we follow.

Of course the enemy seeks to defame whatever Yahweh calls holy. In the world Friday night through Saturday night is party time. Friday is ironically the day most people get paid, therefore it becomes the day people spend money, and then party, drink, go to bars, etc., commit all types of sins in order to "unwind" from the work week, instead of resting in the Father. It is not an accident that the very day that Yahweh declared a day of rest and set apart is a time that the world says anything goes.

We know that we are of God, and the whole world lies in the power of the evil one. 1 John 5:19

There is a reason why we are to be a peculiar people (1 Peter 2:9). To the world we seem strange because we do not follow it's ways. We follow Yahweh.

Don't love the world, neither the things that are in the world. If anyone loves the world, the Father's love isn't in him. 1 John 2:15

I heard another voice from heaven, saying, "Come out of her, my people, that you have no participation in her sins, and that you don't receive of her plagues, for her sins have reached to the sky, and God has remembered her iniquities. Revelation 18:4-5

One sign that we are coming out of the world, is that we begin keeping the days of Yahweh which is the weekday seventh day Sabbath.

An excellent article on how the sign of the covenant became denigrated.

<http://www.seedofabraham.net/sabbdenig.html>

