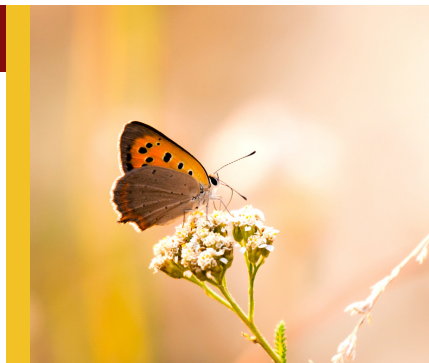


## THE SABBATH

Tension, stress, and fear have become predominant problems to modern people. One has only to observe the rapid pace at which people live to determine that mankind is traveling too fast for soundness of mind and peaceful living.



God intended that the Sabbath should become a haven from the ordinary perplexities of life where mankind could shut himself in with his Creator and, for twenty-four hours be able to lay aside his ordinary problems and seek refreshing from those mundane tasks that fill his life during the other six days of the week. Never before in the world's history has man so desperately needed the Sabbath as he does today. With the tensions and difficulties that daily face modern man, he needs to take time with his family and with God to relax and rest if he is to maintain health of mind and body. God foresaw this very need, and thus He has given us a gift which can become a great blessing to every one of us. "Great peace have they which love Thy law: and nothing shall offend them." Psalm 119:165. Let us discover from the Word of God what He intends that man should do on His holy rest day.



## HIS WORD SAYS

1. What did God do on the first Sabbath?

Genesis 2:1-3. \_\_\_\_\_

*God rested on the very first Sabbath from all of His creative work. Because of this He sanctified this day. To sanctify something is*

*to set it apart for holy use. So from this time the seventh day has been set apart as holy time to be spent with God. It serves as a memorial of His creative work and His right to our worship as our Creator.*

# WHAT JESUS SAID ABOUT THE SABBATH

“For the Son of man is Lord even of the sabbath day.”

- Matthew 12:8

As you study, be thinking about the Life Quest questions.

- What does this topic tell me about God?
- What difference does this topic make to my daily life?
- How does this topic help me in my relationship with Jesus?

2. In God's commandment to man, how much, work does He say should be done on His holy day? Exodus 20: 8-11.

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*No secular work of any kind should be done during the Sabbath.*

3. What does the Bible call the day before the Sabbath? Mark 15:42.

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*The name given to this day indicates to us clearly what its purpose is. The sixth day was a day to prepare for the coming of the Sabbath. The home was to be set in order, the food prepared, everything was to be made ready that the Sabbath might be truly enjoyed as a time of rest and spiritual connection with God.*

4. When does the Sabbath begin and end? Nehemiah 13:19; Mark 1: 32.

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*The Biblical manner of reckoning time was from sundown to sundown, a new day beginning at the setting of the sun. Mark 1:32: "And at even when the sun did set", showing that the Sabbath ended at sundown on Saturday evening. See also Genesis 1:5. The evening comes first then the morning.*

5. What has God, commanded us to do during the first six days of the week?  
Exodus 20:8, 9.

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6. How did God tell His people they should prepare for the Sabbath? Exodus 16:22, 23 & Nehemiah 10:31.

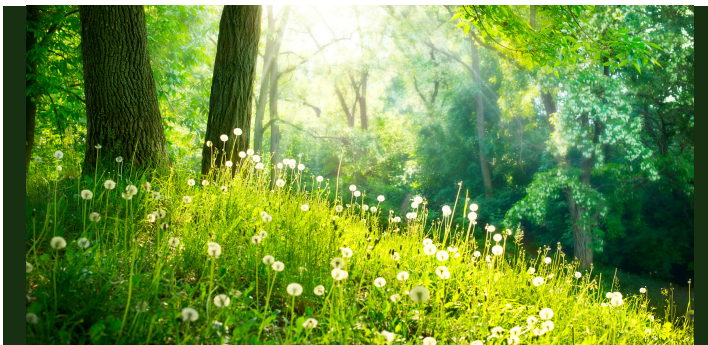
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*All secular activities including cooking and shopping should be done prior to Sabbath and refrained from until the Sabbath is over. Nothing should distract us from our time with God on His holy day.*

7. List three things God tells us that we should not do in, connection with His holy time. Isaiah 58:13.

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*As with all sin, it can be done in thought, word or deed. This is also true of the Sabbath. During this time we should not only not engage in activities that God has asked us not to, but we also need to control our thoughts and words to keep them in harmony with God's desire for us during this time.*



8. Other than a day of rest, what does God indicate that the Sabbath shall be? Leviticus 23:3.

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*The word "convocation" in this text means "a calling or coming together," indicating that it was a time when God's people should come together for the purpose of worship.*

9. What does the Bible tell us Jesus customarily did on this day? Luke 4:16.

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*It was the custom of our Lord to worship His heavenly Father in the appointed place of worship on His sacred day. In this He set a perfect example for those who would follow in His footsteps and do His Father's will.*

10. Whom did Jesus say was Lord of the Sabbath day? Matthew 12: 8.

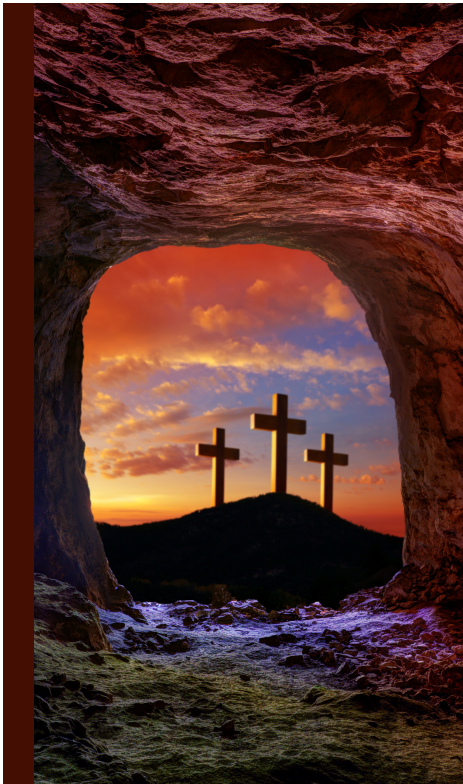
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*In Revelation 1:10 when John states that he was in vision on the Lord's day, it is the Sabbath he is referring to.*

11. What did Jesus say it was lawful to do on the Sabbath day? Matthew 12:10-13.

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*This example of Christ does not give license to an individual to work and do secular things upon God's holy time, but only reveals that Christ was willing to relieve the suffering of humanity by ministering to their needs on the Sabbath, and not for personal or financial gain.*



12. How does the Bible reveal that Christ's followers honoured the Sabbath day after His death? Luke 23:54-56.

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*At no point during Jesus ministry did He put an end to the Sabbath or teach the observance of another day. As such His disciples continued to observe it after His death.*

13. Where did Paul spend his Sabbaths in connection, with, his work of giving the gospel to the world? Acts 17:2; Acts 18:4.

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*Paul earned his living by making tents during the week and spent the Sabbath in preaching the gospel to those who knew Jesus Christ as their Saviour. He not only reasoned with the Jews during the Sabbath, but also the Greeks, showing that there was to be no distinction made between the two groups when it came to the Sabbath commandment.*

14. What promise does God make to those who honour Him by keeping His Sabbath day? Isaiah 58:13-14.

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15. Whose example should we follow in observing God's holy day? 1 John 2:6.

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*Jesus left us the perfect example of how we should live. The Bible records that it was Jesus custom to keep the Sabbath (Luke 4:16).*

16. Why did Jesus give us the Sabbaths? Ezekiel 20:12.

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*The Sabbath serves as a sign that we worship the one who sanctifies us.*

17. How do we know if we are not worshiping another god? Ezekiel 20:20.

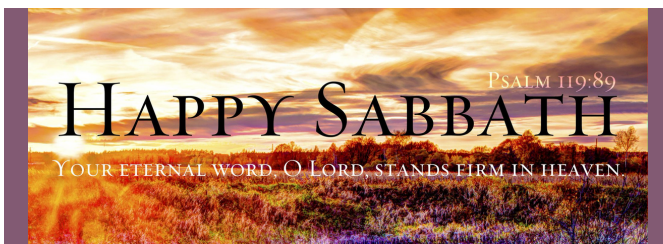
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*Of all of the Ten Commandments, the Sabbath alone testifies to which God we worship; He that created the Heaven and the Earth, and everything that is in them. The fourth commandment testifies that this law belongs to the Creator.*

18. What warnings did God give to those in the church who would not pay attention to His commandments and in particular His Sabbaths? Ezekiel 22:26, 28, 31

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*The Sabbath is the fourth commandment, spoken by God at Mt. Sinai. Matthew 24:35 Says, "Heaven and earth shall pass away, but my words shall not pass away." God does not change His mind. All men are treated equally. The Ten Commandments apply to all nations, peoples, tongues and tribes.*



1 John 2:3 "And hereby we do know that we know him, if we keep his commandments."

Proverbs 7:2 "Keep my commandments, and live; and my law as the apple of thine eye."



### LIFE QUEST:

Have you thoughtfully reviewed these Questions?

- What does this topic tell me about God?
- What difference does this topic make to my daily life?
- How does this topic help me in my relationship with Jesus?

### YOUR TURN

Check the statements that most closely reflect your response to this study.

I believe the Sabbath is a symbol of my love for God.

I understand the Bible Sabbath and would like to begin keeping it to honour Jesus.

I believe that Saturday is the Sabbath of the Bible, and I choose to worship God on this day in an "Holy Convocation" of God's people.

I am going to study this subject until I am certain about my answer to which day of the week is God's Sabbath. May I have more information?

Other \_\_\_\_\_