THE STORY

Before Moses approached the king of Egypt to seek freedom for the children of Israel, he and his brother, Aaron, met with the oppressed leaders of Israel. During this meeting, Moses and Aaron encouraged the people to consecrate themselves to the Lord and told them God was about to deliver them from slavery with a mighty hand.

The Israelites had been laboring seven days a week to maintain their heavy workload for the Egyptians. But after this meeting with Moses, they apparently decided to begin resting again every seventh day. This is why the furious Pharaoh later said to Moses and Aaron: “You make them rest from their labor!” Exodus 5:5. (The Hebrew word for “rest” used here is “shabath.” It means “to cause to keep sabbath.”"

The Sabbath was established at the close of Creation week.

What day of the week is the Sabbath?
- The Sabbath was the seventh day of Creation week.
- The Sabbath is a special day set aside for a holy use. God made the Sabbath as a 24-hour period of time, from the seventh day of Creation week. He also “sanctified” it, which means “to set aside for a holy use.” God made the Sabbath as a 24-hour period of time, because time is what it takes to develop a true love relationship with Jesus. The devil, like Pharaoh of Egypt, wants to keep us so busy working that we don’t think about God. Knowing how overly busy end-time people would be, God set aside the Sabbath day as a 24 special hours weekly to spend with His people, getting acquainted. He also “sanctified” it, which means “to set aside for a holy use.”

Did God make the Sabbath rest only for Israelites?
- The Sabbath was established as a holy day for all people of every race, nation, tongue, and kindred. Exodus 31:17. (The Hebrew word means all “mankind”—for all people, for all time, in every place.)
- The Sabbath is a sign between Me and the children of Israel forever; for in six days the Lord made heaven and earth.

What was the Sabbath established to do?
- The Sabbath was established to help people know that God is the Creator and Redeemer. In Revelation 14:6-14, God gives three important messages that are to be proclaimed to “them that dwell on the earth, and to every nation, and kindred, and tongue, and people.” Verse 6. This appeal for a return to true worship is drawn right from the fourth commandment: “For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day.” Exodus 20:11.

Did the apostles also meet with the Gentiles on the Sabbath?
- Acts 15:1-29. When the apostles met with the Gentiles by the riverside, because the city had no synagogue of Gentile women. It was also Paul’s custom to keep the seventh-day Sabbath.

What was Paul’s custom regarding the Sabbath?
- Acts 17:2. Then Paul, as was, went in to them, and for three Sabbaths reasoned with them from the Scriptures. But Jesus died to save His people from their sins, or law-breaking (Matthew 1:21).

What day did Jesus keep holy?
- Luke 1:3. So when the Jews went out of the synagogue, the next day they begged that these words might be preached to them. Jesus was here predicting the fall of Jerusalem, which He knew would take place in A.D. 70 (about 40 years later). But He suggested they pray that they would not have to flee from the invading army on the Sabbath. It is clear that Jesus expected His people to be keeping the Sabbath holy long after His death.

THE STUDY

Fill in the blanks after reading each Bible text.

1. Did God make the Sabbath rest only for Israelites?
   - Mark 2:27. And He said to them, “The Sabbath was made for man, not man for the Sabbath.”
   - NOTE: When Jesus says that the Sabbath was made for man, the word “man” means all “mankind”—for all people, for all time, in every place.

2. When did God establish the Sabbath?
   - Genesis 2:1, 3. Thus the heavens and the earth, and all the host of them, were finished. ... Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.
   - NOTE: The Sabbath was established at the close of Creation week.

3. What day of the week is the Sabbath?
   - Genesis 2:2, 3. And on the seventh day God ended His work which He had done, and He rested on the Sabbath day, and sanctified it.
   - NOTE: Three times in Genesis chapter 2, God tells us that He made the Sabbath from the seventh day of Creation week. He also “sanctified” it, which means “to set aside for a holy use.” God made the Sabbath as a 24-hour period of time, because time is what it takes to develop a true love relationship with Jesus. The devil, like Pharaoh of Egypt, wants to keep us so busy working that we don’t think about God. Knowing how overly busy end-time people would be, God set aside 24 special hours weekly to spend with His people, getting acquainted. He has made that weekly appointment with you. Don’t fail to meet Him!

4. How has God demonstrated the importance of His holy Sabbath?
   - Exodus 20:8-11. Remember the sabbath day, to keep it holy... the Lord. The Sabbath day, and hallowed it.
   - NOTE: Exodus 20:8-11 is the fourth commandment of God’s law. By making the Sabbath one of His Ten Commandments, He demonstrated its extreme importance. Verse 10 calls it “the sabbath of the Lord thy God.” Only the fourth commandment begins with the word “remember,” indicating God knew that people would forget. Breaking God’s Ten Commandment law is sin (1 John 3:4). But Jesus died to save His people from their sins, or law-breaking (Matthew 1:21).

5. Of what two precious things does God say the Sabbath is a sign?
   - Exodus 31:17. It [the Sabbath] is a sign between Me and the children of Israel forever; for in six days the heavens and the earth.
   - NOTE: God says the Sabbath is a sign, or mark, of His power as Creator and Redeemer. In Revelation 14:6-14, God gives three important messages that are to be proclaimed to “them that dwell on the earth, and to every nation, and kindred, and tongue, and people.” Verse 6. This appeal for a return to true worship is drawn right from the fourth commandment: “For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day.” Exodus 20:11.

6. Which day did Jesus keep holy?
   - Luke 1:3. So when the Jews went out of the synagogue, the next day they begged that these words might be preached to them. Jesus was here predicting the fall of Jerusalem, which He knew would take place in A.D. 70 (about 40 years later). But He suggested they pray that they would not have to flee from the invading army on the Sabbath. It is clear that Jesus expected His people to be keeping the Sabbath holy long after His death.

7. What was Paul’s custom regarding the Sabbath?
   - Acts 17:2. Then Paul, as was, went in to them, and for three Sabbaths reasoned with them from the Scriptures.
   - Acts 18:4. And he reasoned in the synagogue every Sabbath, and persuaded both Jews and Greeks.
   - NOTE: On another occasion, the disciples met on the Sabbath with a group of Gentile women by the riverside, because the city had no synagogue (Acts 16:13).

8. Did Jesus intend for His people to keep the Sabbath after He died for their sins?
   - Matthew 24:20. And pray that your flight may not be in winter or on the Sabbath.
   - NOTE: Jesus was here predicting the fall of Jerusalem, which He knew would take place in A.D. 70 (about 40 years later). But He suggested they pray that they would not have to flee from the invading army on the Sabbath. It is clear that Jesus expected His people to be keeping the Sabbath holy long after His death.
10. Does the Bible teach that God’s end-time people would also keep his seventh-day Sabbath holy?

**Revelation 12:17** And the dragon [devil] was enraged with the woman [church], and he went to make war with the rest [remainder] of her offspring [children], who ___________________ the ____________ of God.

**Revelation 14:12** Here is the patience of the saints; here are those who ___________________ the Lord.

**Revelation 22:14** Blessed are those who ___________________ with great joy, and who kept His commandments, that they may have the right to the tree of life, and may ___________________ through the gates into the city.

**NOTE:** The above Scriptures obviously refer to God’s end-time church, and each passage states plainly that God’s end-time church keeps His commandments—which, of course, include the fourth commandment, the Sabbath.

11. Will all of the saved in heaven keep the Sabbath?

**Isaiah 66:22, 23** "For as the new heavens and the new earth Which I will make shall remain before Me," says the Lord, "So shall your descendants and your name remain. And it shall come to pass that from one new moon to another, and from one Sabbath to another, ___________________ shall come to worship before Me," says the Lord.

**NOTE:** The Bible says that all the redeemed of all ages will keep God’s Sabbath together in heaven and in the new earth.

12. Can we be certain that the present seventh-day of the week (Saturday) is the same Sabbath day that Jesus kept holy?

**Luke 23:54-24:1** That day was the Preparation [Friday], and the Sabbath drew near. ... Then they returned and prepared spices and fragrant oils. And they ___________________ the spices according to the commandment. Now on the ____________ of the week, ... they ___________________ the tomb.

**NOTE:** Jesus was crucified on Friday (preparation), the day before the Sabbath (Mark 15:42). Jesus rested in the tomb on the Sabbath of the commandment (Luke 23:56), then rose on the first day—the day after the Sabbath (Mark 16:1-6). Christians around the world still celebrate that day as Easter Sunday. The Bible clearly shows that the Sabbath was the day after Friday and the day before Sunday. It’s easy to locate that day of the week on any calendar. (See supplements entitled “What the Dictionary Says” and “Hasn’t the Calendar Been Changed?”)

13. Does God allow anyone to change His holy day?

**Proverbs 30:5, 6** Every word of God is pure; ... Do ___________________ to His words, lest He rebuke you, and you be found a liar.

**NOTE:** Just before God gave the Ten Commandments, as described in Deuteronomy chapter 5, He solemnly warned that no one should “add” or “take from” them (Deuteronomy 4:2). Rather, they were to be kept precisely as He gave them. God blessed His Sabbath (Exodus 20:11), and when He blesses something, it is blessed forever (1 Chronicles 17:27). God says, “My covenant I will not break, nor alter the word that has gone out of My lips.” Psalm 89:34.

14. When does the Sabbath begin and end?

**Leviticus 23:32** From ____________ to ____________, you shall celebrate your Sabbath.

**Mark 1:32** At evening, when the ____________ had

**NOTE:** The Sabbath hours begin at sundown Friday and close at sundown Saturday.

15. What day is the Lord’s day of Revelation 1:10?

**Exodus 20:10** But the seventh day is the Sabbath of the ____________ God.

**Isaiah 58:13** If you turn away your foot from the Sabbath, from doing your pleasure on ____________,

**Mark 2:28** Therefore the Son of Man is also Lord of the _________.

**NOTE:** In both the Old and New Testaments, God calls the Sabbath the Lord’s day. He also commands that people be warned against committing the sin of trampling God’s Sabbath (Isaiah 58:1, 13). God declares that His holy Sabbath is for all people (Isaiah 56:2-7). The Bible never refers to Sunday as the Lord’s day. It is simply one of the six working days of the week (Ezekiel 46:1). That’s all it has ever been.

16. What blessing is promised by the Sabbath commandment?

**Matthew 11:28** Come to Me, all you who labor and are heavy laden, and I will give you _____________.

**Exodus 35:14** My ____________ will go with you, and I will give you rest.

**Hebrews 4:5** If they shall enter into _____________.

**KJV**

**NOTE:** Each one of the Ten Commandments has a spiritual meaning. Some legalistic Christians focus on the letter of the law and neglect the spirit of the law. Jesus wants us to have both to maintain balance (Matthew 5:21, 22, 27, 28). The Bible often uses the term “rest” to refer to salvation. Hebrews 4:1, 4, 9, 10 says that those who have truly been led to the “rest” of conversion and who abide in Christ will keep the seventh-day Sabbath as a symbol of the Christian rest.

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**Supplement**

This section provides additional information for further study.

**What the Dictionary Says**

Look up the following entries in almost any dictionary, and notice what you’ll find:

- **Sunday (noun)** The seventh and last day of the week.
- **seventh-day (adjective)** Of the seventh day (Saturday).
- **Saturday (noun)** The first day of the week.
- **First day (noun)** Sunday.

**Hasn’t the Calendar Been Changed?**

The calendar was changed once in October 1582, but it did not alter the weekly cycle. Ten dates were omitted from the calendar following October 4, 1582. What would have been Friday, October 5, became Friday, October 15. The diagram below will help you to visualize the change. You will see that it did not change the order of the days of the week.

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**October 1582**

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**Your Response**

Because Jesus has given the Sabbath as a sign of His power to create and sanctify, would you like to begin receiving the blessings of this holy day by keeping it in His honor?

**Answer:** _______________

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