

KEEP SABBATH HOLY

This study will answer the following questions:

1. What is the 4th commandment?
2. What day of the week is the Sabbath of the Lord?
3. What are the things we can do during the Sabbath?
4. What are the things that God has forbidden His people to do on the Sabbath?

God wrote the ten commandments with His own finger. Deuteronomy 9:10. He wrote it in two tables of stones. He did not choose to write in the sand or in the ground. He chooses a hard material that is hard to be tampered with. What He wrote in the stones no man can change. He does not change. Malachi 3:6 neither do His laws change.

Matthew 5:18 For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.

But the enemy of souls has been trying for so many years to change or alter the commandments of God. Daniel 7:25 says that there is an entity on earth that will try to change times and laws. God saw this from beginning and that man would also forget His commandments. He told us to bind His laws upon our fingers and write them in our hearts and minds. But the whole world is deceived by Satan (Revelation 12:9) and majority of the people forgot the Law of God. And there is one particular command that God started with the word "REMEMBER" for He knows that time will come many people will forget.

The 4th commandment:

Exodus 20:8 Remember the sabbath day, to keep it holy.

Of all the commandments, only the 4th one starts with the word REMEMBER for God knows that man will forget. The Sabbath institution originated in Eden observed by patriarchs of old. When the Israelites were slaves in Egypt, they were forced by their taskmaster to violate the Sabbath until time came they lost knowledge of its sacredness. So when the 10 commandments were penned by God into the stone, He has to remind His people that the Sabbath was an old institution forgotten because of their bondage in Egypt. So as today, majority of the people are in bondage to this wicked world and so humanity has forgotten the law and so God has to remind the people today as well that we are to remember again this old institution of this holy day.

Which day is the 7th day?

Answer: Saturday. Look at your calendar and identify the 7th day of the week. Any encyclopedia will tell you which day of the week is the Sabbath day.

When does Sabbath day start?

Leviticus 23:32 from even unto even, shall ye celebrate your sabbath.

When does "even" start?

Mark 1:32 And at even, when the sun did set, they brought unto him all that were diseased, and them that were possessed with devils.

Genesis 1:5 And the evening and the morning were the first day.

A day has 24 hours which 12 hours are evening and 12 hours of daytime. The Bible says that from when the sun sets till the next sunset mark a day. Therefore, the Sabbath starts from the setting of the sun on Friday until the setting of the sun on Saturday.

SABBATH IS THE SEAL OF GOD

The Sabbath commandment has 3 elements that will help us identify that this commandment is the seal of God to His people as a sign that He is the creator and they are His by creation and redemption. The 3 elements of a seal are a. name, b. title, and c. territory.

1. NAME – LORD (ISAIAH 42:8)
2. TITLE – CREATOR (EXO 20:11 “MADE”)
3. TERRITORY – HEAVEN AND EARTH (EXO 20:11)

EXAMPLE:

1. NAME – BENIGNO AQUINO
2. TITLE – PRESIDENT OF THE PHILIPPINES
3. TERRITORY – PHILIPPINE ISLANDS

Ezekiel 20:12, 20 – Moreover also I gave them my sabbaths, to be a sign between me and them, that they might know that I [am] the LORD that sanctify them...And hallow my sabbaths; and they shall be a sign between me and you, that ye may know that I [am] the LORD your God.

First, God gave us the sabbath to be a sign between Him and us. Next, He said we have to hallow the sabbath and it will be a sign between Him and us that we may know that He is our God the Creator of heaven and earth. No other commandment among the 10 contains 3 important elements of a seal or mark of an authority.

IF WE KEEP ANOTHER DAY, WHICH SEAL WE RECEIVE? (REV 12:9)

1. NAME - DEVIL OR SATAN
2. TITLE – DECEIVER
3. TERRITORY – WHOLE WORLD

What are three key things that God did on the 7th day?

Genesis 2:2-3 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

Rest will result to = blessed + sanctified
 Don't rest = no blessings, cannot be sanctified

How do we receive the blessings of the Sabbath?

Isaiah 56:2 Blessed [is] the man [that] doeth this, and the son of man [that] layeth hold on it; that keepeth the sabbath from polluting it, and keepeth his hand from doing any evil.

How do we keep the seventh day (Sabbath day) holy?

a. Communion with God (Memorial of Creation that we may know the true Creator)

Genesis 2:2-3 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

This day is a memorial of creation. This day is to be devoted in remembrance of God's mighty works. Of course we can remember God's creation all through the week but the 7th day is special and is only to be devoted to Him and nothing from the world and our secular jobs. We are to commune with Him in a special way in this holy day. Unlike the other days of the week, we can be in our secular job and at the same time remember our Creator but the 7th day requires us to abstain from our secular job and devote this day for holy purposes.

b. Studying the Word/Thanksgiving/Testimonies/Prayers

- **Personal** - we can read and study the Bible, sing hymns of praises and thanksgiving

- **Public (church fellowship) – only a portion of Sabbath** – we can assemble gatherings of like-minded brethren to worship God in Spirit and in truth. It can be at home, under the tree, by the river, beside a big rock, or anywhere where we can secure a peace and quiet atmosphere and focus on worshipping God.

Matthew 18:20 For where two or three are gathered together in my name, there am I in the midst of them.

Acts 16:13 And on the sabbath we went out of the city by a river side, where prayer was wont to be made; and we sat down, and spake unto the women which resorted [thither].

Acts 13:44 And the next sabbath day came almost the whole city together to hear the word of God

Luke 4:31 And came down to Capernaum, a city of Galilee, and taught them on the sabbath days.

Luke 13:10 And he was teaching in one of the synagogues on the sabbath.

Luke 4:16 And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read.

Isaiah 1:18, "**Come now, and let us reason together, saith the LORD**: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool."

Acts 17:2, "...Paul, as his manner was, went in unto them, and **three sabbath days reasoned with them out of the scriptures**,"

Colossians 3:16, "Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, **singing with grace in your hearts to the Lord**."

- **Parents spend time with kids outdoors with nature**

c. Relieve sick and suffering (humans/animals)

Luke 14:3-4 And Jesus answering spake unto the lawyers and Pharisees, saying, Is it lawful to heal on the sabbath day? And they held their peace. And he took [him], and healed him, and let him go;

Matthew 12:11-12 And he said unto them, What man shall there be among you, that shall have one sheep, and if it fall into a pit on the sabbath day, will he not lay hold on it, and lift [it] out? How much then is a man better than a sheep? Wherefore it is lawful to do well on the sabbath days.

It is lawful to do good on the Sabbath and so all acts of necessity and mercy are permitted to be done on the Sabbath. Everything must be done to relieve the suffering and the sick people. They have to be cared for all the days of the week but unnecessary labor is to be strictly avoided.

d. Cease from secular labor

Exodus 20:10 thou **shalt not do any work**

Genesis 2:2 And on the seventh day God ended his work which he had made; and he **rested** on the seventh day from all his work which he had made.

Who shall not do any work?

Exodus 20:10 **thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that [is] within thy gates:**

Livelihood:

Exodus 34:21 Six days thou shalt work, but on the seventh day thou shalt rest: **in earing time and in harvest thou shalt rest.**

Nehemiah 13:15, "In those days saw I in Judah some **treading wine presses on the sabbath, and bringing in sheaves, and lading asses; as also wine, grapes, and figs, and all manner of burdens,** which they brought into Jerusalem **on the sabbath day;** and **I testified against them in the day** wherein they sold victuals."

All manners of secular labor must cease during the Sabbath. The command "not to do any work" applies to all kinds of labor to secure a living. Carpenters, farmers, drivers, pilots, teachers, and all kinds of secular workers must stop their labor. This also includes those who are living within your gates. They too must stop their labor during the Sabbath. Any business transaction must not find a place in your mind during the Sabbath. Those who discuss and lay plans about business on the sabbath is accounted as if they are doing the actual business on the Sabbath day.

e. Not seeking of our own pleasure

Isaiah 58:13 If thou turn away thy foot from the sabbath, [from] doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking [thine own] words:

We are not to seek our own pleasure nor speaking our own words on the Sabbath. We cannot carry our feet to attend any kind of activity that is for self gratification and pleasure.

Husband/Wife:

Exodus 19:10-11,14,15 "And the LORD said unto Moses, Go unto the people, and sanctify them to day and to morrow, and let them wash their clothes, And be ready against the third day: for the third day **the LORD will come down in the sight of all the people** upon mount Sinai. And Moses went down from the mount unto the people, and sanctified the people; and they washed their clothes. And he said unto the people, Be ready against the third day: **come not at your wives.**"

Husband and wife need to abstain own pleasure on the Sabbath and reserve it for the other days of the week.

f. Not speaking our own words

Isaiah 58:13 If thou turn away thy foot from the sabbath, [from] doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking [thine own] words:

Speaking our own words = Talking upon anything or everything which may come into the mind

g. Cease from buying/selling (goods or services)

Nehemiah 10:31 And [if] the people of the land bring ware or any victuals on the sabbath day to sell, [that] we would not buy it of them on the sabbath, or on the holy day:

Nehemiah 13:16-17, "There dwelt men of Tyre also therein, which brought fish, and all manner of ware, and **sold on the sabbath** unto the children of Judah, and in Jerusalem. Then I contended with the nobles of Judah, and said unto them, **What evil thing is this that ye do, and profane the sabbath day?**"

Nehemiah 13:15, "In those days saw I in Judah some **treading wine presses on the sabbath, and bringing in sheaves, and lading asses; as also wine, grapes, and figs, and all manner of burdens,** which they brought into Jerusalem **on the sabbath day;** and **I testified against them in the day** wherein they sold victuals."

- Travel on Sabbath (purchase rides before Sabbath)
- Travel on weekdays (plan ahead that you arrive destination before Sabbath)

h. Utilize Friday as preparation day

Preparation day –

Mark 15:42 And now when the even was come, because it was the preparation, that is, the day before the sabbath,

Luke 23:54 And that day was the preparation, and the sabbath drew on.

- Cooking of food (Exodus 16:23)
- Preparing clothes/shoes for Sabbath
- Taking necessary cleanliness/showers
- Reconcile indifferences

Matthew 5:23-24, "Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; **Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother**, and then come and offer thy gift."

What happens to those who do not cease from their labor on the Sabbath?

Exodus 31:15 Six days may work be done; but in the seventh [is] the sabbath of rest, holy to the LORD: whosoever doeth [any] work in the sabbath day, he shall surely be put to death.

As we are in the days of grace, God will not put someone to death for transgressing Sabbath but He surely will one day execute judgment against those who continue to disregard His words and continue to pollute His holy day.

When are the unbelievers be put to death?

Revelation 21:8 But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.

God will destroy all sin and sinners in the lake of fire. Only until then will transgressors be wiped out from this earth.

Until when we have to keep Sabbath?

Isaiah 66:22-23, "For as the new heavens and the new earth, which I will make, shall remain before me, saith the LORD, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and **from one sabbath to another, shall all flesh come to worship before me, saith the LORD.**"

To keep the Sabbath holy here on earth is a practice for those who want to be part of the heavenly kingdom for in the new heaven and new earth, all of God's people will worship Him even on the Sabbath day.

WHAT CAN WE DO ON THE SABBATH:

1. Cease secular labor (livelihood)
2. No buying/selling
3. No seeking own pleasure
4. No cooking food on Sabbath
5. No speaking our own words

--more things we can do on Sabbath than things we cannot do

WHAT CAN WE DO ON THE SABBATH:

1. Communion with God
 - Read Bible
 - Sing praises
 - Prayer (private and public)
 - Worship services with brethren
 - Testimonies and praises
2. Relieve the suffering – Heal the sick, visit sick, visit elderly
3. Luke 14:3-4 And Jesus answering spake unto the lawyers and Pharisees, saying, Is it lawful to heal on the sabbath day? And they held their peace. And he took [him], and healed him, and let him go;

4. Matthew 12:11-12 And he said unto them, What man shall there be among you, that shall have one sheep, and if it fall into a pit on the sabbath day, will he not lay hold on it, and lift [it] out? How much then is a man better than a sheep? Wherefore it is lawful to do well on the sabbath days.
5. Go for nature walk
6. Study nature (trees, flowers, animals, ocean, river) – books, actual, videos
7. Bible studies
8. Children coloring books
9. Feed ducks in the pond or feed fishes by the river
10. Listen to Christian music
11. Home visitations to share the truth
12. Personal bible reading
13. Memorize scriptures
14. Memorize Christian songs
15. Questions and answers – Bible topics