

THE
שַׁבָּת
עֵת

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Cornerstone
BAPTIST CHURCH

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INTRODUCTION

Saturday or Sunday? When is the Church supposed to meet? Is there a Bible command to keep Saturday holy? Is there a Bible command to the Church to worship on Saturday? Is Sunday the mark of the beast as some cults say? What does the Bible say? What is a Christian to do?

What does the Bible say about the Sabbath? Is Saturday or Sunday or neither the Sabbath?

THE SABBATH

1. When considering this subject, the first thing you need to understand is that there is nowhere in the Bible where you will find the words “Saturday” or “Sunday”. These words come from pagan origins.
 - a. The word “Saturday” is supposed to be “Saturn’s day”.
 - b. The word “Sunday” is supposed to be “Sun’s day”.

The Bible terminology for days is the first day, eighth day, seventh day, third day, etc. Thus, when the fourth commandment says in Exodus 20:8-10 “Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:” This verse does not tell you to observe Saturday or Sunday, but rather it simply tells you to work six days and rest on the seventh day, keeping that day holy.

In this regard, we could start our day on Monday and rest on Sunday, or we could start on Tuesday and rest on Monday, or we could start on Wednesday and rest on Tuesday, etc. So, the fourth commandment does not say to rest on Saturday or Sunday.

2. The second thing you need to understand is that in the Bible there were actually several Sabbaths. Including, the seventh day Sabbath and the first day Sabbath.

Leviticus 23:3 “Six days shall work be done: but the seventh day is the sabbath of rest, an holy convocation; ye shall do no work therein: it is the sabbath of the LORD in all your dwellings.”

Leviticus 23:5-7 “In the fourteenth day of the first month at even is the LORD'S passover. And on the fifteenth day of the same month is the feast of unleavened bread unto the LORD: seven days ye must eat unleavened bread. In the first day ye shall have an holy convocation: ye shall do no servile work therein.”

Leviticus 23:24 “Speak unto the children of Israel, saying, In the seventh month, in the first day of the month, shall ye have a sabbath, a memorial of blowing of trumpets, an holy convocation.”

Leviticus 23:28-32 “And ye shall do no work in that same day: for it is a day of atonement, to make an atonement for you before the LORD your God. For whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off from among his people. And whatsoever soul it be that doeth any work in that same day, the same soul will I destroy from among his people. Ye shall do no manner of work: it shall be a statute for ever throughout your generations in all your dwellings. It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath.”

Leviticus 23:39 “Also in the fifteenth day of the seventh month, when ye have gathered in the fruit of the land, ye shall keep a feast unto the LORD seven days: on the first

day shall be a sabbath, and on the eighth day shall be a sabbath.”

So the Bible is clear on the matter, there was not just one Sabbath day, but rather there were many days in the Bible that were considered Sabbaths. Thus, let us not get bogged down with a certain day.

3. The third thing you need to understand is the fact that the seventh day Sabbath was part of the Old Testament Covenant which was made between Israel and God (not the Gentiles and God, nor the Church and God).

Exodus 31:12-18 “And the LORD spake unto Moses, saying, Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the LORD that doth sanctify you. Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people. 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. Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant. It is a sign between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed. And he gave unto Moses, when he had made an end of communing with him upon mount Sinai, two tables of testimony, tables of stone, written with the finger of God.”

📖 **Ezekiel 20:10-13** “Wherefore I caused them to go forth out of the land of Egypt, and brought them into the wilderness. And I gave them my statutes, and shewed them my judgments, which if a man do, he shall even live in them. 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. But the house of Israel rebelled against me in the wilderness: they walked not in my statutes, and they despised my judgments, which if a man do, he shall even live in them; and my sabbaths they greatly polluted: then I said, I would pour out my fury upon them in the wilderness, to consume them.”

📖 **Ezekiel 20:19-20** “I am the LORD your God; walk in my statutes, and keep my judgments, and do 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.”

Thus, the seventh day Sabbath is a specific Sabbath given to Israel as a sign between them and God, not between God and the Church! This Sabbath was revealed to Israel in particular. God even gave them a special calendar that He did not give anyone else, letting them know the exact day He wanted **them** to observe.

4. The fourth thing you need to know is the fact that there was not one single human being in the Bible who observed the seventh day Sabbath, until God made a covenant with Israel (which did not happen until the time of Moses).

📖 **Deuteronomy 5:1-3** “And Moses called all Israel, and said unto them, Hear, O Israel, the statutes and judgments which I speak in your ears this day, that ye may learn them, and keep, and do them. The LORD our God made a covenant with us in Horeb. The LORD made not this

covenant with our fathers, but with us, even us, who are all of us here alive this day.”

Nehemiah 9:13-14 “Thou camest down also upon mount Sinai, and spakest with them from heaven, and gavest them right judgments, and true laws, good statutes and commandments: And madest known unto them thy holy Sabbath, and commandedst them precepts, statutes, and laws, by the hand of Moses thy servant:”

Because the seventh day Sabbath was not observed until the law was given, Moses needed God’s direction when someone broke the Sabbath for no one had ever broken the law. Before the time of Moses, no one had broken the law regarding the Sabbath because there was not a law regarding the Sabbath to break. Thus they did not know what to do when someone broke it for the first time (Numbers 15:32-36).

Thus, so far, we have seen:

- There is nothing in the Bible about observing the day “Saturday”, “Sunday”, or “Monday” or etc.
 - There were many Sabbaths in the Old Testament, including the seventh day and first day.
 - The seventh day Sabbath was a special sign between God and Israel (and those within their borders) and no one else.
 - This special day was not observed by anyone until the days of Moses, when God revealed to him the special laws for His special people, which included the special sign (the seventh day Sabbath).
5. The fifth thing you need to know about the seventh day Sabbath is the fact that the Gentile world nor the Church are under the Old Covenant, which includes the seventh day

Sabbath (Romans 6:14-15; 7:1-7; 8:1-4; Galatians 3:24-25; 5:18; 6:1-2; etc.)

As the church of God, we follow the spirit of the law, the morals of the law, and the principles of the law (Matthew 22:37-40; Romans 13:5-10; 1 Corinthians 8; 2 Corinthians 3:1-8; 1 John 3:16-23).

This is why we will take one day a week to fully consecrate ourselves to God and His work as that principle is clearly found in the Bible.

📖 Isaiah 58:13-14 “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: Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.”

However, the Church knows that they are not under the ceremonial ordinances of the law which were a shadow of the truth, and that includes the seventh day Sabbath.

📖 Colossians 2:13-17 “And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses; Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross; And having spoiled principalities and powers, he made a shew of them openly, triumphing over them in it. Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the Sabbath days: Which are a shadow of things to come; but the body is of Christ.”

6. The sixth thing you need to know is the fact that in the New Testament we find there was not a single law about a special day being above another.

📖 Romans 14:4-6 “Who art thou that judgest another man's servant? to his own master he standeth or falleth. Yea, he shall be holden up: for God is able to make him stand. One man esteemeth one day above another: another esteemeth every day alike. Let every man be fully persuaded in his own mind. He that regardeth the day, regardeth it unto the Lord; and he that regardeth not the day, to the Lord he doth not regard it. He that eateth, eateth to the Lord, for he giveth God thanks; and he that eateth not, to the Lord he eateth not, and giveth God thanks.”

This is why the early church met every day of the week.

📖 Acts 2:46-47 “And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart, Praising God, and having favour with all the people. And the Lord added to the church daily such as should be saved.”

📖 Acts 5:41-42 “And they departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for his name. And daily in the temple, and in every house, they ceased not to teach and preach Jesus Christ.”

📖 Acts 16:5 “And so were the churches established in the faith, and increased in number daily.”

7. The seventh thing you need to know is the fact that the first day was the day the early Church met in a special way to meet with Jesus.

It was on the first day of the week that Jesus first showed up to the assembly of the believers (John 20:19, 26).

It was on the first day of the week that the early Church met for preaching (Acts 20:7).

It was upon the first day of the week that the early Church gave their tithes and offerings (1 Corinthians 16:1-2).

It was the first day of the week that was special to the Church, not the seventh day Sabbath.

The reason the early church met in a special way on the first day of the week was because it was the day the Lord Jesus Christ arose (Matthew 28).

The people of God are a new creature in Christ which have been given a new beginning, all because of the resurrection of Christ which took place on that first day.

Thus, the church meets on the first day to give God the first fruits and to commemorate the new beginning we have been given through the redemptive work of Christ which was consummated on the first day of the week.

OBJECTIONS ANSWERED

Question 1. “Wasn’t the Sabbath a sign forever?”

Answer: Yes, a sign between God and Israel.

Question 2. “Wasn’t the Sabbath a statute forever?”

Answer: Yes, but so was:

- i. “The feast of unleavened bread” (Exodus 12:17)
- ii. “Day of atonement” (Leviticus 23:28-31).
- iii. “Feast of tabernacles” (Leviticus 23:34, 41).

These days were shadows of the truth that we do not observe any more, for Christ has fulfilled them (Colossians 2).

Question 3. “But didn’t the disciples go to the Synagogue on the Sabbath?”

Answer: Yes they did. However, they went there to preach the gospel to the Jews (notice the word “synagogue”). By the way, they also went there daily, Acts 5:42 (first day, second day, third day, etc.). I have no problem going to a place where a lot of people are gathered at on the seventh day Sabbath in order to preach to people who have not been delivered from the bondage of sin.

Question 4. “Isn’t the Sabbath a part of the moral law?”

Answer: No! I know this because:

- i. The priests were allowed to profane the Sabbath in order to keep circumcision (John 7:22-23) making circumcision above the Sabbath and yet we know that the Church is not under the law of circumcision (Galatians 5).
- ii. Paul told us not to let anyone judge us in respect of the Sabbath days (Colossians 2).

Question 5. “Didn’t God call the Sabbath holy?”

Answer: Yes, but God also called many other things holy, which we do not observe anymore (Exodus 12:13-16; Leviticus 23:24-25, 34, 36; Nehemiah 8:1, 2, 9, 11 etc.).

RECAP

1. There is nothing in the Bible about observing the day “Saturday”, “Sunday”, or “Monday” etc.
2. There were many Sabbaths in the O.T. including the seventh day and first day.
3. The Sabbath was a special day which was a special sign between God and Israel, and none other.
4. This special day was not observed by anyone until the days of Moses. Because the Sabbath was not revealed to man until God revealed Moses the special laws for His special people which included the special sign (the Sabbath).
5. When God gave Israel this special sign (the Sabbath), He told the Jews the exact day He wanted them to observe the Sabbath as a sign between Himself and Israel and no other. God even changed their calendar, making it different from the Gentiles’ calendar (Exodus 12).
6. For the New Testament church, there is not a special rule about a special day. Thus, the early church met every day.
7. However, we see in the scriptures, the early church treated the first day of the week as special, because it was the day the Lord arose, and the day the Lord first met with the disciples in a special way and thus since a Christian is a new creature in Christ, he or she should meet with fellow Christians on the Lord’s day, giving Him the first-fruits and the best as He so rightfully deserves (John 20).

CONCLUSION

📖 Romans 14:4-6 “Who art thou that judgest another man's servant? to his own master he standeth or falleth. Yea, he shall be holden up: for God is able to make him stand. One man esteemeth one day above another: another esteemeth every day alike. Let every man be fully persuaded in his own mind. He that regardeth the day, regardeth it unto the Lord; and he that regardeth not the day, to the Lord he doth not regard it. He that eateth, eateth to the Lord, for he giveth God thanks; and he that eateth not, to the Lord he eateth not, and giveth God thanks.”

📖 Colossians 2:16-17 “Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days: Which are a shadow of things to come; but the body is of Christ.”

