

Touch of Faith Ministry Simple Bible Study Course

Student's Name: _____ Bible Instructor: _____ Date: _____

The Sabbath - If you love me...



One of the strangest things that I have ever encountered is the belief that Adam and Eve were Jews. Funny you say? You never heard that? Try asking someone about the Sabbath and they will say, "It is for the Jews." However, when God gave it, not a single Jew was around, just Adam and Eve and neither one was Jewish. Whose Sabbath is it anyway? And who was it given for?

1. When was the Sabbath instituted?

"Thus the heavens and the earth were finished, and all the host of them. And on the seventh day _____ 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." (Gen. 2:1-3)

NOTE: The crowning act of creation the Sabbath.

2. Who was it made for?

"The Sabbath was made for _____, and not man for the Sabbath." (Mark 2:27)

3. How did God make it special?

"God _____ the seventh day, and _____ it." (Gen. 2:3). "The LORD made heaven and earth, the sea, and all that in them *is*, and _____ the seventh day: wherefore the LORD blessed the Sabbath day, and _____ it." (Ex. 20:11)

NOTE: Only the Sabbath day is blessed, sanctified and hallowed.

4. Can the blessing of the Sabbath be transferred to another day?

"Now therefore let it please thee to bless the house of thy servant, that it may be before thee for ever: for thou _____, O LORD, and *it shall be* blessed ____ _____." (1 Chron. 17:27)

5. What is the Sabbath a sign of?

"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 _____ that doth _____ _____." (Ex. 31:13)

NOTE: Besides circumcision which was given to the Jewish nation, the Sabbath is the only think that is stated as a sign between God and His people.

6. What was Jesus' Sabbath custom?

"And he came to Nazareth, where he had been brought up: and, as his custom was, He _____ into the _____ on the Sabbath day, and stood up for to read." (Luke 4:16)

7. What did the followers of Christ do the Sabbath after His death?

"And the women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. And they returned, and prepared spices and ointments; and _____ the _____ day according to the commandment." (Luke 23:55, 56)

8. Which day did Paul keep, after the cross?

"And he reasoned in the synagogue every _____, and persuaded the Jews and the Greek." (Acts 18:4)

9. Which day did New Testament Gentile Christians keep?

"And when the Jews were gone out of the synagogue, the _____ besought that these words might be preached to them the next Sabbath. And the next _____ day came almost the whole city together to hear the word of God." (Acts 13:42, 44)

NOTE: Some teach that New Testament Christians worshipped on a different day from the Jews; however, this is not true. Jews and Gentiles worshipped on the same day (Sabbath) and the same place.

10. According to the Bible, the Sabbath is found between which two days ?

“And that day was the _____, and the Sabbath drew on” (Luke 23:54). “And when the Sabbath was past, Mary Magdalene, and Mary the *mother* of James, and Salome, had bought sweet spices, that they might come and anoint him. And very early in the morning the _____ *day* of the week, they came unto the sepulchre at the rising of the sun.” (Mark 16:1, 2).

NOTE 1: The Sabbath of the New Testament is found between Friday, the preparation day and Sunday, the first day of the week.

NOTE 2: Some ministers attempt to say that when the text says, “When the Sabbath was past,” that it meant that the seventh day Sabbath had ended and a new Sabbath was instituted. The only problem, however, is that Paul; some thirty years later not only kept the seventh day Sabbath, but also taught the Gentiles to observe it.

11. How do the wicked treat the Sabbath?

“_____ at her Sabbaths.” Lam. 1:7
“_____ the Sabbath day.” Neh. 13:17
“_____ their eyes from my Sabbaths.” Eze. 22:26

12. Does the Sabbath ever end?

“For as the _____ and the _____, 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.**” (Isa. 66:22, 23).

NOTE: Like God, the Sabbath is eternal. We will keep it in heaven and the earth made new.

13. Do you want to be among God’s people who believe Him and have His Sabbath sign?

Answer _____

Two questions often raised about the Sabbath.

Is Saturday the same seventh day that Jesus and the early Christian church kept, or has the weekly cycle been broken since Bible times? What if we were to go back to Sinai— or to Creation?

There are no chronological records that reach back to Creation. But had the weekly cycle been broken between Creation and Sinai, we can be sure that God would have corrected the problem when He gave the fourth commandment. However, God simply told the Israelites to remember to keep the Sabbath they were already keeping.

Had the weekly cycle been altered during the twelve hundred years the Jews lived in Palestine prior to the Incarnation, Jesus would certainly have corrected the problem. But He kept the same day the Jews of that time kept.

And there is simply no question the the seventh day on our calendar is in chronological sequence with the seventh day in the first century A.D. We know this for a least two reasons. First, Jews, who are very careful about the day they keep, still observe Sabbath on Saturday. And second, chronological records from the time of Christ to the present leave no question that our weekly cycle is the same as that of the Jews and Romans at Christ’s time. The only calendar change in the past two thousand years occurred in October 1582, and this change affected only the numbering of the days of the month, not the weekly cycle, as the calendar below shows.

At what hour does the Sabbath begin?

The biblical days of Creation commenced at Sunday. God based His instructions on when the Hebrews were to begin and end their holy days on this reckoning: “From even

unto even shall ye celebrate your sabbath.” (By “even,” the Bible means sundown.)

That’s how the Jews observed the Sabbath when Jesus lived on earth. Mark 1:32 says, “That evening *after sunset* the people brought to Jesus all the sick and demon possessed” (emphasis added). Seventh-day Adventists, the largest body of Sabbath-keeping Christians in the world today, still begin the Sabbath at sundown of Friday and end it at sundown on Saturday.

What does the Bible say about Sunday

Most Protestant Churches observe Sunday, the first day of the week, as their day of worship rather than Saturday, the seventh day, as expressly required by God’s Ten Commandments. Interestingly, however, they claim that they do this on the authority of Scripture. As a result, their members believe that the Sunday worship is stated and commanded in the Bible.

When we search the Scriptures, what we find is that God never required it as a day of worship. What He did, however, was to call it a work day. He said, “Six days shalt thou labour, and do all thy work” (Exo. 20:9)

Another interesting fact that is quickly found is that the word Sunday does not appear in the Bible at all, except in some so-called translations. But many of these so-called translations also remove the very name of God and replaces it with the Eastern Religious term, “The One.”

Interestingly, Sunday is the only day that could not be the Sabbath because God stated that He rested after He worked. So regardless of how many days it would have taken God to make the earth, one day was required to work and another to rest.