

## 1. WHAT IS THE SABBATH?

Exodus 12:20; Leviticus 20:23

The Bible says: Hallow My \_\_\_\_\_, and they will be a sign between Me and you, that you may know that I am the Lord your God. (Eze. 12:20) Six days shall work be done, but the seventh day is a \_\_\_\_\_ of solemn rest, a holy convocation. (Lev. 20:23).



Note: The Sabbath is a day God set aside for us to spend together with Himself and His people. It is a holy convocation, or gathering time when God's people are supposed to go to church and learn more about Him. During the Sabbath hours we are to spend the day focusing on God's goodness. We do this by spending time at church, reading the Bible, fellowshiping with other believers, enjoying God's nature, and more (Isa. 58:13, 14). Observing the sabbath is a sign that shows we are followers of Christ.

## 2. WHAT DAY IS THE SABBATH ON?

Genesis 1:31; 2:2, 3

The Bible says: So the evening and the morning were the sixth day... And on the \_\_\_\_\_ God ended His work which He had done, and He rested on the \_\_\_\_\_ from all His work which He had done. Then God blessed the \_\_\_\_\_ and sanctified it, because in it He rested from all His work. (Gen. 1:31; 2:2, 3)

Note: After God created the world in six days, the Bible says that He blessed the seventh day and sanctified it. To sanctify means to set something apart for a holy purpose. While we work during the other six weekdays, God's people are called to set aside Saturday, the seventh day of the week, as a holy day. When the Bible refers to the Sabbath, it is always referencing Saturday, the seventh day. Since the days originally started at sunset, the Sabbath was to be observed from what we refer to as Friday at sunset until Saturday at sunset.

## 3. ISN'T THE SABBATH ONLY FOR THE NATION OF ISRAEL?

Genesis 2:3; Exodus 20:8-10; Mark 2:27

The Bible says: Then God blessed the seventh day and sanctified it. (Gen. 2:3) \_\_\_\_\_ the Sabbath day, to keep it holy....the seventh day is the Sabbath of the Lord your God. (Ex. 20:8-10) The Sabbath was made for \_\_\_\_\_, and not \_\_\_\_\_ for the Sabbath. (Mark 2:27)

Note: While some claim that the Sabbath was only for the Jewish nation, it was instituted in the beginning of time, long before Israel. Abraham, the father of the faithful, or Jacob, who was first called Israel, did not come on the scene until thousands of years after the Sabbath was instituted, so that would not make sense that it was only for Israel. In addition, it was placed in the heart of the ten commandments, which are God's eternal law, made for all mankind. That's why Jesus affirmed that the Sabbath was made for man, or mankind.

## 4. DIDN'T JESUS CHANGE THE SABBATH TO SUNDAY IN HONOR OF THE RESURRECTION?

Luke 23:56; 24:2

The Bible says: And they \_\_\_\_\_ on the Sabbath according to the \_\_\_\_\_ ...early in the morning, on the first day of the week, they came to the tomb when the sun had risen. (Luke 23:56; 24:2)



Note: Jesus is the Creator. We are told, "All things were made through Him," "visible and invisible" (Col. 1:3; John 1:3) As Jesus rested on the Sabbath after completing the work of creation (Gen. 2:2), He also rested in the tomb on the Sabbath after completing the work of redemption. There is no verse where Jesus said He was changing the Sabbath. Jesus did not rest in the tomb to create a new Sabbath but to honor the Sabbath He had already made, and His followers observed the Sabbath with Him (Luke 23:56).

## 5. DIDN'T JESUS SOMETIMES BREAK THE SABBATH?

Matthew 12:7, 12

The Bible says: But if you had known what this means, 'I desire mercy and not sacrifice,' you would not have condemned the \_\_\_\_\_....it is \_\_\_\_\_ to do good on the Sabbath. (Matt. 12:7, 12)



Note: Actually, the Bible says it was the custom, or habit, of Jesus to keep the Sabbath (See Luke 4:16). While the Pharisees once accused the disciples of breaking the Sabbath by picking grain on Sabbath, Jesus called His disciples "guiltless." The Pharisees also said Jesus broke the Sabbath when He healed a man's hand on the Sabbath, but Jesus explained that it is "lawful" to do good on the Sabbath. Jesus wasn't breaking the Sabbath. The Pharisees had added man-made rules to it and Jesus was simply showing us how to keep it.

## 6. WHAT DAY DID THE APOSTLES WORSHIP ON AFTER THE RESURRECTION?

Acts 17:2; 18:4

The Bible says: Then Paul, as his \_\_\_\_\_ was, went in to them, and for three \_\_\_\_\_ reasoned with them from the Scriptures. (Acts 17:2) And he reasoned in the synagogue \_\_\_\_\_ Sabbath, and persuaded both Jews and Greeks. (Acts 18:4)

Note: While there is no clear Bible verse that talks about the change of the Sabbath to Sunday, there is plenty of evidence to the contrary. All through the New Testament we see Paul and the disciples worshipping on the Sabbath, or Saturday. We see Paul meeting a group of women worshipping on the Sabbath by the riverside (See Acts 16:13). We see Paul preaching in the synagogue with the Jews, and then after the Jews left, he continues to keep the Sabbath with the Gentiles (See Acts 13:42-44). This was all after the resurrection.



## 7. WHAT ABOUT THE TEXTS THAT TALK ABOUT SUNDAY WORSHIP?

Acts 20:7; 1 Corinthians 16:2

The Bible says: Now on the first day of the week, when the disciples came together to \_\_\_\_\_. (Acts 20:7) On the first day of the week let each one of you lay something aside, \_\_\_\_\_ as he may prosper, that there be no collections when I come. (1 Cor. 16:2)

Note: Since there is no clear command where Jesus said He would change the Sabbath, many have twisted verses to support Sunday worship, but the verses lack evidence. For example, Paul once broke bread on the first day, as he did “daily,” because He was leaving “the next day” (Acts 2:46; 20:7). Paul also once said to lay something aside on the first to store up for a collection. You don’t lay aside and store up for church, but some have twisted these and other verses to support Sunday worship, an idea that is simply not found in the Bible.

## 8. DIDN'T PAUL SAY WE CAN WORSHIP ON ANY DAY?

Romans 14:6

The Bible says: He who observes the day, observes it to the Lord; and he who does not observe the day, to the Lord he does not observe it. He who \_\_\_\_\_, \_\_\_\_\_ to the Lord...he who does not \_\_\_\_\_. (Rom. 14:6)



Note: Some say, “I worship God every day,” but we don’t worship every day in a biblical sense. God says to work for six days, but not on the Sabbath (See Ex. 20:9, 10). Some get the idea that we can worship any day by twisting a passage of Paul, but the entire passage is about food. In the context it is clear that Paul is speaking of observing fasting days, when he “does not eat” (Rom. 14:6). The entire chapter begins and ends talking about eating and not eating (See Rom. 14:2, 23). This passage has nothing to do with the Sabbath.

## 9. IF THE SABBATH IS ON SATURDAY, AND IT WASN'T CHANGED BY THE APOSTLES, WHO CHANGED THE DAY?

Daniel 7:25; Matthew 15:9

The Bible says: He shall speak pompous words against the Most High...and shall intend to \_\_\_\_\_ times and \_\_\_\_\_. (Dan. 7:25) And in vain they worship Me, teaching as doctrines the commandments of \_\_\_\_\_. (Matt. 15:9)



Note: The Bible predicted a power that would change times and law, that is, God’s law related to time. This was fulfilled in the early church who admits, “we observe Sunday instead of Saturday because the Catholic church, in the council of Laodicea (A.D. 336), transferred the solemnity from Saturday to Sunday,” “a change for which there is no Scriptural authority,” but was based solely on the authority of the Catholic Church (Peter Geiermann, The Convert Catechism of Catholic Doctrine; Stephen Keenan, A Doctrinal Catechism).

## 10. HOW COULD EVERYONE BE WRONG ABOUT SABBATH?

Exodus 23:2; 2 Timothy 4:4

The Bible says: You shall not follow a \_\_\_\_\_ to do evil. Ex. 23:2) And they will turn their ears away from the truth, and be turned aside to \_\_\_\_\_. (2 Tim. 4:4)

Note: Most people put too much trust in church leaders. Just because a pastor is sweet or sincere, they can still be wrong. In the days of Noah, most of the did not get on the ark, in the days of Christ, most rejected the Messiah, and in the last days, the majority will follow the antichrist deception. Sadly, the majority is typically wrong. It is not safe to follow the crowd, even if they claim to be believers because in the last days, we are told that many will turn their ears from the truth, turning to doctrines that are not supported by the Bible.

## A DAY TO REST

