



One of the greatest blessings that God gifted mankind with is a day of rest. The seventh-day of creation week was crowned with the blessing of heaven as God rested from all His creative work. God not only rested but sanctified and set apart the last day of the week as apart as a holy day. The blessing of creation week was reiterated in the fourth of the Ten Commandments. God said that we must “Remember the Sabbath day to keep it holy” because “The seventh day is the Sabbath of the LORD your God.” Exodus 20:8, 10.

Those that recognize the God of creation as their Lord will honor the day that He blessed. To set aside another day of the week as “a holy day” is to assume that we have the power to bless just as God has the power to bless. Only God has the power and the authority to make anything holy.

When God said remember the Sabbath day to keep it holy He was reminding us that He already made the seventh-day holy. As you study you will also discover that honoring tradition can never connect us to a true relationship with God. We know that the day that God blessed is what we call Saturday. Furthermore, the record of Jesus’ death, burial, and resurrection confirms that the only day that God blessed is the Sabbath. Jesus rose on the day after the Sabbath which is known as Easter Sunday. If you desire a relationship based on truth God is calling you to honor the only day He blessed—Saturday, the seventh-day, Sabbath.

THE CREATION OF THE SABBATH

- Genesis 2:1-3** - God blessed the 7th day at the end of creation week.
- Exodus 16:23** - God promises to bless when we prepare for the Sabbath.
- Exodus 16:25** - God calls us to refrain from working on the Sabbath.
- Exodus 16:29** - The Sabbath existed before it was written on stone.
- Exodus 16:30** - God’s people rested on the Sabbath before Sinai.
- Exodus 20:8** - God commands us to rest from our labor and keep the Sabbath holy.
- Exodus 20:10** - The seventh-day is the Sabbath of the only true God.
- Exodus 20:11** - The Sabbath is a sign of creation and sanctification.
- Exodus 31:13** - The Sabbath is a sign between us and God.
- Deuteronomy 5:12** - Only the seventh-day Sabbath is a holy day.

THE SABBATH IN THE OLD TESTAMENT

- Genes 26:5** - Abraham kept God Commandments before the Jews.
- Exodus 5:4-5** - Pharaoh complained that the Israelites honored God’s day of rest.
- Exodus 15:26** - God called on Israel to keep His Sabbath before Sinai.
- Jeremiah 17:21-23** - The Sabbath should be free from burdens.
- Ezekiel 22:26** - When Israel violated the Sabbath they lost God’s blessings.
- Ezekiel 20:12** - The Sabbath is a sign that we are sanctified by God.
- Ezekiel 20:20** - The Sabbath is a sign that we worship the true God.
- Isaiah 56:2** - We are not to violate the Sabbath with our own pleasures.
- Isaiah 58:12** - We are called to restore the Sabbath that has been ignored.
- Isaiah 58:13** - We are to honor the Sabbath as a delight not a burden.
- Isaiah 58:14** - The Bible teaches that observing the Sabbath is a blessing.
- Isaiah 66:22-23** - The Sabbath will be observed throughout eternity.

THE SABBATH IN THE NEW TESTAMENT

- Matthew 12:8** - Jesus is the Lord of the Sabbath.
- Matthew 12:11-12** - The Sabbath is a day to do good to others.
- Matthew 24:20** - Jesus taught that the Sabbath would still exist after His ascension.
- Matthew 5:17-19** - The Sabbath was not abolished.
- Mark 2:27-28** - Jesus said that the Sabbath was made for man.
- Luke 4:16** - We follow Jesus because He kept the Sabbath.
- Luke 23:54** - Jesus was laid in the tomb the day before the Sabbath.
- Luke 23:55-56** - Jesus’ followers honored the Sabbath during His death.
- Luke 24:1** - Jesus rose the day after the Sabbath.
- Acts 13:42-44** - The Jews and Gentiles honored the Sabbath.
- Acts 15:21** - The apostles kept the Sabbath long after Jesus returned to heaven.
- Acts 16:13** - New Testament Christians kept the Sabbath.
- Acts 17:2** - The apostle Paul observed the Sabbath in his ministry.
- Acts 18:4** - The Jews and Greeks honored the Sabbath.
- Revelation 14:6-7** - Jesus is calling mankind back to true worship of the Creator.
- Revelation 14:12** - Those that follow Christ will keep The Commandments.