

# Sabbath Day

*This tract has been created to introduce those who are searching for truth set forth in God's word. This tract is not based on the traditions of men and pagan religions.*

As children of God, we must look for truth in what the scriptures teach us on the true Sabbath day. The big question is, what day should a child of God be keeping as their holy day? We need to look at what day the Bible teaches us to keep. First, let us look at where the Sabbath comes from.

Genesis 2:2, 3

**Verse 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.**

**Verse 3 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.**

These scriptures tell us that the Sabbath was created for a rest. God blessed the seventh day and sanctified it; he tells us clearly from the beginning what day we are to keep.

We read in Exodus that Israel was told to keep the Sabbath before they received any laws at Mount Horeb.  
Exodus 16:21 - 27

**Verse 21 And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted.**

**Verse 22 And it came to pass, that on the sixth day they gathered twice as much bread, two omers for one man: and all the rulers of the congregation came and told Moses.**

**Verse 23 And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.**

**Verse 24 And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein.**

**Verse 25 And Moses said, Eat that to day; for to day is a sabbath unto the LORD: to day ye shall not find it in the field.**

**Verse 26 Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none.**

**Verse 27 And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none.**

Israel is taught about the Sabbath upon their deliverance from Egypt. They are told they need to rest on the seventh day, so they are told to collect double the mana to get them through the Sabbath. We see in verse twenty-seven that some do not believe this so they go out to collect some and find none. Later in Exodus, we see them getting the laws.

Exodus 20:8 - 11

**Verse 8 Remember the sabbath day, to keep it holy.**

**Verse 9 Six days shalt thou labour, and do all thy work:**

**Verse 10 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:**

**Verse 11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.**

The first day of the week is only mentioned a handful of times in the Bible. None of the following scriptures are commandments to observe the first day as our Sabbath.

Matthew 28:1

**Verse 1 In the end of the sabbath, as it began to dawn toward the first day of the week, came Mary Magdalene and the other Mary to see the sepulchre.**

Mark 16:1, 2, 9

**Verse 1 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.**

**Verse 2 And very early in the morning the first day of the week, they came unto the sepulchre at the rising of the sun.**

**Verse 9** Now when *Jesus* was risen early the first *day* of the week, he appeared first to Mary Magdalene, out of whom he had cast seven devils.

Luke 24:1

**Verse 1** Now upon the first *day* of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain *others* with them.

John 20:1

**Verse 1** The first *day* of the week cometh Mary Magdalene early, when it was yet dark, unto the sepulchre, and seeth the stone taken away from the sepulchre.

We see all of these scriptures talk about the rising of Jesus on the first day of the week at the end of the Sabbath. Another scripture that talks on the first day of the week is in Acts.

Acts 20:7

**Verse 7** And upon the first *day* of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight.

Acts is one of the most used scriptures to try and prove that the New Testament church observed the first day of the week as their sabbath. Through study you will see that in Acts it is Saturday night which is being spoken of. This would not be referred to as the first of the week if it had been Sunday night, as we all know that a day in biblical time starts at sundown so it would be Saturday night after Sabbath.

I Corinthians 16:2

**Verse 2** Upon the first *day* of the week let every one of you lay by him in store, as *God* hath prospered him, that there be no gatherings when I come.

This scripture we see is an instruction for them to save their offerings for Paul's coming, a future event. None of these scriptures are talking about the Sabbath day of rest. It should be evident that based on their texts there are no grounds to keep the first day as the Sabbath day of rest.

We will now look at which day the Bible tells us we should be keeping. The Bible does not ever reference to Saturday, just the seventh day Sabbath.

Exodus 20:11

**Verse 11** For *in* six days the LORD made heaven and earth, the sea, and all that in them *is*, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

Jesus is our example, the one man we can trust and follow, he too kept the seventh day.

Luke 4:16

**Verse 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.

We see that Jesus' disciples also kept the seventh day Sabbath. Paul reasoned every Sabbath, teaching the word of God.

Acts 13:14, 42, 44

**Verse 14** But when they departed from Perga, they came to Antioch in Pisidia, and went into the synagogue on the sabbath day, and sat down.

**Verse 42** And when the Jews were gone out of the synagogue, the Gentiles besought that these words might be preached to them the next sabbath.

**Verse 44** And the next sabbath day came almost the whole city together to hear the word of God.

Acts 17:2

**Verse 2** And Paul, as his manner was, went in unto them, and three sabbath days reasoned with them out of the scriptures,

Acts 18:4, 11

**Verse 4** And he reasoned in the synagogue every sabbath, and persuaded the Jews and the Greeks.

**Verse 11** And he continued *there* a year and six months, teaching the word of God among them.

We see from these different scriptures that since the beginning, when God rested on the seventh day, that everyone preached the seventh day was the right day to rest.

James tells us that we must keep the whole law or we are guilty of all. The law he is speaking of is the ten commandments.

James 2:10, 11

**Verse 10** For whosoever shall keep the whole law, and yet offend in one *point*, he is guilty of all.

**Verse 11** For he that said, Do not commit adultery, said also, Do not kill. Now if thou commit no adultery, yet if thou kill, thou art become a transgressor of the law.

James clearly tells us that if we break one of the laws, we become a transgressor of the law. Churches teach that the law has been done away with, that it was nailed to the cross. We need to be watchful for those people who try to change things. Jesus tells us that the law will not change.

Matthew 5:17 - 19

**Verse 17 Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil.**

**Verse 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.**

**Verse 19 Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach *them*, the same shall be called great in the kingdom of heaven.**

Matthew 15:8, 9

**Verse 8 This people draweth nigh unto me with their mouth, and honoureth me with *their* lips; but their heart is far from me.**

**Verse 9 But in vain they do worship me, teaching *for* doctrines the commandments of men.**

Titus 1:14 - 16

**Verse 14 Not giving heed to Jewish fables, and commandments of men, that turn from the truth.**

**Verse 15 Unto the pure all things *are* pure: but unto them that are defiled and unbelieving *is* nothing pure; but even their mind and conscience is defiled.**

**Verse 16 They profess that they know God; but in works they deny *him*, being abominable, and disobedient, and unto every good work reprobate.**

Ezekiel 33:31

**Verse 31 And they come unto thee as the people cometh, and they sit before thee *as* my people, and they hear thy words, but they will not do them: for with their mouth they shew much love, *but* their heart goeth after their covetousness.**

We see they will teach their doctrines professing they know God; but in their works deny him. We must take it upon ourselves to search the scriptures.

John 5:39

**Verse 39 Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me.**

Acts 17:11

**Verse 11 These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so.**

The scriptural evidence we have seen here shows God first created and kept the seventh day Sabbath. God then gave it to his people for a rest. Jesus and his disciples kept the Sabbath and taught others about it. God's last day church should also be keeping the seventh day Sabbath.

Isaiah 66:23

**Verse 23 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.**

Revelation 12:17

**Verse 17 And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.**

Revelation 14:12

**Verse 12 Here is the patience of the saints: here *are* they that keep the commandments of God, and the faith of Jesus.**

We must read the scriptures to learn the truth for ourselves, and not let false prophets lead us away from the truth.