

THE MEANING OF SABBATH

WHAT AND WHEN IS THE SABBATH?

- THE SEVENTH DAY OF OUR WEEK, OR THE LAST DAY OF THE WEEK.
- The day the Lord rested - (Genesis 2:3)³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.
- The day He set apart and made holy (Genesis 2:3)
- The day He gave to mankind to keep, to honor, believe in and be lord over. (Mark 2:27)²⁷ Then he said to them, “The Sabbath was made for man, not man for the Sabbath.
- It is the 4th commandment: (Exodus 20:8-11) ⁸“Remember the Sabbath day by keeping it holy. ⁹Six days you shall labor and do all your work, ¹⁰but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.

WHY SHOULD WE KEEP THE SABBATH?

- If we love him with all of our hearts and souls we will keep His commandments. (Deuteronomy 6:5-9) ⁵Love the Lord your God with all your heart and with all your soul and with all your strength. ⁶These commandments that I give you today are to be on your hearts.⁷Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. ⁸Tie them as symbols on your hands and bind them on your foreheads. ⁹Write them on the doorframes of your houses and on your gates.
- Obedience through love (Matthew 22:37-38) ³⁷Yeshua replied: ““Love the Lord your God with all your heart and with all your soul and with all your mind.’^[a] ³⁸This is the first and greatest commandment. (Hebrews 4:11)¹¹ Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

- We should want to keep Sabbath because we love YAH.

WHERE IN SCRIPTURE DOES IT TELL US TO KEEP THE SABBATH?

Here are a few old and new testament scriptures surround Sabbath keeping.

- **Exodus 20:8-11** ⁸“Remember the Sabbath day by keeping it holy. ⁹Six days you shall labor and do all your work, ¹⁰but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.
- **Deuteronomy 5:12-14** ¹²“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. ¹³Six days you shall labor and do all your work, ¹⁴but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do.
- **Ezekiel 20:20** Keep my Sabbaths holy, that they may be a sign between us. Then you will know that I am the Lord your God.”
- **Hebrews 4:10** for anyone who enters God’s rest also rests from their works,^[a] just as God did from his.
- **Luke 23:56** Then they went home and prepared spices and perfumes. But they rested on the Sabbath in obedience to the commandment.
- **Matthew 24:20-21** ²⁰Pray that your flight will not take place in winter or on the Sabbath. ²¹For then there will be great distress, unequaled from the beginning of the world until now—and never to be equaled again.
- **James 2:8-11** ⁸If you really keep the royal law found in Scripture, “Love your neighbor as yourself,”^[a] you are doing right. ⁹But if you show favoritism, you sin and are convicted by the law as lawbreakers. ¹⁰For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it. ¹¹For he who said, “You shall not commit adultery,”^[b] also said, “You shall not murder.”^[c] If you do not commit adultery but do commit murder, you have become a lawbreaker.

- **ISAIAH 66:22-24** 22For as the new heavens and the new earth, which I will make, shall remain before me, saith the Lord, so shall your seed and your name remain.
23And 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.
24And they shall go forth, and look upon the carcasses of the men that have transgressed against me: for their worm shall not die, neither shall their fire be quenched; and they shall be an abhorring unto all flesh.
- **ISAIAH 58:13-14** 13If 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:
14Then 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.

Explore Isaiah 58 by Verse

HOW DO YOU KEEP THE SABBATH?

The importance on keeping the Sabbath of Yah as spoken in Matthew 5:17-20 is very critical to live each commandment in your heart. This is the fulfillment of the law that Christ came to develop. From the removal of the judgement of the laws by natural punishment to holding us all accountable in our hearts until the day of judgement. To do this you must do the following with all His laws. As our focus today is the 4th Law we should understand and walk in:

- **1st - Acknowledgment** (Ezekiel 20:12) We must begin by acknowledge the Sabbath, believing the day is a holy day and given to us by YAH. This step cannot be push aside if you don't believe this you can't move forward.
- **2nd - Obedience** (Exodus 20: 8-11) After we except this promise in our hearts as Christ expects of us, we must walk in this obedience. **Not looking for a way to not keep or sin, but to live thru His divine LOVE.**
- **3rd - Worship** (Genesis 2:3; Acts 16:13) Keeping the day holy is the commandment, worship in this day. Placing the Lord Yah above ALL and walking in His presents.
- **4th - Fulfillment** – As we work in all of this promise we fulfill this promise/commandment that was given to us to walk in. Doing this shows our love and obedience.

Where in scripture can we find the change to the Sabbath?

- We know thru this study that Christ and the disciples kept the Sabbath Day.
- So, what changed? Here is some scripture to support the Yah and Yahawashi are not in conflict with one another but are ONE Father and Son.
 - Did Yah change? (Hebrews 13:8), (Psalms 89:35)
 - Did Yahawashi change? (Mathew 5:17-20), (John 10:27-30)
- Did Paul change? We know that Paul follow Christ so why is it that most Christians believe that Paul rejected Yah living Word... (Acts 18:4-5), (Acts 18th chapter – 25th chapter) (Acts 18:1-18) (I Corinthians 11:1-2)
- Peter? Peter was giving to keys to the new church and there's not one scripture to shows Peter changing the commandments of Yah. But Peter did say this about Paul... **2 Peter 3:15-18** 15 And account *that* the long-suffering of our Lord *is* salvation; even as our beloved brother Paul also according to the wisdom given unto him hath written unto you; 16as also in all *his* epistles, speaking in them of these things; in which are some things hard to be understood, which they that are unlearned and unstable wrest, as *they do* also the other Scriptures, unto their own destruction. 17Ye therefore, beloved, seeing ye know *these* things before, beware lest ye also, being led away with the error of the wicked, fall from your own steadfastness. 18But grow in grace, and *in* the knowledge of our Lord and Savior Jesus Christ. To him *be* glory both now and forever. Amen.

Peter is telling the reader of this letter that if you're not a student of the Torah, the old testament (or plainly spoken), if you don't have a understanding of the laws and teaching of the prophets you are misinterpret Paul's ministry or his message. Please understand ALL the men and women that spoken, taught and led in the bible (old and new testament) read from the old testament as THERE WAS NO NEW TESTAMENT! So then, where can we find this change in scripture. **We can't...** but we do know when this change happens as it was recording in the history books. Most don't keep the Sabbath because Catholicism changed the date from Sabbath to Sunday on March 7, 321 A.D. under the rule of Constantine.

Is Sunday worship the same as keeping the Sabbath?

SABBATH

- YAH's Holy Day
- Day of Rest
- A day of worship
- No buying or selling
- No cooking, working
- A day of worship unto Yah from sunset Friday to sunset Saturday.
- Fellowship with family and friends

SUNDAY

- Man's Holy Day
- No rest/do not observe resting
- Few hours of worship
- Okay to buy & sale
- Okay to cook & work
- Fellowship with family and friends

We see that Sunday worship isn't a Sabbath day holy unto the Yah. Most Christians fail in this commandment... and we know that breaking the commandment of Yah is sin.

SABBATH OBSTACLES

MARK 2:23-28 23 And it came to pass, that he went through the corn fields on the sabbath day; and his disciples began, as they went, to pluck the ears of corn. 24 And the Pharisees said unto him, Behold, why do they on the sabbath day that which is not lawful? 25 And he said unto them, Have ye never read what David did, when he had need, and was a hungered, he, and they that were with him? 26 How he went into the house of God in the days of Abi'athar the high priest, and did eat the showbread, which is not lawful to eat but for the priests, and gave also to them which were with him? 27 And he said unto them, The sabbath was made for man, and not man for the sabbath: 28 therefore the Son of man is Lord also of the sabbath.

There are those times that we may have a need and/or we are working on our transition to reaching a completion of Sabbath. Here are some known examples of obstacles that some will face. Please remember we are all coming into the awareness of keeping Yah's word. Praying that Yah will bring change in our lives should be our main focus as we walk closer to His truth. Under no circumstances should we take this as a pass to sin. Yah know your intentions and you WILL have to answer for every word and thought in your heart and mind.

Sabbath Obstacles:

JOB

NEEDS

EMERGENCIES

OBLIGATIONS THAT ARE OUT OF YOUR CONTROL

"HOW WE BECOME MASTERS OF THE SABBATH"

CONTINUE KEEPING SABBATH

- SUN SET TO SUNET

GENESIS 1:3-5 3 And God said, Let there be light: and there was light. 4And God saw the light, that *it* was good: and God divided the light from the darkness. 5And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.

LEVITICUS 23: 31-32 31Ye shall do no manner of work: *it shall be* a statute forever throughout your generations in all your dwellings. 32It *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.

- CHRIST ROSE ON THE SABBATH

MATTHEW 28:1-7 1In the end of the sabbath, as it began to dawn toward the first *day* of the week, came Mary Mag'dalene and the other Mary to see the sepulcher. 2And, behold, there was a great earthquake: for the angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat upon it. 3His countenance was like lightning, and his raiment white as snow: 4and for fear of him the keepers did shake and became as dead *men*. 5And the angel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified. 6He is not here: for he is risen, as he said. Come, see the place where the Lord lay. 7And go quickly and tell his disciples that he is risen from the dead; and, behold, he goeth before you into Galilee; there shall ye see him: lo, I have told you.

- EVERLASTING COVENANT

MATHEWS 5:8-25 8 Blessed *are* the pure in heart: for they shall see God. 9Blessed *are* the peacemakers: for they shall be called the children of God. 10 Blessed *are* they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. 11 Blessed are ye, when *men* shall revile you, and persecute *you*, and shall say all manner of evil against you falsely, for my sake. 12 Rejoice, and be exceeding glad: for great *is* your reward in heaven: for so persecuted they the prophets which were before

you. 13 Ye are the salt of the earth: but if the salt have lost his savor, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men.⁴ Ye are the light of the world. A city that is set on a hill cannot be hid. 15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. 16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. 17 Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil. 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. 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. 20 For I say unto you, That except your righteousness shall exceed *the righteousness* of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven. 21 Ye have heard that it was said by them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment: 22 but I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire. 23 Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath aught against thee; 24 leave there thy gift before the altar and go thy way; first be reconciled to thy brother, and then come and offer thy gift. 25 Agree with thine adversary quickly, while thou art in the way with him; lest at any time the adversary deliver thee to the judge, and the judge deliver thee to the officer, and thou be cast into prison.

REVELATION 22:14 Blessed are they that do his commandments, that they may have right *to the tree of life*, and may enter in through *the gates* into *the city*.

EXODUS 31:16 Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant.

WHAT DOES IT MEAN NOT TO KEEP THE SABBATH?

- BREAKING YAH'S COMMANDMENTS IS SIN... AND SIN = DEATH.

THE NEXT LESSON WE WILL GO UNTO THE HISTORY OF CHANGE OF THE SABBATH.