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The Whole Truth About

God's Sabbath Day of Rest





The beautiful rose bud, the powerful waterfalls, the proud colorful peacock, the vast orderly universe, and the intricate and complex human body were all created by the Almighty God. When we take into consideration the awesome and majestic hand of God in creation, we are brought closer to Him. King David said "I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works;... The heavens declare the glory of God; the skies proclaim the work of his hands." (NIV). That is why our God set aside a weekly date when we meet with Him and others who love and obey Him. This is a reminder of His creative and redemptive power. It was so important that He told us through the medium of scripture to remember it. Every Seventh day of the week is a memorial of creation. We will take a closer look to discover why this day is so important to God as we study the whole truth about God's Seventh Day Sabbath.

1. Who made the heavens and the earth in the beginning?



ANSWER:

Genesis 1:1

"In the beginning God created the heavens and the earth."

ANSWER:

"God, who at various times and in various ways spoke in time past to the fathers by the prophets, has in these last days spoken to us by His Son, whom He has appointed

2. Who does the Word of God indicate was instrumental in creating the world and everything in it?

heir of all things,
through whom also He
made the worlds;"
Hebrews 1:1, 2

**"For by Him all things were
created that are in heaven and
that are on earth, visible and
invisible, whether thrones or
dominions or principalities or
powers. All things were created
through Him and for Him."
Colossians 1:16**

Note:

The Bible indicates that it was Jesus who
made the world and everything in it.

3. Why is Jesus particularly worthy for worship?



ANSWER:

**""You are worthy, O
Lord, To receive glory
and honor and power;
For You created all
things, And by Your will
they exist and were
created.""
Revelation 4:11**

4. For what purpose did God create His wonderful works?

ANSWER:

"He has made His wonderful works to be remembered; The LORD is gracious and full of compassion."

Psalms 111:4



Note:

When we remember His creative power.
We also remember His redemptive,
saving power.



5. What provision did God make that His creative works would be remembered?

ANSWER:

"Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your

work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the

seventh day. Therefore the Lord blessed the Sabbath day and hallowed it."

Exodus 20:8-11

6. What is the seventh day of the week called?

ANSWER:

**"but the seventh day is the Sabbath of the Lord your God."
Exodus 20:10**

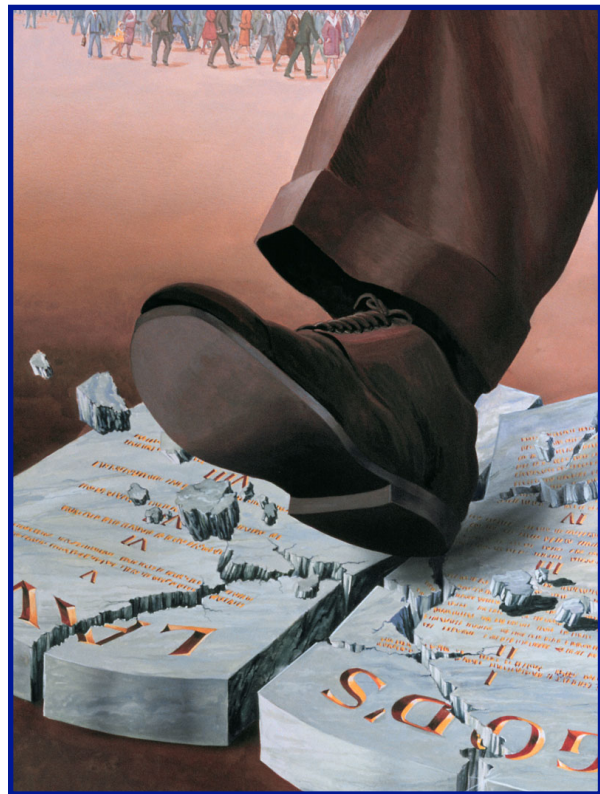


Note: It's the only day God gave a name to.

7. How can we keep the Sabbath Holy?

ANSWER:

**"If you turn away your foot from the Sabbath,
From doing your pleasure on My holy day,
And call the Sabbath a delight,
The holy day of the Lord honorable,
And shall honor Him, not doing your own ways,
Nor finding your own pleasure,
Nor speaking your own words,
Then you shall delight yourself in the Lord;
And I will cause you to ride on the high hills of the earth,
And feed you with the heritage of Jacob your father.
The mouth of the Lord has spoken."
Isaiah 58:13-14**



8. What did God do to the Seventh day?

ANSWER:

"Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made."

Genesis 2:3



Note: What God blesses it is blessed forever (1 Chron 17:27).

9. After God made the heavens and the earth what did he do?

ANSWER:

"Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done."

Genesis 2:1-2



10. Does God expect His people to follow His example of rest?

ANSWER:

**"For He has spoken in a certain place of the seventh day in this way: "And God rested on the seventh day from all His works"; There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His."
Hebrews 4:4, 9-10**



11. On what day was Jesus accustomed to worship?



ANSWER:

**"So 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 to read."
Luke 4:16**

12. What day did the apostles keep?



ANSWER:

**"And on the Sabbath day we went out of the city to the riverside, where prayer was customarily made; and we sat down and spoke to the women who met there. Then Paul, as his custom was, went in to them, and for three Sabbaths reasoned with them from the Scriptures,"
Acts 16:13; 17:2**

13. Was the Sabbath only for the Jews?

ANSWER:

""How blessed is the man . . . Who keeps from profaning the sabbath, And keeps his hand from doing any evil.""

""Also the foreigners who join themselves to the LORD, . . . every one who keeps from profaning the sabbath And holds fast My covenant; Even those I will bring to My holy mountain And make them joyful in My house of prayer. . . For My house will

be called a house of prayer for all the peoples."

"And when the Jews were gone out of the synagogue, the Gentiles besought that these words might be preached to them the next sabbath. And the next sabbath day came almost the whole city together to hear the word of God."

**Isaiah 56:2, 6, 7 NAS95
Acts 13:42, 44**

14. What is the true Sabbath a sign of?

ANSWER:

"Moreover I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the Lord who sanctifies them. hallow My Sabbaths, and they will be a sign between Me and you, that you may know that I am the Lord your God."
Ezekiel 20:12, 20

Note: God said the Sabbath is a sign that His people belong to Him and that they are being sanctified or perfected in His love. (see 1 John 2:3-5)



15. Who was the Sabbath made for?

ANSWER:

**“ . . . The Sabbath was made
for man, . . . ”
Mark 2:27**



Note: The Sabbath was not only made for the Jew it was made for everyone.

16. Which day is the Lord's Day?

ANSWER:

Exodus 20:10

**“but the seventh day is the
Sabbath of the Lord your God.”**

Isaiah 58:13–14 (ESV)

**“If you turn back your
foot from the Sabbath,
from doing your pleasure on
my holy day,
...”**





Mark 2:28

"... the Son of Man is also Lord of the Sabbath."

Revelation 1:10

"I was in the Spirit on the Lord's Day"



17. Will we be keeping the Sabbath in heaven and in the earth made new by God?

ANSWER:

Isaiah 66:22–23 (TNIV)

"As the new heavens and the new earth that I make will endure before me," declares the Lord, "so will your name and descendants endure. From one New Moon to another and from one Sabbath to another, all people will come and bow down before me," says the Lord.

18. Is the Sabbath a part of the Ten Commandments?



ANSWER:

Exodus 20:8–11

"Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it."

19. Is God's law done away with?



ANSWER:

Luke 16:17 (TNIV)

"It is easier for heaven and earth to disappear than for the least stroke of a pen to drop out of the Law."

Psalm 89:34 (TNIV)

**"I will not violate my covenant
or alter what my lips have
uttered."**

Exodus 20:1 (TNIV)

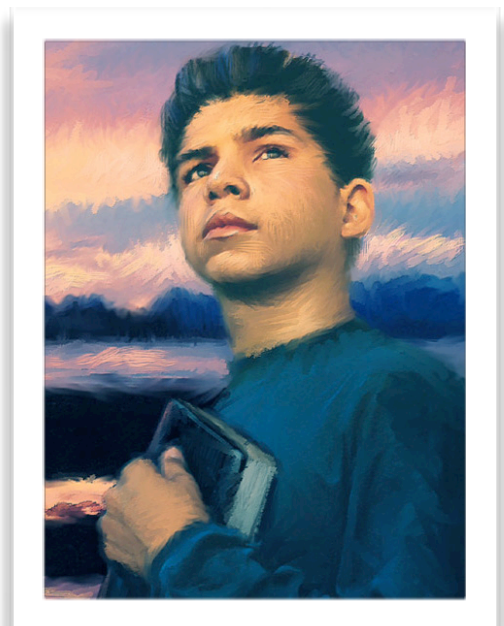
**"And God spoke all these
words"**

**20. What did Jesus say we
should do if we love Him?**

ANSWER:

John 14:15

**"If you love Me, keep My
commandments."**



21. How do we know the Seventh-day Sabbath has not been changed?

ANSWER:

If we had the Bible as our only source we could identify the true Sabbath-day. Jesus died on what is called Good Friday and was resurrected on what is called Easter Sunday. The Bible identifies the day in between as the Sabbath, which is the seventh day of the week we call Saturday. (Luke 23:54- Luke 24:3). If the Seventh-day Sabbath had been changed from Adam and Eve's time until the time of Moses, God would have brought it to the attention of Moses when He handed him the Ten Commandments. If it had been changed from Moses' day to Christ time; surely Jesus would have set the record straight when He walked among men. And from the time of Jesus until today the Jews have been keeping strict record of time and still attend synagogues on Saturday. The Sabbath is the memorial of God's creation. The Bible indicates before sin entered into the world, before there was ever anyone called a Jew, He made the world and everything in it in six days and created a seventh day. Then He did something on that day that He didn't do on any other day. He rested on that day, He blessed it and He sanctified it (set aside for a Holy purpose). In the heart of God's law it speaks of showing honor to God as the Creator. We show honor to Jesus when we keep the true Sabbath holy since the Bible states He made all things (Col 1:16). If everyone kept the Sabbath there would be no such thing as atheists, agnostics or infidels. Because

every one everywhere would acknowledge, once per week, every Saturday, that God is truly God the Creator of all things. That's why the true Sabbath is so important. Men and Women, boys and girls would come together from all areas and worship Him on His holy day. Millions of people believe they are doing what God says by going to church on Sunday the first day of the week. That's why God said to REMEMBER the Sabbath day! Apparently many have forgotten. Sunday worship was instituted by misguided men whom prophecy predicted would seek to change times and laws (Daniel 7:25). The Bible said that God would make provisions to lead mankind back to the old time religion, the unchanging everlasting Gospel that calls us to the worship of the Creator (Rev 14:6). Why not observe the day that Adam and Eve had, that Moses, Joshua, Isaiah, Jeremiah, David, Matthew, Mark, Luke, John, Paul and Silas observed and yes even the Lord Jesus Himself? These giants of the Bible are pretty good company to follow. It would make sense to observe the true Sabbath down here since we will be keeping it in the new earth (Isa 66:22, 23). How about it my friend? Don't you want to please God by following all of His Word including keeping the true Sabbath day holy?