

Should we obey the
Sabbath Day?



Sabbth Day First Mentioned

Exodus 16:21-23

So they gathered it every morning, every man according to his need. And when the sun became hot, it melted.

22 ¶ And so it was, on the sixth day, that they gathered twice as much bread, two omers for each one. And all the rulers of the congregation came and told Moses.

23 Then he said to them, “This is what the LORD has said: ‘Tomorrow is a Sabbath rest, a holy Sabbath to the LORD. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.’ ”

What is The Sabbath Day?

Sabbath was given to the Jews in Exodus 20:8-11 as a day of rest and ceasing from labor.

“Remember the Sabbath day, to keep it holy.

9Six days you shall labor and do all your work,

10but 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.

11For 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.

What is The Word Sabbath?

The hebrew word šabāṭ according to the lexicons means:

- To rest
- "to cease"
- the day of ceasing from work

So we can gather no work is supposed to be done on this day.

Who Was This Day For?

This day was commanded to the Jews:

Exodus 19:3-5,8 the Lord called unto him (Moses) out of the mountain, saying, Thus shalt thou ... **tell the children of Israel**; Ye have seen what I did unto the Egyptians, and *how* I bare you on eagles' wings, and brought you unto myself. ... therefore, if ye will obey my voice indeed, and **keep my covenant**, then ye shall be a **peculiar treasure unto me above all people** ... ⁸**Remember the Sabbath day**, to keep it holy

Who Was This Day For?

Deuteronomy 5:1-3,12

And Moses called all Israel, and said to them...“The LORD our God made a covenant with us in Horeb.

3“The LORD did not make this covenant with our fathers, but with us, those who are here today, all of us who are alive.

12 Observe the Sabbath day, to keep it holy, as the LORD your God commanded you.

Who Was This Day For?

Nehemiah 9:13-14

“You came down also on Mount Sinai,

And spoke with them from heaven,

And gave them just ordinances and true laws,

Good statutes and commandments.

14 You made known to them Your holy Sabbath,

And commanded them precepts, statutes and laws,

By the hand of Moses Your servant.

Who Was This Day For?

Ezekiel 20:8-11

“But they rebelled against Me and would not obey Me. They did not all cast away the abominations which were before their eyes, nor did they forsake the idols of Egypt. Then I said, ‘I will pour out My fury on them and fulfill My anger against them in the midst of the land of Egypt.’

9“But I acted for My name’s sake, that it should not be profaned before the Gentiles among whom they were, in whose sight I had made Myself known to them, to bring them out of the land of Egypt.

10“Therefore I made them go out of the land of Egypt and brought them into the wilderness.

11“And I gave them My statutes and showed them My judgments, ‘which, if a man does, he shall live by them.

Penalty For Not Obeying

Exodus 31:14

‘You shall keep the Sabbath, therefore, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people.

Exodus 35:2,3

“Work shall be done for six days, but the seventh day shall be a holy day for you, a Sabbath of rest to the LORD. Whoever does any work on it shall be put to death.

3“‘You shall kindle no fire throughout your dwellings on the Sabbath day.”

Denominations That Obey The Sabbath

- Messianic Jews
- Black Hebrew Israelites
- church of Jesus Christ of latter day saints
- Seventh-day Adventist
- Seventh Day Baptists

Should We Obey It?

We are under the law of Christ he has all authority. And we serve him.

Matthew 28:18

And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth.

Colossians 3:23-24

And whatever you do, do it heartily, as to the Lord and not to men,

knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.

Should We Obey It?

Colossians 2:14-17

[Col 2:14-17 NKJV] 14 having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross. 15 Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it. 16 So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, 17 which are a shadow of things to come, but the substance is of Christ.

Dead To The Old Law

Romans 7:4

[Rom 7:4 NKJV] 4 Therefore, my brethren, you also have become dead to the law through the body of Christ, that you may be married to another--to Him who was raised from the dead, that we should bear fruit to God.

Galatians 3:17

[Gal 3:17 NKJV] 17 And this I say, [that] the law, which was four hundred and thirty years later, cannot annul the covenant that was confirmed before by God in Christ, that it should make the promise of no effect.

10 Commandments Done Away

2 Corinthians 3:7-11

[2Co 3:7-11 NKJV] 7 But if the ministry of death, written [and] engraved on stones, was glorious, so that the children of Israel could not look steadily at the face of Moses because of the glory of his countenance, which [glory] was passing away, 8 how will the ministry of the Spirit not be more glorious? 9 For if the ministry of condemnation [had] glory, the ministry of righteousness exceeds much more in glory. 10 For even what was made glorious had no glory in this respect, because of the glory that excels. 11 For if what is passing away [was] glorious, what remains [is] much more glorious.

Keep The Whole Law

Galatians 5:3

[Gal 5:3 NKJV] 3 And I testify again to every man who becomes circumcised that he is a debtor to keep the whole law.

People who keep the sabbath have to keep all old laws not just the “moral” .There is no distinction. Or else they break the whole law.

The Law Is Fulfilled.

Matthew 5:17-18

[Mat 5:17-18 NKJV] 17 "Do not think that I came to destroy the Law or the Prophets. I did not come to destroy but to fulfill. 18 "For assuredly, I say to you, till heaven and earth pass away, one jot or one tittle will by no means pass from the law till all is fulfilled.

New Testament In Effect

Hebrews 9:16-17

[Heb 9:16-17 NKJV] 16 For where there [is] a testament, there must also of necessity be the death of the testator. 17 For a testament [is] in force after men are dead, since it has no power at all while the testator lives.

So What Are We To Obey Today?

Acts 20:7

[Act 20:7 NKJV] 7 Now on the first [day] of the week, when the disciples came together to break bread, Paul, ready to depart the next day, spoke to them and continued his message until midnight.

1Corinthians 16:1-2

[1Co 16:1-2 NKJV] 1 Now concerning the collection for the saints, as I have given orders to the churches of Galatia, so you must do also: 2 On the first [day] of the week let each one of you lay something aside, storing up as he may prosper, that there be no collections when I come.

Obey The Gospel

1 Corinthians 15:1-5

[1Co 15:1-5 NKJV] 1 Moreover, brethren, I declare to you the gospel which I preached to you, which also you received and in which you stand, 2 by which also you are saved, if you hold fast that word which I preached to you--unless you believed in vain. 3 For I delivered to you first of all that which I also received: that Christ died for our sins according to the Scriptures, 4 and that He was buried, and that He rose again the third day according to the Scriptures, 5 and that He was seen by Cephas, then by the twelve.