

Which Day is the Sabbath?

This is an interesting question that at this point in history seems like an easy answer, Sunday! Does the day of the week matter as long as we have a weekly Sabbath day? A lot of things have been changed throughout history in the Christian world and the 4th commandment of the Bible is one of them. Let's take a look at some scripture and history with prayer and an unbiased mind as we get started. Let's begin.

- Six days shalt thou labour, and do all thy work: 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: 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 and **hallowed** it. - *Exodus 20:9-11*
- Wherefore the children of Israel shall keep the sabbath throughout their generations, for a **perpetual** covenant. It is a **sign** between me and the children of Israel for ever: for in six days the Lord made heaven and earth, and on the seventh day he rested, and was refreshed. - *Exodus 31:16-17*

Just in these few verses we see some interesting facts about the sabbath. First, the sabbath falls on the 7th day of the week. Notice these scriptures don't say, "on a seventh day", it says "on the seventh day". This specifies what day of the week is the sabbath of our Lord thy God. There is no scientific reason

for our seven day week, we could have a 14 day week, or a 30 day week, it would make no difference. There is a seventh day week because of the week of creation, which the sabbath fell on the seventh day of creation.

Second, the Lord blessed the sabbath and hallowed it. The word "hallowed" means to make something holy, greatly revered, and honored. God put great importance on the sabbath as it is the one day out of the week we are supposed to put everything aside and spend time with Him.

Third, the Bible says the Sabbath is a perpetual covenant. The word "perpetual" means that something is never ending and it never changes. Also the Bible says that the sabbath is a "sign" between us and God because this is how we show God every week that He is our God and we want to worship Him on His holy day. Does this mean we can't worship on other days? We can absolutely worship God on any day, but the Sabbath day has a greater importance than any other day of the week. Fun fact, the word "sign" in Hebrew means "mark". God's mark is the Sabbath. So which day is the seventh day of the week?

- **Saturday:** The seventh and last day of the week. - *Webster NWC Dictionary, 4th edition.*
- "So we can conclude confidently that our current Saturday is the seventh day of the week, on the same weekly cycle that has been in place since the beginning of creation—a cycle established and confirmed by God Himself." - *United Church of God, Apr 21, 2017.*
- "Consider this—no language contains a correlating link between the word "Sabbath" and the first day of the week

(Sunday). In fact, not even one language designates another rest day besides the seventh day. This confirms the fact that those who used the original languages understood the meaning of the Sabbath and which day it fell upon." - *Bibleinfo.com*

In over 100 languages the word "saturday" means "sabat", "sabbath", or "rest". The word "sabat" means "sabbath", and "rest" pertains to the sabbath as well as God commands us to rest on the sabbath. So why did the sabbath change from the seventh day of the week to the first day of the week (Sunday)?

- "The (catholic) church changed the observance of the Sabbath to Sunday by right of the divine, infallible authority given to her by her Founder, Jesus Christ. The Protestant claiming the Bible to be the only guide of faith, has no warrant for observing Sunday. In this matter the Seventh-Day Adventist is the only consistent Protestant." - *The Question Box, The catholic Universe Bulletin, August 14, 1942.*
- "Sunday is our mark of authority...The church is above the Bible, and this transference of Sabbath observance is proof of that fact. - *Catholic Record, London, Ontario, September 1, 1923.*
- "The Sunday...is purely a creation of the catholic church." - *American Catholic Quarterly Review, January 1883.*
- "Sunday... It is a law of the Catholic Church alone. - *American Sentinel (Catholic) June 1893.*

- "The observance of Sunday by Protestants is an homage they pay, in spite of themselves, to the authority of the Catholic Church." - *Monsignor Louis Segar, Plain Talk about the Protestantism of Today. pg 213.*

Early Christians kept Saturday as the sabbath until March 7, 321 A.D. when Pope Constantine passed a law requiring Christians to worship on Sunday, the day people worshiped various different sun-gods. Christians still kept Saturday as the sabbath until another law passed eleven years later. This law was signed into decree by Pope Constantine which forbade believers to worship on the sabbath and it was punishable by death by the Catholic Church. Many Christians were burned to death by the Catholic Church for keeping the sabbath.

- "A person who violates the sanctity of Sunday is to be punished as a heretic." - *Pope John Paul II, Detroit News, July 7, 1998, pA1.*

We highly recommend everyone do some research on Pope Constantine and how he changed the sabbath. Many Christians have been taught that the Bible said to transfer the sabbath from Saturday to Sunday. However, there is no significant evidence for this change as God never changes and neither does His law.

- Jesus Christ the same yesterday, and to day, and for ever. _ *Hebrews 13:8*
- **Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil.** - *Matthew 5:17*

- And he said unto them, **The sabbath was made for man, and not man for the sabbath: therefore the Son of man is Lord also of the sabbath.** - *Mark 2:27-28*
- And it came to pass also on another sabbath, that he entered into the synagogue and taught: and there was a man whose right hand was withered. - *Luke 6:6*

Jesus kept the sabbath, He ministered on the sabbath, He adhered to all ten commandments and He taught them, the sabbath being the 4th commandment. Did you know even on the New Earth we will keep the sabbath?

- For 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. 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. - *Isaiah 66:22-23*

The Sabbath is still just as important as it has ever been. This is evident because God's people will be keeping the sabbath on the new earth. The new earth will be a place where God's original plan of perfect creation will be on full display, and we will get together every seventh day and worship the Lord thy God.

- If thou turn away thy foot from the sabbath, from doing thy pleasures on my holy day; and call the sabbath a delight, the holy of the Lord, honourable; shalt honour him, not doing thine own ways nor finding thine own pleasure, nor speaking thine own words: - *Isaiah 58:13*

- And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment. - *Luke 23:56*

Here are some examples of Christians still keeping the sabbath after Christ was crucified and then raised by His Father.

- For they that dwell at Jerusalem, and their rulers, because they knew him not, nor yet the voices of the prophets which are read every sabbath day, they have fulfilled them in condemning him. - *Acts 13:27*
- And the next sabbath day came almost the whole city together to hear the word of God. - *Acts 13:44*
- And other of their brethren, of the sons of the Kohathites, were over the shewbread, to prepare it every sabbath. - *1 Chronicles 9:32*
- For he spake in a certain place of the seventh day on this wise, and God did rest the seventh day from all his works. - *Hebrews 4:4*

In conclusion, scripture clearly shows that the sabbath is the seventh day of the week (Saturday). It is a holy day meant for us to honor and worship our God. It is a perpetual covenant and the mark of God. The sabbath was a part of the week of creation and it will be a part of every week for eternity on the recreated earth (new earth). We are going to leave you with one more scripture below from the last chapter of the Bible. We suggest that everyone should study this for themselves and we hope this brought some clarity to this subject. God Bless!

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