

Lesson 1: The SabbathWho do we serve? **Romans 6:16**

**Harold Lindsell, former editor of Christianity Today magazine and Southern Baptist minister:** “There is nothing in the Scripture that requires us to keep Sunday rather than Saturday as a holy day.”

**James Cardinal Gibbons, high ranking Catholic Cardinal in his book *The Faith of Our Fathers*:** “But you may read the Bible from Genesis to Revelation, and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday, a day which we never sanctify.”

**Anglican Isaac Williams:** “Where are we told in Scripture that we are to keep the first day at all? We are commanded to keep the seventh; but we are nowhere commanded to keep the first day... The reason why we keep the first day of the week holt instead of the seventh is for the same reason that we observe many other things, not because the Bible, but because the church as enjoined it.”

**What Is the Sabbath?**

<b>Genesis 2:2-3</b>	The verb “Shabbat” (H7673)
<b>Exodus 5:4-5</b>	<i>Verb</i> —5; Shabbat is translated as “rest”
<b>Deuteronomy 32:26 and Joshua 5:12</b>	<i>Verb</i> ; Shabbat is translated as “cease”
<b>Leviticus 25:1-8</b>	<i>Verb</i> —2; <i>Noun</i> H7676—2, 4 (x2), 6, 8 (x2); <i>Shabbaton</i> H7677—4, 5; There were also Sabbath years, such as the Shimetah and Jubilee years.
<b>Leviticus 26:2-3</b>	<i>Noun</i> —2; The Sabbaths belongs to the LORD and comes with blessings for those who keep them.
<b>Nehemiah 9:14</b>	<i>Noun</i> ; The Sabbath belongs to the LORD; “Your Holy Sabbath” is literally <i>shabbat kad'she'cha</i> , or “The Sabbath of Your Holiness”. In other words, the day that shows that You are God and there is no other.

**What Does God Expect Us to Do on the Sabbath?**

<b>Rest: Exodus 16:22-30</b>	<i>Shabbaton</i> —23; <i>Noun</i> —23, 25, 26, 29; <i>Verb</i> —30; v. 23—“A holy Sabbath to the LORD” is “A Sabbath of holiness to (or for) the LORD”; v. 28—“My commandments” is <i>mitzvotai</i> and “My laws” is <i>torotai</i>
<b>Rest: Exodus 20:8-11; Deuteronomy 5:12-15</b>	<i>Noun</i> —8, 10, 11; v.8—“The Sabbath day” is “The day of the Sabbath”; v.10—The Sabbath is to the LORD. Why is that important? <i>Noun</i> —12, 14, 15
<b>Rest: Exodus 23:10-12; Exodus 34:21 (x2)</b>	<i>Verb</i> ; One of the main purposes of the weekly Sabbath and Sabbath years are for resting.
<b>Don't light a fire: Exodus 35:1-3</b>	<i>Shabbaton</i> —2; <i>Noun</i> —2, 3; v.2—“The seventh day shall be a holy day for you” is “And in the seventh day, it shall be for you holiness”. Do not kindle a fire on the Sabbath.
<b>Don't work: Numbers 15:30-36</b>	<i>Noun</i> ; v.30—“Presumptuously” is <i>b'yad ramah</i> , or with a deceiving hand; v.31—“despised” is <i>bazah</i> H959, which is the same word used to describe how Esau despised his birthright.
<b>Don't buy or sell: Nehemiah 13:15-22</b>	<i>Noun</i> —15 (x2), 16, 17, 18, 19 (x3), 21, 22; v.17-18—“Profane” is <i>challal</i> H2490, which is a play on words with <i>hallal</i> , which means to praise. Buying and selling on Sabbath the brought wrath of God against Jerusalem.
<b>Everyone is expected to keep Sabbath: Isaiah 56:1-8</b>	<i>Noun</i> —2, 4, 6; v.2 and 6—“defiling” is <i>challal</i> ; God expects EVERYONE to keep Sabbath; it's not just exclusive to the Jewish people
<b>Call it a delight: Isaiah 58:13-14</b>	<i>Noun</i> ; “My holy day” is “the day of my holiness”; “heritage” is <i>nachalah</i> H5159, or inheritance, possession, or property. What is the inheritance of Jacob? The Kingdom! In

	order to come into the kingdom, you must delight in his Sabbath. “The mouth of the LORD has spoken” means it will not change— <b>Psalm 89:34</b> and <b>2 Timothy 3:16</b>
<b>The heart of the wicked despises Sabbath: Amos 8:4-6</b>	<i>Noun</i> ; Amos 8:4-6 helps to explain why the people in <b>Jeremiah 17:19-27</b> and <b>18:12</b> didn’t want to keep Sabbath.

**Part 2**    **What Did People Customarily Do on Sabbath?**

<b>Mark 6:2 Luke 4:16, 31</b>	<i>Sabbaton</i> ; Yeshua’s custom was to teach in the synagogues on the Sabbath.
<b>Matthew 12: 1-14</b>	<i>Sabbaton</i> <i>G4521</i> —1, 2, 5 (x2), 8, 10, 11, 12; Yeshua taught others to do good on the Sabbath.
<b>Acts 17:2</b>	<i>Sabbaton</i> ; Paul’s custom was to go to the synagogue on Sabbath
<b>Acts 13:13-15, 26-27, 42-44; Acts 15:21; 18:4</b>	<i>Sabbaton</i> —13:14, 27, 42, 44; 15:21; and 18:4; Jews and non-Jews both went to the synagogue on the Sabbath to hear the reading of the Scriptures.

**What Does Sabbath Teach?**

**1. Sabbath is a Sign and PROVES the LORD is God**

<b>Exodus 31:12-18</b>	<i>Shabbaton</i> —15; <i>Noun</i> —13, 14, 15 (x2), 16 (x2); <i>Verb</i> —17; The Sabbath is a sign ( <i>oth</i> H226) that we worship God; It also teaches about God’s unchanging nature → v.16—“a perpetual covenant” is <i>b’rit olam</i> , or a forever covenant— <b>Psalm 89:34</b> <b>Bible scholar Frank Holbrook on the meaning of “forever”</b> : “When God called for the Passover and Feast of Unleavened Bread to be observed ‘forever’ (or more accurately, that the ordinance governing these should be an everlasting/eternal ordinance), He simply meant that these typical festivals were intended to be observed regularly for as long as He intended the typical system to last. In this case, it meant a regular, annual observance of these festivals until the Messiah—the Antitype to their symbolism—should come as diefor the sins of the world. ‘Christ our Passover is sacrificed for us’ (1 Cor. 5:7). By its very nature no typical rite or observance was ever intended to be permanent.” Is that true?
<b>Leviticus 19:3</b>	<i>Noun</i> : It teaches that the LORD is God
<b>Ezekiel 20:10-26</b>	<i>Noun</i> —12, 13, 16, 20, 21, 24; Twice the LORD mentions that the Sabbath was a sign that the Children of Israel might know that the LORD is God.

**2. The Wicked Want God’s Ways to CEASE**

<b>Isaiah 30:8-13</b>	<i>Verb</i> —11; v.8— <i>l’yom acharon l’ad ad olam</i> is literally “For the last day to until until forever”. In other words, the words for Israel are of particular importance in the last days. The wicked will try to make truth cease, especially the closer we come to the End Times— <b>2 Timothy 4:1-4</b>
<b>Daniel 9:27</b>	<i>Verb</i> ; The false messiah will try to make the sacrifices end.
<b>Psalm 46:7-9</b>	<i>Verb</i> —9; During the Millinial Kingdom, God will make even war “shabbat”— <b>Isaiah 2:4</b>
<b>Jeremiah 48:35</b>	<i>Verb</i> ; Idolatry will cease in the Day of the LORD— <b>Daniel 2:44-45</b> and <b>Ezekiel 43:7</b> .

**3. Sabbath is a Gift from God to His People!**

<b>2 Chronicles 2:4</b>	<i>Noun</i> ; The word ordinance is not in the Hebrew. It literally says “Forever this is upon Israel”. Therefore, it teaches that the Sabbath belongs to Israel (and those grafted into Israel) forever.
<b>Hosea 2:11</b>	<i>Verb</i> ; The LORD will cause the Sabbath to cease out of punishment.
<b>2 Chronicles 36:20-21</b>	<i>Noun</i> —21; <i>Verb</i> —21; Failure to keep Sabbath results in judgement— <b>Leviticus 26:34-35</b> (verb used three times)

<b>Jeremiah 16:9-13</b>	<i>Verb</i> —9; God will make the joy of those who refuse to keep His commandments cease.
<b>Lamentations 2:6</b>	<i>Noun</i> ; The LORD caused the Sabbath for the kingdom of Judah to cease out of punishment, not as a blessing— <b>Colossians 2:16-17</b> .
<b>Mark 2:27-28</b>	<i>Sabbaton</i> ; The Sabbath was made for man, not just the Jews.
<b>Ezekiel 22:26</b>	<i>Noun</i> ; How was God profaned among the people? One way was the people's failure to keep Sabbath.
<b>Ezekiel 44:24</b>	<i>Noun</i> ; In the Kingdom, we will be keeping ALL of His Sabbaths— <b>Isaiah 66:22-23</b>

#### 4. Sabbath Teaches About the Establishment of the Kingdom

<b>Leviticus 23:3</b>	<i>Shabbaton</i> —3; <i>Noun</i> —3 (x2); “convocation” is <i>mikra</i> H4744, or a gathering together to rehearse. What is it rehearsing?
<b>Hebrews 4:1-9</b>	<i>Sabbatismos</i> G4520: The Sabbath teaches about the future Sabbath rest for God's people.