

Festivals of the Lord: The Sabbath Day

Bible Study
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Introduction

Today's topic is the 2nd part of the series on the "Festivals of the Lord".

We will talk about the Sabbath day.

We read in Leviticus 23:1-3 that the Sabbath day is also a weekly feast to the Lord – a day of Holy convocation in which no regular work is to be done.

The Sabbath is one of the 10 commandments which God delivered to the Israelites at Mount Sinai. It is the 4th of God's commandments listed in Exodus 20:8.

Yet, despite the clarity of its being one of the 10 commandments, very few among the community of Christians consider observing it.

Leviticus 23:1-3

- (1) The LORD said to Moses,
- (2) "Speak to the Israelites and say to them: 'These are my appointed feasts, the appointed feasts of the LORD, which you are to proclaim as sacred assemblies.'
- (3) "'There are six days when you may work, but the seventh day is a Sabbath of rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a Sabbath to the LORD.

Exodus 20:8

“Remember the Sabbath day by
keeping it holy...”

It may interest you to know that God directly wrote this command with His own fingers, and it says:
“Remember the Sabbath Day to keep it Holy.”

1. What is the Sabbath Day?
2. What is the origin of the Sabbath Day?
3. Who authored the Sabbath Day?
4. Why do we need to keep the Sabbath Day holy?

These are the important questions we will answer today.

The Sabbath Day

The Sabbath day is an exceptional,
one-of-a-kind day.

Take for example the other measurements of time:
the hour, the day, the month and the year.

They all have their roots and measurements in the celestial cycles.

As the Bible says in Genesis:1:14, the firmament is there to mark seasons, days and years.

Genesis 1:14

(14) And God said, “Let there be lights in the expanse of the sky to separate the day from the night, and let them serve as signs to mark seasons and days and years...”

The hour is rooted in the movement of the earth on its axis with respect to the sun, which can clearly be seen in the rising and the setting of the sun.

The third hour of the rising of the sun is 9 o'clock in the morning. The sixth hour of the rising of the sun is noontime when sun is at its highest point. The 9th hour of the rising of the sun is the time of the setting of the sun at 3 o'clock in the afternoon.

A day is the completion of one rotation of the earth around its axis.

The Sabbath Day

The day consists basically of 12 hours of daylight and 12 hours of nighttime. The evening and the morning constitute one whole day of 24 hours.

A month is the equivalent of one cycle
movement of the moon around the earth.

- A lunar month consists of 4 phases of the moon, the new moon, half moon, full moon and another half moon. New moon signals the start of the month and full moon a half of the month.

A year is one revolution of the
earth around the sun.

The time is told by the movement of the earth vis-à-vis the movement of the heavenly bodies. Each movement is rooted and measurable in an empirical and systematic manner.

The position and location of the Earth
vis-à-vis the sun determines the season.

Some countries go
through four (4)
seasons— winter,
spring, summer, and
fall.

In the Philippines, we have two (2) seasons;
hot and hotter.

However, the week has no celestial pattern or movement.

The week has no relation to the movement of the earth, the moon, the sun or any celestial body.

The Sabbath Day

A month can either be 30 or 31 days and a year can be 365 or 366 days on leap year.

But, the week is fixed at 7 days per cycle
irrespective of a 28, 30 or 31-day month or a
leap year.

In Biblical context, sunset
marks the end and
beginning of a day.

New moon marks the
beginning of the
month.

The spring equinox
marks the beginning of
the year.

Sabbath marks the end
and beginning of a
week.

The week has a different set of time reckoning and recognition. The week is not referenced and measured by any movement of the celestial body.

The week is totally unique of itself. There is no scientific way of measuring a week as we measure a day and a month or a year.

No scholar knows its origin, or why the week has 7 days or why it came to use universally around the world.

The Sabbath Day

In English, we have names for every day of the week— Sunday, Monday, Tuesday, Wednesday, Thursday, Friday and Saturday.

The Hebrew equivalent names of the weeks are:

1. Sunday in Hebrew is **Yom Rishon** which literally means “first day”.
2. Monday is the second day in the Hebrew week. Thus it is called **Yom Sheni** which literally means “second day”.
3. Tuesday in Hebrew is **Yom Shlishi** which means “third day”.

4. Wednesday in Hebrew is **Yom Rvi-ee** meaning “fourth day”.
5. Thursday in Hebrew is **Yom Chamishi**, which means “fifth day”.
6. Friday in Hebrew is **Yom Shishi**, meaning “sixth day”
7. Saturday in Hebrew is **Shabbat**. Shabbat name has nothing to do with shiv’a or seven. Shabbat means rest or ceasing from work.

The Sabbath Day

Hebrew days are called by numerical numbers.

Only the 7th day is given a name called The Sabbath which means rest while the other days of the week are only numbered.

The Sabbath Day

Therefore, in the Bible context, a Sabbath day – the Hebrew word Shabbat - can never be any day other than the 7th day.

The Sabbath can never be a Monday or a Sunday!

Sabbath Day Origin

Of the 66 books of the Bible, which book do you think is the most important of all?

The answer is:

The book of Genesis

Genesis reveals the identity of the One True God. Without Genesis, the world will never know Him and His true identity.

The origin of the Sabbath Day is the
creation week.

The 7-day week is not a Hebrew invention.
In fact, the week existed even before
Abraham.

The week and the Sabbath were ordained at creation. We can find the account in Genesis 1 and 2.

The origin of the day and the week and The Sabbath were from God – the Creator of time and space. The 7-day week has never been interrupted since the time of creation.

It was Moses who wrote the Book of Genesis. The story begins with Moses.

How did Moses know about the events of the creation? The answer is God revealed the knowledge to Moses.

The account in Exodus 3:1-15 tell us of the day when Moses met God at the burning bush in Mt. Horeb.

Exodus 3:1-15

- (1) Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the desert and came to Horeb, the mountain of God.
- (2) There the angel of the LORD appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up.
- (3) So Moses thought, "I will go over and see this strange sight—why the bush does not burn up."

Exodus 3:1-15

- (4) When the LORD saw that he had gone over to look, God called to him from within the bush, "Moses! Moses!" And Moses said, "Here I am."
- (5) "Do not come any closer," God said. "Take off your sandals, for the place where you are standing is holy ground."
- (6) Then he said, "I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob." At this, Moses hid his face, because he was afraid to look at God.

Exodus 3:1-15

- (7) The LORD said, "I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering.
- (8) So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey—the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites.
- (9) And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them.

Exodus 3:1-15

(10) So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt."

(11) But Moses said to God, "Who am I, that I should go to Pharaoh and bring the Israelites out of Egypt?"

(12) And God said, "I will be with you. And this will be the sign to you that it is I who have sent you: When you have brought the people out of Egypt, you will worship God on this mountain."

Exodus 3:1-15

- (13) Moses said to God, "Suppose I go to the Israelites and say to them, 'The God of your fathers has sent me to you,' and they ask me, 'What is his name?' Then what shall I tell them?"
- (14) God said to Moses, "I AM WHO I AM. This is what you are to say to the Israelites: 'I AM has sent me to you.'"
- (15) God also said to Moses, "Say to the Israelites, 'The LORD, the God of your fathers—the God of Abraham, the God of Isaac and the God of Jacob—has sent me to you.' This is my name forever, the name by which I am to be remembered from generation to generation.

Moses knew that this God is unique – He talks and performs miraculous signs!

Moses knew all the other pagan gods of Egypt so
Moses asked the Living God for His name saying:
Who are you?

“I Am Who I Am” “Ehyeh-Asher-Ehyeh”
came the reply.

Think about it, what kind of a reply was that?
The answer is: “It’s me, always been me!”

Moses must be perplexed. You are who you are,
but who are you?

I am the God of your
father Abraham,
Isaac and Jacob; God
further explained.

Coming out of Egypt, the Israelites
camped at Mt. Sinai.

At Mt. Sinai God talked with Moses for 40 days and gave him the 2 tablets of stones containing the Ten Commandments.

For 40 days and nights, Moses met, talked and conversed with God. Moses would have asked God what is meant by “I AM” and God would have revealed to Moses His true identity.

Thus, the Book of Genesis was written. The Book of Genesis reveals the identity of God. The “I Am Who I Am” simply denotes He is the Creator.

He is who He is – the Creator of all things.

The name “I Am” is a most appropriate name because He is the ONE and ONLY ONE – The I Am – the God of creation!

Everything started with Him! He created all things – the heavens and the earth and everything in it!

That is who God is! That is what His name
denotes.

Now, we know who the True God is.

We now know Him as the Creator. How
then can we identify Him?

We can identify Him and know Him by
what He did.

He is the God who created the earth and all things in 6 days and rested on the 7th day.

He is the God who rested on the Sabbath
from all this work. He sanctified the
Seventh Day as the Day of Rest.

We can know Him and identify Him by
His sign – the Sabbath.

Who is the One True God of the Bible? He is the creator who rested on the Sabbath! He is the Lord of the Sabbath! He is our God!

The Lord of the Sabbath

Who is the author of the Sabbath Day?
Jesus declared that He is the Lord of the
Sabbath.

Mark 2:27-28:

(27) Then he said to them, “The Sabbath was made for man, not man for the Sabbath.

(28) So the Son of Man is Lord even of the Sabbath.”

It is Jesus is the Lord of the Sabbath because He was the God of creation and He sanctified the Sabbath Day.

Notice very carefully

Hebrews 1:8-12 and Colossians 1:15-17.

Hebrews 1:8-12

- (8) But about the Son he says, “Your throne, O God, will last for ever and ever; ^[L]_[SEP] a scepter of justice will be the scepter of your kingdom.
- (9) You have loved righteousness and hated wickedness; ^[L]_[SEP] therefore God, your God, has set you above your companions by anointing you with the oil of joy.”

Hebrews 1:8-12

- (10) He also says, “In the beginning, Lord, you laid the foundations of the earth, and the heavens are the work of your hands
- (11) They will perish, but you remain; they will all wear out like a garment.
- (12) You will roll them up like a robe; like a garment they will be changed. But you remain the same, and your years will never end.”

Colossians 1:15-17

The Supremacy of the Son of God

(15) The Son is the image of the invisible God,
the firstborn over all creation.

Colossians 1:15-17

(16) For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.

(17) He is before all things, and in him all things hold together.

Colossians 1:15-17

(15) He is the image of the invisible God, the firstborn over all creation.

(16) For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him.

(17) He is before all things, and in him all things hold together.

Jesus is the Creator and He is the Lord of the Sabbath. Therefore, He knows what is lawful and what is not lawful to do on the Sabbath Day.

Jesus never violated nor abolished the Sabbath day. Jesus kept the Sabbath and the disciples kept it too.

Who is the One True God of creation?
He is The I AM – the Creator through whom
everything exists.

What is His identification sign? The identifying sign of the One True God is the Sabbath. He rested on the Sabbath and blessed it.

At Mt. Sinai, God spoke
directly to the people and
gave them the 10
commandments written
with His own fingers.

Exodus 20:8-11 brings us back to the creation week.

It is a day to remember God and a day to
congregate and worship the Creator.

Exodus 20:8-11

(8) Remember the Sabbath day by keeping it holy.

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

(10) but 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 manservant or maidservant, nor your animals, nor the alien within your gates.

(11) For 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.

Special Sabbath

What is it so special about the Sabbath?

Why did God ordain it to be holy and command it to be kept holy?

Today, I will advance 5 reasons; they are:

1. Sabbath is a celebration of God's omnipotence
2. Day Of True Worship
3. Spiritual Fellowship With God
4. A Day of Delight
5. Sabbath Is A Sign Between God and His People

1. Sabbath is a celebration of God's omnipotence

The week is not based on any celestial movements, rather it is based on the creative work of God.

1. Sabbath is a celebration of God's omnipotence

“For God created the heavens and the earth in six days and He rested on the 7th day and sanctified it.”

Genesis 2:2-3.

(2) By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

(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.

1. Sabbath is a celebration of God's omnipotence

Therefore, Sabbath is a celebration of God's omnipotence as the author of all life.

1. Sabbath is a celebration of God's omnipotence

The One True God who created all things – the Great God who made the universe and everything in it. He also who made you and me.

1. Sabbath is a celebration of God's omnipotence

This One True God has a sign so that you may recognize Him. You can know Him by His sign.
His sign is the Sabbath.

1. Sabbath is a celebration of God's omnipotence

He is the Lord of the Sabbath because He rested on the Sabbath and sanctified.

1. Sabbath is a celebration of God's omnipotence

Therefore, the Sabbath is a celebration of God
as our creator and our Father.

2. Day Of True Worship

Sabbath is a weekly feast to the Lord.

2. Day Of True Worship

Leviticus 23:1-3.

The Appointed Festivals

- (1) The Lord said to Moses,
- (2) “Speak to the Israelites and say to them: ‘These are my appointed festivals, the appointed festivals of the Lord, which you are to proclaim as sacred assemblies.

The Sabbath

- (3) ““There are six days when you may work, but the seventh day is a day of sabbath rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a sabbath to the Lord.

2. Day Of True Worship

It is a weekly thanksgiving and worship held in holy convocation. This is where we learn the word of God and fellowship with one another.

2. Day Of True Worship

The command of Paul is:

“not to forsake the assembly of the saints.”

Hebrews 10:24.

2. Day Of True Worship

We do not work on the Sabbath as a reminder that man does not live by bread alone, but with every word of God.

2. Day Of True Worship

Deuteronomy 8:3

(3) He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

2. Day Of True Worship

Sabbath is a day devoted to God in order to thank Him for His divine providence – a day of worship.

3. Spiritual Fellowship With God

Sabbath is a time of fellowship with
God.

3. Spiritual Fellowship With God

Jesus met a Samaritan woman and explained that a time will come when the true worshipper will worship God in spirit and in truth.

John 4:21-24

(21) Jesus declared, "Believe me, woman, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem.

(22) You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews.

(23) Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks.

(24) God is spirit, and his worshipers must worship in spirit and in truth."

3. Spiritual Fellowship With God

Our fellowship today is with God the Father and Jesus Christ. This access is because we worship God in spirit and our fellowship with God is in spirit.

1 John 1:3

(3) We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ.

Hebrews 12:22-24

(22) But you have come to Mount Zion, to the city of the living God, the heavenly Jerusalem. You have come to thousands upon thousands of angels in joyful assembly,

(23) to the church of the firstborn, whose names are written in heaven. You have come to God, the Judge of all, to the spirits of the righteous made perfect,

(24) to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

3. Spiritual Fellowship With God

That is **where** we come together every Sabbath day to experience our spiritual fellowship with The Father and Jesus Christ.

4. A Day of Delight

Sabbath is a day of delight.

4. A Day of Delight

The word for Sabbath in Hebrew “Shabbat” means to cease or rest is derived from the verb “shabbat.”

4. A Day of Delight

This is the day we rest from our work to spend a delightful day with God, Christ, and brethren.

Isaiah 58:13-14

(13) "If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words,

(14) then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob."
The mouth of the LORD has spoken.

5. Sabbath Is A Sign Between God and His People

God is holy.

When the Holy Spirit
comes upon you, you
become holy to the
Lord.

5. Sabbath Is A Sign Between God and His People

Peter said in 1 Peter 1:13:

“Be holy as God is holy.”

5. Sabbath Is A Sign Between God and His People

As a Holy people you now belong to the Lord.
Therefore, Sabbath has become holy to you.

5. Sabbath Is A Sign Between God and His People

The Sabbath Day is holy to God, therefore the Sabbath Day is holy to His children. The Sabbath identifies us as the people of God.

5. Sabbath Is A Sign Between God and His People

Sabbath is the identifying sign of the One True God.
It is also the identifying sign of His people.

5. Sabbath Is A Sign Between God and His People

The Sabbath is a sign between God and His people.

Exodus 31:13; Ezekiel 20:12 and Ezekiel 20:20

Exodus 31:13

(13) “Say to the Israelites, ‘You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy.’”

Ezekiel 20:12

(12) Also I gave them my Sabbaths as a sign between us, so they would know that I the LORD made them holy.

Ezekiel 20:20

(20) Keep my Sabbaths holy, that they may be a sign between us. Then you will know that I am the LORD your God.

Conclusion

Remember to keep
Holy the Sabbath Day.

The 7-day week is not a human invention neither is it based on any celestial movements.

The week was designated and existed since the time of creation. The measurement of the 7-day week never changed down through the ages.

The 7-day week is God ordained. The Sabbath Day is God sanctified. It is Holy to God and it is also Holy to God's people.

On Sabbath Day, we remember God's infinite love for us, keep the fellowship through a holy convocation, and delight in the rest God has provided for His children!

Finally, I want to quote a promise and a blessing for keeping the Sabbath from the Holy Bible.

Isaiah 58:13-14

(13) “If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words,

(14) then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob.”

The mouth of the LORD has spoken.

May God's multifold blessings be upon us!
Happy Sabbath!!!