

The Bible Exalts the Sabbath

Why keep the Sabbath day? What is the object of the Sabbath? Who made it? When was it made, and for whom? Which day is the true Sabbath? Many keep the first day of the week, or Sunday. What Bible authority have they for this? Some keep the seventh day, or Saturday. What Scripture have they for that? Here are the facts as plainly stated in the Word of God:

Sixty Bible Facts Concerning the Seventh Day

1. After working the first six days of the week in creating this earth, the great God rested on the seventh day. (Genesis 2:1-3.)

2. This stamped that day as God's rest day, or Sabbath day, as Sabbath day means "rest day." To illustrate: When a person is born on a certain day, that day thus becomes his *birthday*. So when God rested upon the seventh day, that day became His rest day, or Sabbath day.

3. Therefore the seventh day must always be God's Sabbath day. Can you change your birthday from the day on which you were born, to one on which you were not born? No. Neither can you change God's rest day to a day on which He did not rest. Hence the seventh day is still God's Sabbath day.

4. The Creator blessed the seventh day. (Genesis 2:3.)

5. He sanctified the seventh day. (Exodus 20:11.)

6. He made it the Sabbath day in the Garden of Eden. (Genesis 2:1-3.)

7. It was made before the fall; hence it is not a type, for types were not introduced till after the fall.

8. Jesus says it was made for *man* (Mark 2:27); that is, for the race, as the word *man* is here unlimited. Hence, it is for the Gentile as well as for the Jew.

9. It is a memorial of creation. (Exodus 20:11; 31:17.) Every time we rest upon the seventh day, as God did at creation, we commemorate that grand event.

10. It was given to Adam, the head of the human race. (Mark 2:27; Genesis 2:1-3.)

11. Hence through him, as our representative, it was given to all nations. (Acts 17:26.)

12. It is not a Jewish institution, for it was made 2,300 years before ever there was a Jew.

13. The Bible never calls it the Jewish Sabbath, but always, "the Sabbath of the Lord thy God." Men should be cautious how they stigmatize God's holy rest day.

14. Evident reference is made to the Sabbath all through the patriarchal age. (Genesis 2:1-3; 8:10, 12; 29:27, 28; etc.)

15. It was a part of God's law before Sinai. (Exodus 16:4, 27-29.)

16. Then God placed it in the heart of His moral law. (Exodus 20:1-17.) Why did He place it there if it was not like the other nine precepts, which all admit to be immutable?

17. The seventh-day Sabbath was commanded by the voice of the living God. (Deuteronomy 4:12, 13.)

18. Then He wrote the commandment with His own finger. (Exodus 31:18.)

19. He engraved it in the enduring stone, indicating its imperishable nature. (Deuteronomy 5:22.)

20. It was sacredly preserved in the ark in the holy of holies. (Deuteronomy 10:1-5.)

21. God forbade work upon the Sabbath, even in the most hurrying times. (Exodus 34:21.)

22. God destroyed the Israelites in the wilderness because they profaned the Sabbath. (Ezekiel 20:12, 13.)

23. It is the sign of the true God, by which we are to know Him from false gods. (Ezekiel 20:20.)

24. God promised that Jerusalem should stand forever if the Jews would keep the Sabbath. (Jeremiah 17:24, 25.)

25. He sent them into the Babylonish captivity for breaking it. (Nehemiah 13:18.)

26. He destroyed Jerusalem for its violation. (Jeremiah 17:27.)

27. God has pronounced a special blessing on all the Gentiles who will keep it. (Isaiah 56:6, 7.)

28. This is in the prophecy which refers wholly to the Christian dispensation. (See Isaiah 56.)

29. God has promised to bless any man who will keep the Sabbath. (Isaiah 56:2.)

30. The Lord requires us to call it "*honourable*." (Isaiah 58:13.) Beware, ye who take delight in calling it the "old Jewish Sabbath," "a yoke of bondage," etc.

31. After the holy Sabbath has been trodden down "many generations," it is to be restored in the last days. (Isaiah 58:12, 13.)

32. All the holy prophets kept the seventh day.

33. When the Son of God came, He kept the seventh day all His life. (Luke 4:16; John 15:10.) Shall we not be safe in following His example?

34. The seventh day is the Lord's day. (See Revelation 1:10; Mark 2:28; Isaiah 58:13; Exodus 20:10.)

35. Jesus was Lord of the Sabbath (Mark 2:28); that is, to love and protect it, as the husband is the lord of the wife, to love and cherish her (1 Peter 3:6).

36. He vindicated the Sabbath as a merciful institution designed for man's good. (Mark 2:23-28.)

37. Instead of abolishing the Sabbath, He carefully taught how it should be observed. (Matthew 12:1-13.)

38. He taught His disciples that they should do nothing upon the Sabbath day but what was "*lawful*." (Matthew 12:12.)

39. He instructed His apostles that the Sabbath should be prayerfully regarded forty years after His resurrection. (Matthew 24:20.)

40. The pious women who had been with Jesus carefully kept the seventh day after His death. (Luke 23:56.)

41. Thirty years after Christ's resurrection, the Holy Spirit expressly calls it "*the sabbath day.*" (Acts 13:14.)

42. Paul, the apostle to the Gentiles, called it the "sabbath day" in A.D. 45. (Acts 13:27.) Did not Paul know? Or shall we believe modern teachers, who affirm that it ceased to be the Sabbath at the resurrection of Christ?

43. Luke, inspired Christian historian, writing as late as A.D. 62, calls it the "sabbath day." (Acts 13:44.)

44. The Gentile converts called it the Sabbath. (Acts 13:42.)

45. In the great Christian council, A.D. 52, in the presence of the apostles and thousands of disciples, James calls it the "sabbath day." (Acts 15:21.)

46. It was customary to hold prayer meetings upon that day. (Acts 16:13.)

47. Paul read the Scriptures in public meetings on that day. (Acts 17:2, 3.)

48. It was his custom to preach upon that day. (Acts 17:2.)

49. The Book of Acts alone gives a record of his holding eighty-four meetings upon that day. (See Acts 13:14, 44; 16:13; 17:2; 18:4, 11.)

50. There was never any dispute between the Christians and the Jews about the Sabbath day. This is proof that the Christians still observed the same day that the Jews did.

51. In all their accusations against Paul, they never charged him with disregarding the Sabbath day. Why did they not, if he did not keep it?

52. But Paul himself expressly declared that he had kept the law. "Neither against the law of the Jews, neither against the temple, nor yet against Caesar, have I offended any thing at all." Acts 25:8. How could this be true if he had not kept the Sabbath?

53. The Sabbath is mentioned in the New Testament fifty-

nine times, and always with respect, bearing the same title it had in the Old Testament, "*the sabbath day*."

54. Not a word is said anywhere in the New Testament about the Sabbath's being abolished, done away with, or changed.

55. God has never given permission to any man to work upon it.

56. No Christian of the New Testament, either before or after the resurrection, ever did ordinary work upon the seventh day. Find one case of that kind, and we will yield the question. Why should modern Christians do differently from Bible Christians?

57. There is no record that God has ever removed His blessing or sanctification from the seventh day.

58. As the Sabbath was kept in Eden before the fall, so it will be observed eternally in the new earth after the restitution. (Isaiah 66:22, 23.)

59. The seventh-day Sabbath was an important part of the law of God, as it came from His own mouth, and was written by His own finger upon stone at Sinai. (See Exodus 20.) When Jesus began His work, He expressly declared that He had not come to destroy the law. "Think not that I am come to destroy the law, or the prophets." Matthew 5:17.

60. Jesus severely condemned the Pharisees as hypocrites for pretending to love God, while at the same time they made void one of the Ten Commandments by their tradition. The keeping of Sunday is only a tradition of men.

Forty Bible Facts Concerning the First Day of the Week

1. The very first thing recorded in the Bible is work done on Sunday, the first day of the week. (Genesis 1:1-5.) This was done by the Creator Himself. If God made the earth on Sunday, can it be wicked for us to work on Sunday?

2. God commands men to work upon the first day of the week. (Exodus 20:8-11.) Is it wrong to obey God?

3. None of the patriarchs ever kept it.

4. None of the holy prophets ever kept it.

5. By the express command of God, His holy people used

the first day of the week as a common working day for four thousand years, at least.

6. God Himself calls it a "*working*" day. (Ezekiel 46:1.)

7. God did not rest upon it.

8. He never blessed it.

9. Christ did not rest upon it.

10. Jesus was a carpenter (Mark 6:3), and worked at His trade until He was thirty years old. He kept the Sabbath and worked six days in the week. Hence He did many a hard day's work on Sunday.

11. The apostles worked upon it during the same time.

12. The apostles never rested upon it.

13. Christ never blessed it.

14. It has never been blessed by any divine authority.

15. It has never been sanctified.

16. No law was ever given to enforce the keeping of it; hence it is no transgression to work upon it. "For where no law is, there is no transgression." Romans 4:15. (See 1 John 3:4.)

17. The New Testament nowhere forbids work to be done on it.

18. No penalty is provided for its violation.

19. No blessing is promised for its observance.

20. No regulation is given as to how it ought to be observed. Would this be so if the Lord wished us to keep it?

21. It is never called the Christian Sabbath.

22. It is never called the Sabbath day at all.

23. It is never called the Lord's day.

24. It is never called even a rest day.

25. No sacred title whatever is applied to it. Then why should we call it holy?

26. It is simply called "the first day of the week."

27. Jesus never mentioned it in any way, never took its name upon His lips, as far as the record shows.

28. The word *Sunday* never occurs in the Bible at all.

29. Neither God, Christ, nor inspired men ever said one word in favor of Sunday as a holy day.

30. The first day of the week is mentioned only eight times in all the New Testament. (Matthew 28:1; Mark 16:2, 9; Luke 24:1; John 20:1, 19; Acts 20:7; 1 Corinthians 16:2.)

31. Six of these texts refer to the same first day of the week.

32. Paul directed the saints to look over their secular affairs on that day. (1 Corinthians 16:2.)

33. In all the New Testament we have a record of only one religious meeting held upon that day, and even this was a night meeting. (Acts 20:5-12.)

34. There is not an intimation that they ever held a meeting upon it before or after that.

35. It was not their custom to meet on that day.

36. There was no requirement to break bread on that day.

37. We have an account of only one instance in which it was done. (Acts 20:7.)

38. That was done in the night—after midnight. (Verses 7-11.) Jesus celebrated the breaking of bread on Thursday evening (Luke 22), and the disciples sometimes did it every day (Acts 2:42-46).

39. The Bible nowhere says that the first day of the week commemorates the resurrection of Christ. This is a tradition of men which transgresses the law of God. (Matthew 15:1-9.) Baptism commemorates the burial and resurrection of Jesus. (Romans 6:3-5.)

40. The New Testament is totally silent with regard to any change of the Sabbath day or any sacredness for the first day.

Here are one hundred plain Bible facts upon this question, showing conclusively that the seventh day is the Sabbath of the Lord in both the Old and New Testaments.

Sabbath Texts in the New Testament

There is much discussion as to which day is the New Testament Sabbath. Here are all the verses. Read them for yourself. The "seventh day" Sabbath occurs in the New Testament in the following texts:

Matthew 12:1—"Jesus went on the sabbath day."

Matthew 12:2—"To do upon the sabbath day."

Matthew 12:5—"How that on the sabbath days."
Matthew 12:5—"In the temple profane the sabbath."
Matthew 12:8—"Is Lord even of the sabbath day."
Matthew 12:10—"To heal on the sabbath days."
Matthew 12:11—"Into a pit on the sabbath day."
Matthew 12:12—"To do well on the sabbath days."
Matthew 24:20—"Neither on the sabbath day."
Matthew 28:1—"After the Sabbath."—Weymouth.

(Total times in Matthew, 10.)

Mark 1:21—"On the sabbath day he entered."
Mark 2:23—"Corn fields on the sabbath day."
Mark 2:24—"Why do they on the sabbath day?"
Mark 2:27—"The sabbath was made for man."
Mark 2:27—"Not man for the sabbath."
Mark 2:28—"Is Lord also of the sabbath."
Mark 3:2—"Heal him on the sabbath day."
Mark 3:4—"To do good on the sabbath days."
Mark 6:2—"When the sabbath day was come."
Mark 15:42—"The day before the sabbath."
Mark 16:1—"And when the sabbath was past."

(Total times in Mark, 11.)

Luke 4:16—"Synagogue on the sabbath day."
Luke 4:31—"Taught them on the sabbath days."
Luke 6:1—"On the second sabbath."
Luke 6:2—"To do on the sabbath days."
Luke 6:5—"Is Lord also of the sabbath."
Luke 6:6—"Also on another sabbath."
Luke 6:7—"Would heal on the sabbath day."
Luke 6:9—"Is it lawful on the sabbath days?"
Luke 13:10—"On the sabbath."
Luke 13:14—"Healed on the sabbath day."
Luke 13:14—"Not on the sabbath day."
Luke 13:15—"Each one of you on the sabbath."
Luke 13:16—"This bond on the sabbath day."
Luke 14:1—"Eat bread on the sabbath day."
Luke 14:3—"To heal on the sabbath day."

Luke 14:5—"Pull him out on the sabbath day."

Luke 23:54—"And the sabbath drew on."

Luke 23:56—"And rested the sabbath day."

(Total times in Luke, 18.)

John 5:9—"The same day was the sabbath."

John 5:10—"It is the sabbath day."

John 5:16—"Things on the sabbath day."

John 5:18—"Not only had broken the sabbath."

John 7:22—"Ye on the sabbath day."

John 7:23—"If a man on the sabbath day."

John 7:23—"Whole on the sabbath day."

John 9:14—"And it was the sabbath day."

John 9:16—"Keepeth not the sabbath day."

John 19:31—"The cross on the sabbath day."

John 19:31—"That sabbath day was."

(Total times in John, 11.)

Acts 1:12—"A sabbath day's journey."

Acts 13:14—"Synagogue on the sabbath day."

Acts 13:27—"Are read every sabbath day."

Acts 13:42—"To them the next sabbath."

Acts 13:44—"And the next sabbath day."

Acts 15:21—"Synagogues every sabbath day."

Acts 16:13—"On the sabbath we went."

Acts 17:2—"And three sabbath days."

Acts 18:4—"In the synagogue every sabbath."

(Total times in Acts, 9.)

The First Day of the Week in the New Testament

The expression "the first day of the week" occurs in the New Testament in the following texts:

Matthew 28:1

Mark 16:2

Mark 16:9

Luke 24:1

John 20:1

John 20:19

Acts 20:7

1 Corinthians 16:2

(Total times in the New Testament, 8.)

Sabbath Versus Sunday—a Summary

1. God has said fifteen times in the Bible the seventh day is the Sabbath. He has nowhere said the first day is the Sabbath.

2. Twenty-six times God has commanded us to keep the Sabbath day holy. Nowhere has He commanded us to keep the first day of the week holy.

3. It is recorded three times in the Bible that Jesus said that He was Lord of the Sabbath, but nowhere is it recorded that He is Lord of the first day.

4. It is recorded three times in the Bible that God kept the seventh day, but nowhere is it said that He kept the first day of the week.

5. One hundred and thirty-three times the word *Sabbath* refers to the seventh day, but nowhere does it refer to the first day.

6. There are thirty sabbaths referred to in the Bible as ceremonial or feast sabbaths, but not one first-day Sabbath is spoken of.

7. Twice is it stated that the Sabbath was made for man, but not a word is said about the first day being made for man.

8. The first day is mentioned eight times in the New Testament. The first time is in Matthew 28:1. There the Sabbath and the first day are mentioned together as different days. The Sabbath is the last, or seventh, day and the other is the first day of the week. It shows plainly that they were not the same day, and there is no hint that they ever would be.

9. The next three times it is mentioned it refers to the resurrection of Christ: Mark 16:2, 9; Luke 24:1. The next two times are in John 20:1, 19. Not a word is said here about keeping the Sabbath. No religious services were held.

10. The next is in Acts 20:7. This is the only mention in the Bible of a religious meeting held on the first day of the week. It was a farewell meeting, and they partook of a common meal.

They met on a Saturday night. At break of day Paul and his companions began and completed an all-day's journey on foot and by ship on that same day. Hence the first day was not treated by apostolic example as either a Sabbath or a consecration day of the resurrection.

11. The last reference to the first day is in 1 Corinthians 16: 2. Here is the laying aside at one's own house for the poor saints at Jerusalem, and no religious meeting.

12. It is nowhere stated in the Bible that any of Christ's disciples or Himself ever kept the first day of the week, or ever commanded anyone else to do so.

13. In Luke 4:16 we read that Jesus went to the house of God on the Sabbath day, and it is recorded that it was "*his custom*" to do so. To all His disciples He says, "Follow me."

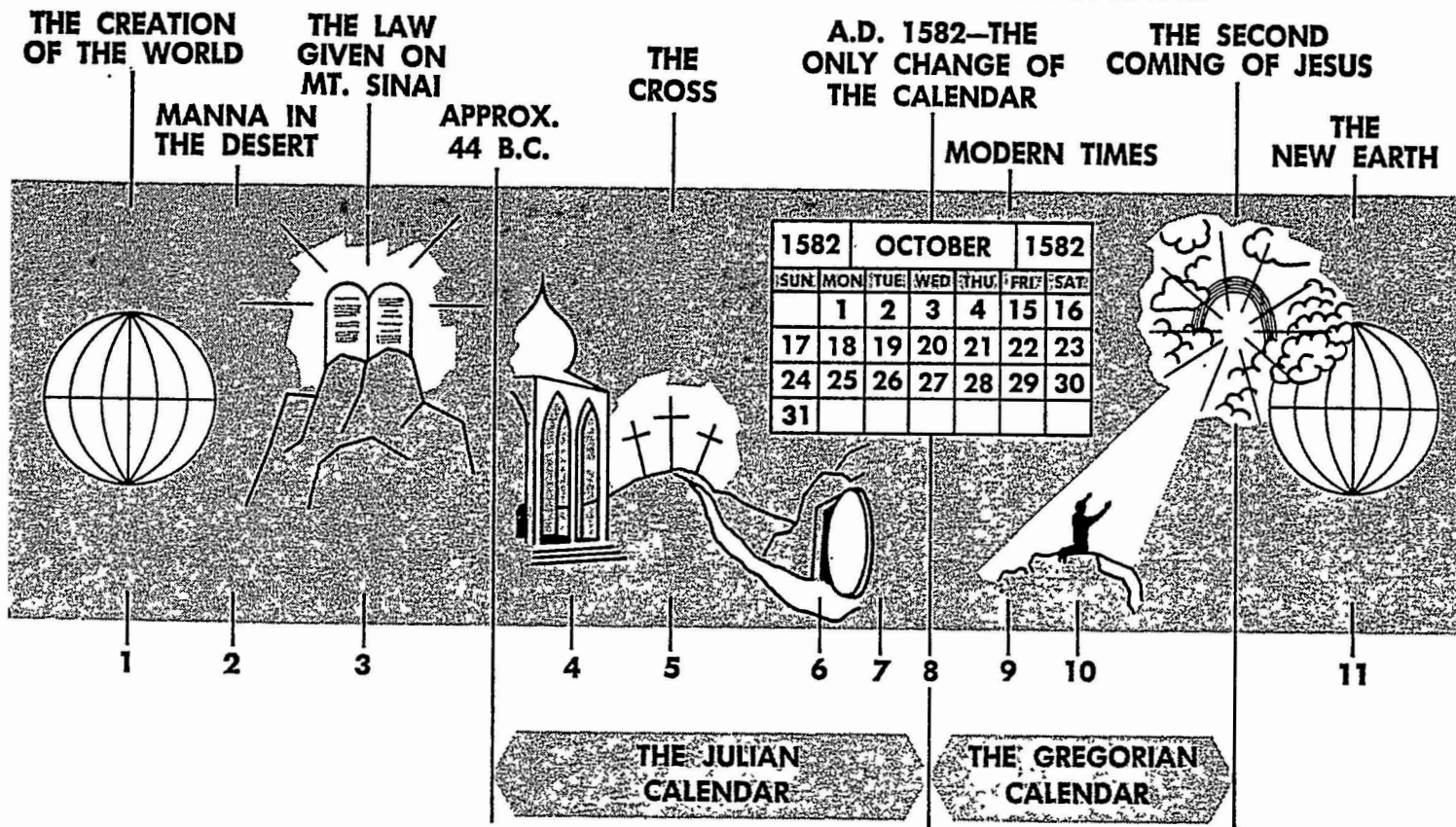
14. If God has not given us the command to keep the first day of the week for the Sabbath, neither Christ, nor one of the apostles, nor even the women who followed Him from Galilee, where did we get it? I answer, From the traditions of the Romish church and nowhere else.

15. God says, Keep the seventh day for the Sabbath. Man says, Keep the first day. Whom shall we obey, God or man? I prefer to obey God, so I shall keep the seventh day of the week for the Sabbath.

16. Every day, according to the Scriptures, begins and ends at sunset; therefore in observing Sunday people are keeping part of the first day and part of the second.

HAS TIME BEEN LOST?

The Seventh-day Sabbath Traced From the Creation of the World to the New Earth



- Genesis 2:1-3; Exodus 20:11. God made the seventh-day Sabbath at the close of creation week and gave it to Adam and Eve. At that time He made it for all mankind and not for the Jew only. See Mark 2:27.
- Exodus 16:4, 22-30. The children of Israel were instructed to refrain from gathering manna on the seventh-day Sabbath. Therefore they knew of and kept the seventh-day Sabbath at least six weeks before they came to Mount Sinai, where the Ten Commandments were given to man in written form. There was no question whatsoever as to which day was the Sabbath.
- Exodus 20:8-11. When God gave the Ten Commandments, He commanded His people, "Remember the sabbath day, to keep it holy." One cannot remember that which he has not already known. Obviously the seventh-day Sabbath was known and recognized and had been observed before the giving of the Ten Commandments. Following the injunction to "remember the sabbath day," God specifically stated, "The seventh day is the sabbath of the Lord thy God." There was no question as to which was the seventh day of the week. Notice it is "the sabbath of the Lord," and not of the Jew. It was for all peoples of all nations. See Numbers 15:16, 30, 31; Isaiah 56:6, 7; Romans 3:9, 19, 20, 23.
- Luke 4:16, 31. Jesus, "as his custom was," kept the seventh-day Sabbath according to the commandment. See also John 15:10. If time or the Sabbath had been lost, Jesus would have found it for His followers. He was living under the Julian calendar, which continued as the universal calendar from approximately 44 B.C. to A.D. 1582.
- Luke 23:54-56. Jesus was crucified on the sixth day of the week, which was the day before the Sabbath. On this same sixth day, which was also called the preparation day, His followers prepared "spices and ointments" to anoint His body for burial, "and rested the sabbath day according to the commandment."
- Matthew 28:1-7. Jesus rested (was dead) in the tomb on the seventh-day Sabbath. He arose on the first day of the week, which followed the Sabbath.
- Acts 13:14-16, 42, 44. The disciples of Jesus kept "the sabbath" for many years after His resurrection. There is no Biblical record that they ever observed any other day as a day of holy rest. Neither is there any Biblical evidence that the Sabbath of the fourth commandment was abolished at the cross. The Bible records eighty-four Sabbaths which Paul kept long after the resurrection of Jesus. In Matthew 24:20 Jesus plainly taught His followers to prayerfully keep the Sabbath when Jerusalem should be destroyed. This occurred in A.D. 70—forty years after His resurrection and ascension.
- The Change of the Calendar. The Julian calendar has been changed but once since 44 B.C. This change was made in October of 1582, by decree of Pope Gregory. Ten days were dropped out of the month to make the vernal equinox fall where it should in the year. There was no change in the weekly cycle. The Sabbath (Saturday) remained the seventh day of the week, and Sunday remained the first day of the week.
- Modern Times. The Orthodox Jews scattered throughout the world have kept strict record of time. They have zealously observed the seventh-day Sabbath throughout the ages. The Catholic Church has kept an accurate record of time. They observe Sunday, the first day of the week, in honor of Christ's resurrection. The majority of Protestants also keep Sunday, for the same reason. Historians have kept an accurate record of time. Astronomers have also kept an accurate record of time. Moreover, they claim that if all records of time should suddenly be lost, they could discover, from the stars, the year, the month, the week, the day, the hour, the minute, and the second! God put the stars in the heavens "for signs, and for seasons, and for days, and years." (Genesis 1:14.) All calendars agree. There is no evidence whatsoever to support the false claim that time has been lost. The major encyclopedias assure us that no time has been lost.
- Revelation 12:17; 14:12. God's true church of the last days will be keeping the seventh-day Sabbath of the fourth commandment.
- Isaiah 66:22, 23. The redeemed of all ages will keep the Sabbath in the new earth.