

God's 7th-Day Sabbath

1



God's 7th-Day Sabbath

Welcome to our Bible study on God's seventh-day Sabbath! As we look at the wonderful gift God gave us, we see why it is important for us today.

God's 7th-Day Sabbath

2



The earth never looked more beautiful. It was fresh from the hands of its Creator, Who had just pronounced everything VERY GOOD.

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3



Green hills were crowned with majestic fruit-bearing trees of every description. In the middle of Eden was the tree of life, more beautiful than any other.

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4



Multicolored birds warbled sweet songs.

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5



Crystal clear rivers, banked with flowers, watered every part of the earth. The entire landscape was more beautiful than anything seen today.

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The air was perfumed with delicate flowers of every description, which bloomed in rich profusion everywhere.

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Lions and lambs, leopards and fawns, played together. Animals of all kinds were tame and unafraid. Everything was harmony and peace.

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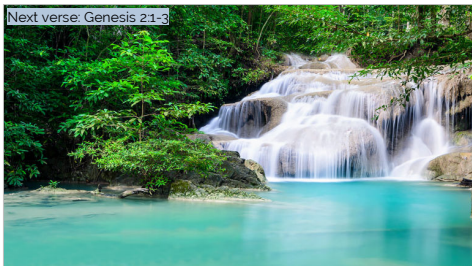
The world's first couple, Adam and Eve – radiant, intelligent beings made in the very image of God – were given Eden, a garden of unsurpassed beauty, for their home.

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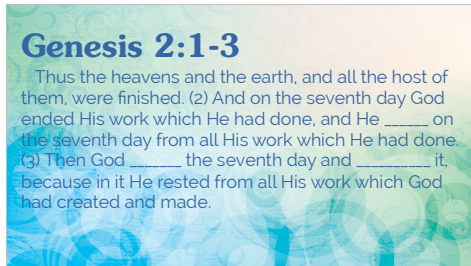


Branches drooped down under their load of tempting fruit. Adam and Eve trained vines and made their home from living trees, covered with foliage and fruit.



Next verse: Genesis 2:1-3

Nothing was spared that could add to their delight or enjoyment. **When God had finished His creation, what did He do?**



Next verse: Job 38:4-7

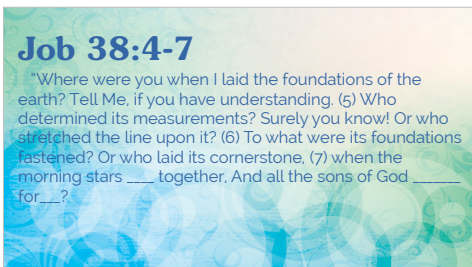
Genesis 2:1-3

Thus the heavens and the earth, and all the host of them, were finished. (2) And on the seventh day God ended His work which He had done, and He _____ on the seventh day from all His work which He had done. (3) Then God _____ the seventh day and _____ it, because in it He rested from all His work which God had created and made.

Genesis 2:1-3

Thus the heavens and the earth, and all the host of them, were finished. (2) And on the seventh day God ended His work which He had done, and He **rested** on the seventh day from all His work which He had done. (3) Then God **blessed** the seventh day and **sanctified** it, because in it He rested from all His work which God had created and made.

God rested in the joy of His completed work. The world was perfect, without a hint of sin or shadow of death. Everything showed the wisdom, power, and goodness of God. God blessed the seventh day as a memorial of His work, and set it apart as a day of rest for man. **What did the angels think of God's creation?**



Job 38:4-7

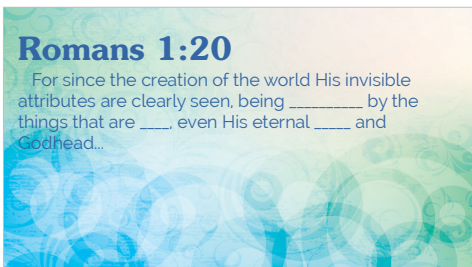
"Where were you when I laid the foundations of the earth? Tell Me, if you have understanding. (5) Who determined its measurements? Surely you know! Or who stretched the line upon it? (6) To what were its foundations fastened? Or who laid its cornerstone. (7) when the morning stars _____ together, And all the sons of God _____ for ___?"

Job 38:4-7
 "Where were you when I laid the foundations of the earth? Tell Me, if you have understanding. (5) Who determined its measurements? Surely you know! Or who stretched the line upon it? (6) To what were its foundations fastened? Or who laid its cornerstone, (7) when the morning stars **sang** together, And all the sons of God **shouted** for joy?



Next verse: Romans 1:20

The angels rejoiced at the creation of the new world, and earth was in harmony with heaven. The Sabbath, God's gift to man, was designed to keep them connected with Him. Every week it would bring a time of renewal and draw their minds back to their Creator. **How does nature speak to us of God?**



Romans 1:20

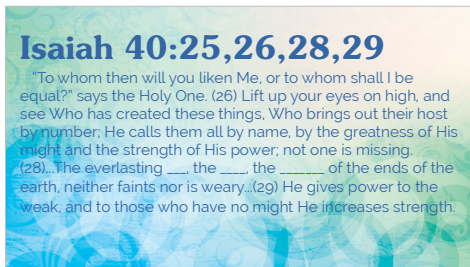
For since the creation of the world His invisible attributes are clearly seen, being _____ by the things that are _____, even His eternal _____ and Godhead...

Romans 1:20
 For since the creation of the world His invisible attributes are clearly seen, being **understood** by the things that are **made**, even His eternal **power** and Godhead...



Next verse: Isaiah 40:25,26,28,29

We see our God in nature...in the perfection and beauty of everything He has made. **Does any other god have the power to create life?**



Isaiah 40:25,26,28,29

"To whom then will you liken Me, or to whom shall I be equal?" says the Holy One. (26) Lift up your eyes on high, and see Who has created these things. Who brings out their host by number; He calls them all by name, by the greatness of His might and the strength of His power; not one is missing. (28)...The everlasting _____, the _____, the _____ of the ends of the earth, neither faints nor is weary...(29) He gives power to the weak, and to those who have no might He increases strength.

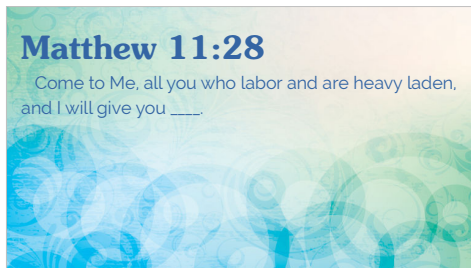
Isaiah 40:25,26,28,29
 "To whom then will you liken Me, or to whom shall I be equal?" says the Holy One. (26) Lift up your eyes on high, and see Who has created these things, Who brings out their host by number; He calls them all by name, by the greatness of His might and the strength of His power; not one is missing. (28)...The everlasting **God**, the **Lord**, the **Creator** of the ends of the earth, neither faints nor is weary...(29) He gives power to the weak, and to those who have no might He increases strength.



How comforting to know that the same God who hung the stars in space is the One Who sustains and saves us! There is no limit to His power.



We can hear His voice in the music of the sea, in the songs of birds, and the sighing of the trees. The Sabbath is a day to let go of our daily cares and let nature speak to us of God. **What does God want to give us?**



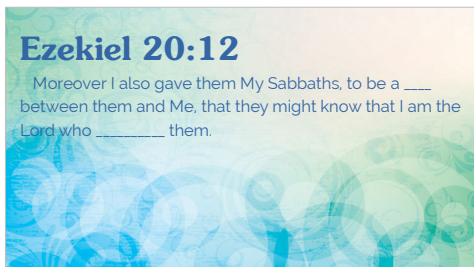
Matthew 11:28
Come to Me, all you who labor and are heavy laden, and I will give you **rest**.



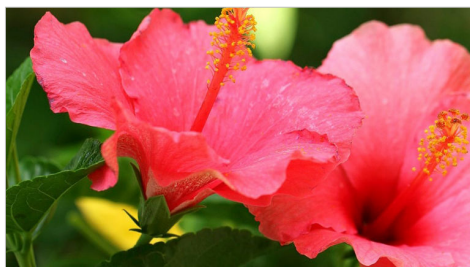
We get so busy, so caught up in the daily grind. God wants to give us *rest*. He gave us the weekly gift of the Sabbath, not as an object or a place, but as holy *time*, available to everyone. Not only did He create us, He wants to *re-create* us as we spend time with Him. We were created in His image, but we have lost the holiness God intended for us to have*. David's prayer was, "Create in me a clean heart, O God..."**

What does the Sabbath tell us about our relationship with God?

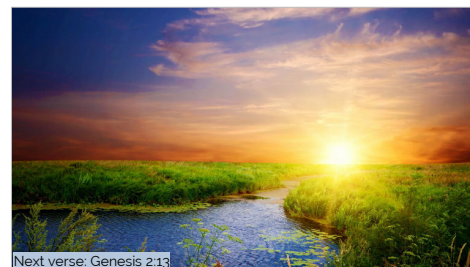
*Exodus 22:31, **Psalm 51:10



Ezekiel 20:12
Moreover I also gave them My Sabbaths, to be a **sign** between them and Me, that they might know that I am the Lord Who **sanctifies** them.



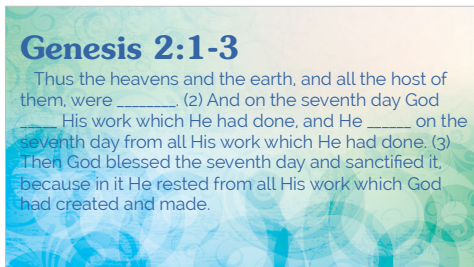
To *sanctify* is to make holy, or to set aside for a holy use. The Sabbath is a sign of Christ's power to also make *us* holy, and of our allegiance to Him. When we worship God on the day that He sanctified, we show that we serve the one and only true God, the Creator.



The Word that created all things is the same Word that speaks life to our soul. "For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ."* This glory is His character, which He wants to reveal in our lives.

When was the Sabbath given?

*2 Corinthians 4:6



Genesis 2:1-3
Thus the heavens and the earth, and all the host of them, were **finished**. (2) And on the seventh day God **ended** His work which He had done, and He **rested** on the seventh day from all His work which He had done. (3) Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.



The Sabbath was given in Eden. Some call it the Jewish Sabbath, but it was given before there was ever a Jew. God created the Sabbath for the whole world, for all Christians to observe.



The Israelites knew about the Sabbath before the law was given on Mount Sinai. On the way there, it was kept. **When some profaned it, what did God say?**

Exodus 16:28

And the Lord said to Moses, "How long do you refuse to keep My _____ and My _____?"

Exodus 16:28

And the Lord said to Moses, "How long do you refuse to keep My **commandments** and My **laws**?"



Next verse: Exods 16:22-26

Every day during their many years in the wilderness, God fed the Israelites with "angels' food", manna, the "bread from heaven"*. It rained down during the night. There was an abundant supply for all. Each day's supply had to be gathered in the morning, before it was melted by the sun.

How did God teach the Israelites to prepare for and keep the Sabbath?

*Psalm 78:25, Exodus 16:4

Exodus 16:22,23

And so it was, on the sixth day, that they gathered _____ 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 _____, a holy _____ 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.'"

Exodus 16:22,23

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.'"

Exodus 16:24-26

So they laid it up till morning, as Moses commanded; and it did not stink, nor were there any _____ in it. (25) Then Moses said, "Eat that today, for today is a Sabbath to the Lord; today you will not find it in the field. (26) Six days you shall gather it, but on the seventh day, the _____, there will be _____."

Exodus 16:24-26

So they laid it up till morning, as Moses commanded; and it did not stink, nor were there any **worms** in it. (25) Then Moses said, "Eat that today, for today is a Sabbath to the Lord; today you will not find it in the field. (26) Six days you shall gather it, but on the seventh day, the **Sabbath**, there will be **none**."



Next verse: Luke 4:16

Every week in the wilderness, the Israelites witnessed a triple miracle. Twice as much manna fell on the sixth day, and none on the seventh. The portion saved for Sabbath was preserved pure and sweet. At any other time, manna kept over until the next day was unfit to eat. In this way, God showed them the sacredness of the Sabbath.

What day did Jesus keep holy when He was on earth?

Luke 4:16

So He came to Nazareth, where He had been brought up. And as His _____ was, He went into the _____ on the _____ day, and stood up to read.

Luke 4:16

So He came to Nazareth, where He had been brought up. And as His **custom** was, He went into the **synagogue** on the **Sabbath** day, and stood up to read.



Next verse: Mark 3:2-4

Jesus had been brought up worshipping every Sabbath, along with His family, in the synagogue. Throughout His life on earth, He continued to keep the seventh day holy.

One Sabbath, spies were watching when Jesus saw a man with a withered hand in the synagogue.

Would Jesus heal him on the Sabbath?

Mark 3:2-4

So they watched Him closely, whether He would heal him on the Sabbath, so that they might accuse Him. (3) And He said to the man who had the withered hand, "Step forward." (4) Then He said to them, "Is it _____ on the Sabbath to do _____ or to do evil, to save life or to kill?" But they kept silent.

Mark 3:2-4

So they watched Him closely, whether He would heal him on the Sabbath, so that they might accuse Him. (3) And He said to the man who had the withered hand, "Step forward." (4) Then He said to them, "Is it **lawful** on the Sabbath to do **good** or to do evil, to save life or to kill?" But they kept silent.



Next verse: Matthew 12:11,12

Another Sabbath, as Jesus and His disciples were returning from the place of worship, they passed through a field. As they walked, the disciples gathered and ate kernels of ripening grain. For this, and because of the miracles of healing Jesus had performed on Sabbath, He was accused of breaking the law.

How did Jesus reply?

Matthew 12:11,12

Then He said to them, "What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out? (12) Of how much more value then is a man than a sheep? Therefore it is lawful to ___ on the Sabbath."

Matthew 12:11,12

Then He said to them, "What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out? (12) Of how much more value then is a man than a sheep? Therefore it is lawful to **do good** on the Sabbath."



Next verse: Exodus 20:8-11

The spies knew Jesus had spoken truth. None of them would let one of their sheep suffer. But Jesus showed that that *human* needs, sufferings, and rights were even more important to God. "The Sabbath", Jesus said, "was made for man, and not man for the Sabbath."* He did not come to set aside the law, but to show that God gave it to us as a blessing, for our good.

What does the fourth commandment say?

*Mark 2:27

Exodus 20:8-11

... the Sabbath day, to keep it holy. (9) Six days you shall labor and do all your work, (10) but the ___ day is the Sabbath of the ___ your ___. 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. (11) For in six days the Lord ___ the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord ___ the Sabbath day and hallowed it.

Exodus 20:8-11

"Remember the Sabbath day, to keep it holy. (9) Six days you shall labor and do all your work, (10) but 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. (11) For 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 **ble**ssed the Sabbath day and hallowed it.



Next verse: Luke 23:45-24:2

The Sabbath commandment is the only one that begins with the word "remember", yet this is the one most people today are forgetting to keep! Satan hates the law of God, and especially the fourth commandment, because it is a call to worship God as the Creator on the day that He made holy.

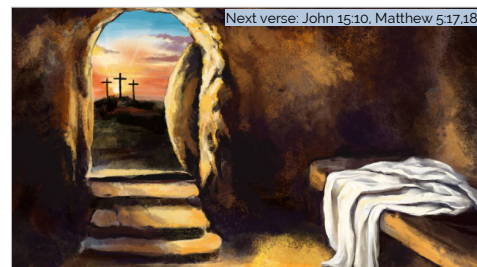
Which day of the week is the seventh-day Sabbath?

Luke 23:45-24:2

And when Jesus had cried out with a loud voice, He said, "Father, 'into Your hands I commit My spirit.'" Having said this, He breathed His last. (50) ... a man named Joseph... went to Pilate and asked for the body of Jesus. (53) Then he took it down, wrapped it in linen, and laid it in a tomb... (54) That day was the ____, and the Sabbath drew near. (55) And the women... (56) returned and prepared spices and fragrant oils. And they ___ on the ___ according to the _____. (1) Now on the first day of the week, very early in the morning... (2) they found the stone rolled away from the tomb.

Luke 23:45-24:2

And when Jesus had cried out with a loud voice, He said, "Father, 'into Your hands I commit My spirit.'" Having said this, He breathed His last. (50) ... a man named Joseph... went to Pilate and asked for the body of Jesus. (53) Then he took it down, wrapped it in linen, and laid it in a tomb... (54) That day was the **Preparation**, and the Sabbath drew near. (55) And the women... (56) returned and prepared spices and fragrant oils. And they **rested** on the **Sabbath** according to the **commandment**. (1) Now on the first day of the week, very early in the morning... (2) they found the stone rolled away from the tomb.



Next verse: John 15:10, Matthew 5:17,18

Jesus was crucified on Friday, the preparation (6th) day and rose from the dead on Sunday (the 1st day). Even in death, Jesus rested on the Sabbath (7th) day. He did not change His commandments when He died on the cross, or remove the blessing that hallows the seventh day.

What did Jesus say about the commandments?

John 15:10

...I have ___ My Father's commandments...

Matthew 5:17,18

"Do not think that I came to destroy the Law or the Prophets. I did not come to ___ but to _____. (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.

John 15:10

...I have **kept** My Father's commandments...

Matthew 5:17,18

"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.



Next verse: 1 John 3:4, 5:3, John 14:15

The Bible tells us that "the seventh day is the Sabbath". Keeping the Sabbath is a sign of our loyalty to Him. We cannot *keep* any other day holy because it is the only day He *made* holy.

Is keeping the Sabbath legalism: believing that we are saved by works?

1 John 3:4

He who says, "I know Him," and does not ___ His commandments, is a liar, and the truth is not in him.

1 John 5:3

For this is the love of God, that we ___ His commandments. And His commandments are not burdensome.

John 14:15

"If you love Me, ___ My commandments.

1 John 3:4

He who says, "I know Him," and does not **keep** His commandments, is a liar, and the truth is not in him.

1 John 5:3

For this is the love of God, that we **keep** His commandments. And His commandments are not burdensome.

John 14:15

"If you love Me, **keep** My commandments..

Next verse: Exodus 20:9



Keeping the Sabbath is the fruit of LOVE; while legalism is depending on our own works for salvation. We are NOT saved by works, but by the grace and mercy of God*. We are called to REST, not work, on the Sabbath, showing that our works are worth nothing. Rather, we adore and worship our Creator God, contemplating His creation and resting in what HE has done and is doing in our lives.

How should we prepare for the Sabbath?

*Titus 3:5

Exodus 20:9

Six days you shall ____ and do all your work, (10) but the seventh day is the Sabbath of the Lord your God. In it you shall do ____ work.

Exodus 20:9

Six days you shall labor and do all your work, (10) but the **seventh** day is the Sabbath of the **Lord** your **God**. In it you shall do no work...

Next verse: Gen. 1:5, Leviticus. 23:32



The day before the Sabbath should be a day of preparation, so that everything can be ready for Sabbath. Our own business should not be done on holy time. Sick people and animals should be cared for; those who are suffering must be tended to, but all unnecessary labor should be avoided. Work that didn't get done before the beginning of the Sabbath should be left until the Sabbath is over.

When does the Sabbath begin and end?

Genesis 1:5

God called the light Day, and the darkness He called Night. So the ____ and the ____ were the first day.

Leviticus 23:32

...from ____ to ____ you shall celebrate your sabbath."

Genesis 1:5

God called the light Day, and the darkness He called Night. So the **evening** and the **morning** were the first day.

Leviticus 23:32

...from **evening** to **evening**, you shall celebrate your sabbath."



Next verse: Isaiah 58:13,14

This verse says that "the evening and morning were the first day", and the same statement is made about the other days of Creation. Each day consisted of a period of darkness (evening) followed by the light of day. The evening began when the sun went down. So Sabbath begins Friday evening at sundown, and continues until sundown Sabbath evening.

How can we make the Sabbath a day of delight?

Isaiah 58:13,14

"If you turn away your foot from the Sabbath, from doing your pleasure on My holy day, and call the Sabbath a ____, the ____ day of the Lord honorable, and shall ____ Him, not doing your own ways, nor finding your own pleasure, nor speaking your own words, (14) Then you shall delight yourself in the Lord; and I will cause you to ride on the high hills of the earth, and feed you with the heritage of Jacob your father. The mouth of the Lord has spoken."

Isaiah 58:13,14

"If you turn away your foot from the Sabbath, from doing your pleasure on My holy day, and call the Sabbath a **delight**, the **holy** day of the Lord honorable, and shall **honor** Him, not doing your own ways, nor finding your own pleasure, nor speaking your own words, (14) Then you shall delight yourself in the Lord; and I will cause you to ride on the high hills of the earth, and feed you with the heritage of Jacob your father. The mouth of the Lord has spoken."



Next verse: Isaiah 66:22,23

Since we are told not to forsake the assembling of ourselves together,* group fellowship with Bible study, singing, and prayer is important for mutual encouragement.

The Sabbath and the family both began in Eden. On Sabbath, more than any other day, we can live the life of Eden. Sabbath is a wonderful time to spend time together as a family, get out in nature to admire God's handiwork, or spend time with those who are shut-in or need encouragement. Jesus said the Sabbath is a day to do good.

Will the Sabbath be kept in the new earth?

*Hebrews 10:25

Isaiah 66:22,23

"For as the new heavens and the new earth which I will make shall remain before Me," says the Lord...(23) And it shall come to pass that from one New Moon to another, and from one ____ to another, all flesh shall come to ____ before Me," says the Lord.

Isaiah 66:23

"For as the new heavens and the new earth which I will make shall remain before Me," says the Lord...(23) And it shall come to pass that from one New Moon to another, and from one **Sabbath** to another, all flesh shall come to **worship** before Me," says the Lord.



Next verse: John 4:23, 14:15, Proverbs 28:3

Soon there will be a "restoration of all things, which God has spoken by the mouth of all His holy prophets since the world began"*. Eden will bloom again on the earth made new, and God's holy rest day will be honored by all its inhabitants.

Some ask, "What if others are worshiping on a different day? I don't really want to stand out and be different. Does it really matter what day I keep?"

*Acts 3:21

John 4:23

...the true worshipers will worship the Father in _____ and _____ for the Father is seeking such to worship Him.

John 14:15

If you love Me, _____ My commandments.

Proverbs 28:3

One who turns away his ear from hearing the _____ even his _____ is an abomination.

John 4:23

...the true worshipers will worship the Father in **spirit** and **truth**; for the Father is seeking such to worship Him.

James 2:10

For whoever shall keep the whole law, and yet stumble in **one** point, he is guilty of **all**.

Proverbs 28:9

One who turns away his ear from hearing the **law**, even his **prayer** is an abomination.

Next verse: Matthew 7:13,14



True worship comes from the heart renewed by God. It does not consist in doing away with the law which is the foundation of God's government in heaven and earth. Following God and doing His will is not always easy. Sometimes it means standing alone.

How many will choose to follow God?

Matthew 7:13,14

"Enter by the narrow gate; for wide is the gate and broad is the way that leads to _____, and there are _____ who go in by it. (14) Because narrow is the gate and difficult is the way which leads to _____, and there are _____ who find it.

Matthew 7:13,14

"Enter by the narrow gate; for wide is the gate and broad is the way that leads to **destruction**, and there are **many** who go in by it. (14) Because narrow is the gate and difficult is the way which leads to **life**, and there are **few** who find it.



Consider the example of Daniel. Exiled to a foreign land as a teen, he never forgot the true God. His custom was to pray three times a day, and his fidelity to God was the secret of his blameless conduct and brilliant leadership. Daniel was high in command of the kingdom. His jealous and crafty enemies, stirred by Satan, plotted to ruin him. They influenced the king to make a law forbidding worship of anyone except the king for thirty days. The lions' den was the penalty for violators of the decree.



In all cases where the king had a right to command, Daniel would obey, but he never swerved in his allegiance to the King of Kings. Boldly and quietly he demonstrated that no power on earth has the right to come between man and God. He made no effort to hide his faithfulness. Three times the princes witnessed his prayers. Triumphantly they reported his defiance to the king. Darius saw the trap they had laid for his most trusted adviser, but it was too late. The law could not be changed, and Daniel was thrown to the lions.



As Daniel was cast into the den, the king said, "Your God, whom you serve continually, will deliver you."* And it was true. Through the courage of one man who chose to follow right rather than policy, Satan was defeated. The God of heaven was exalted and honored before all.

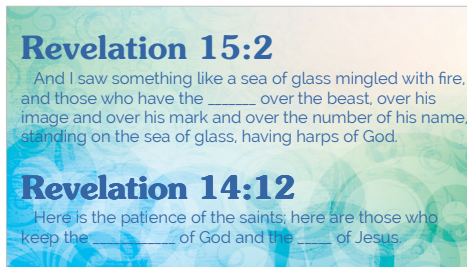
*Daniel 6:16



The lions did not harm Daniel. "My God sent His angel", he said, "and shut the lions' mouths, so that they have not hurt me, because I was found innocent before Him; and also, O king, I have done no wrong before you."* Overjoyed, the king ordered that he be removed from the den, and his tormentors were cast in and shortly devoured. Daniel's faithfulness was dramatically honored by God.

In earth's last days, what will be the experience of God's people?

*Daniel 6:22



Revelation 15:2

And I saw something like a sea of glass mingled with fire, and those who have the **victory** over the beast, over his image and over his mark and over the number of his name, standing on the sea of glass, having harps of God.

Revelation 14:12

Here is the patience of the saints; here are those who keep the **commandments** of God and the **faith** of Jesus.



In the closing days of this earth's history, the final struggle between good and evil will once again bring to the forefront issues concerning God's law. All the powers of evil will be arrayed against the faithful worshipers who dare to keep all of God's commandments. But God will interpose to deliver His people - those who have chosen to be faithful to Him no matter what.

Will you be among them?