

# Does Jesus Want Christians to Keep the Sabbath Day?



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# DOES JESUS WANT CHRISTIANS TO KEEP THE SABBATH DAY?

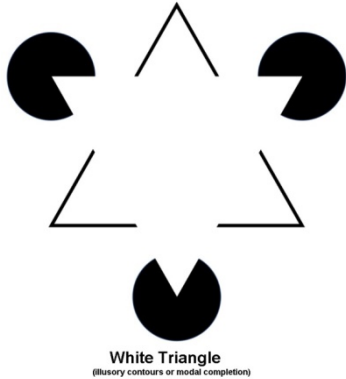
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## INTRODUCTION



This is a scripture search for the "**TRUTH.**" Why? So I will not be beguiled, tricked, deluded, or deceived. We humans can be so easily deluded. Consider this **White Triangle.**

See the **White Triangle** to the left, between the three black circles, and upside down from the black triangle?

Great. Most people see it. But we are deluded. There is neither a white triangle, nor a black triangle, nor three black circles. This deception is an example of Illusory Contours or Modal Completion. Sure, now you understand it. Now you say you were never tricked by that image. You never saw a White Triangle? Look again.

See the Old Lady to the left? Ahh. Now you are ready to catch this one. Maybe you see the Old Lady with the big nose with a wart on it, and a protruding chin. But just maybe, you see the Young Lady, looking away from us, with a black neckband, and her left ear peeking out from under her hair. Note that the Young Lady's ear is the Old Lady's eye. The Young Lady's neckband is the Old Lady's mouth. The Young Lady's little nose is the Old Lady's wart on her big arched nose. This deception is an example of Ambiguous Illusions.

Even after seeing the two, sometimes I have to think and focus to try to see the other again. I will get stuck on just seeing the Old Lady, and have to really think to see the Young Lady again. You too?

The point of these images is how easily we are deceived or deluded. And how even after having it explained to us, and seeing one view, we can slip back into the other view.

**How easily mankind can be beguiled, tricked, deluded, or deceived.**



Old Lady

This is a scripture search for the "**TRUTH.**" Why? Is the truth that hard to find? Actually, the Bible says YES! Yeshua Himself says we can be beguiled, tricked, deluded, or deceived. Note the verses below.

**"8 And then shall that Wicked be revealed, whom the Lord shall consume with the spirit of his mouth, and shall destroy with the brightness of his coming: 9 Even him, whose coming is after the working of Satan with all power and signs and lying wonders, 10 And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved. 11 And for this cause God shall send them strong delusion, that they should believe a lie: 12 That they all might be damned who believed not the truth, but had pleasure in unrighteousness. 13 But we are bound to give thanks alway to God for you, brethren beloved of the Lord, because God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth: 14 Whereunto he called you by our gospel, to the obtaining of the glory of our Lord Jesus Christ."** (2 Thessalonians 2:8-14)

**"4 And Jesus answered and said unto them, Take heed that no man deceive you. 5 For many shall come in my name, saying, I am Christ; and shall deceive many."** (Matthew 24:4-5, Mark 13:5-6 and Luke 21:8 are the same as these verses.)

**"11 And many false prophets shall rise, and shall deceive many. 12 And because iniquity shall abound, the love of many shall wax cold. 13 But he that shall endure unto the end, the same shall be saved. 14 And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come."** (Matthew 24:11-14)

*"23 Then if any man shall say unto you, Lo, here is Christ, or there; believe it not. 24 For **there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect.**" (Matthew 24:23-24)*

The verses above are just a few that show Yeshua warns Christians about being deceived or deluded.

**This is a scripture search for the truth about the Sabbath Day.** What does God say about it? What does Yeshua say about it? What do others in the Bible say about it? This is my attempt to find the truth about what the Bible says about the Sabbath, and to not be misled by "tradition", statements, thoughts, opinions, etcetera from self proclaimed experts. I want to know the truth, the whole truth, and nothing but the truth. How about you? I believe God is able to make His word clear to the masses, to normal men and women like you and me. He is able to safeguard His word so that the major translations today are trustworthy. Some translations may be purposefully changed to support some doctrine, some may be accidentally incorrectly translated, but I believe God is able to protect His word in the major distribution of it to mankind.

Who am I to do a study? I am nobody, a common man, a stumbling Christian, an everyday American. But, perhaps like you, through all my failings and sins, I love God, want to be good, and want to be obedient to God, though I can almost see Him rolling His eyes as I say that. And my guardian angel has probably asked for reassignment dozens of times, or hazardous duty pay. But like you, I read the Bible, and try to understand it. So I study it, in my own way. This writing is one of my studies.

I respect honest men and women of God, and their right to interpret the Bible and teach it, but at the bottom line, we each need to believe God's Word and Yeshua's words, not some human teacher.

The Ten Commandments tell us to honor the Sabbath Day. If you do not believe Christians need to obey the Ten Commandments, then you might be interested in my scripture search titled, "Does Jesus Want Christians to Obey the Ten Commandments?" It is my belief that most modern day Christians have no problem believing they should obey nine of the Ten Commandments. The only one that causes trouble is number four, keeping the Sabbath holy. Perhaps all your life, you have been told by others, including preachers, that you are to worship on Sunday, and that Christians can ignore the Sabbath Day, or that the Sabbath Day was changed to Sunday. **Wouldn't you like to be sure what God says about that?** Wouldn't you like to see what the Bible says about Christians keeping the Sabbath Day? **What did Yeshua say about the Sabbath Day?** Because the Sabbath Day seems such a departure from Christian norms, I have made that the topic of this scripture search for the truth. If you think you know the answer already, great. Show me. Show me where God said to scratch out the fourth commandment. Show me where Yeshua said that, as the Lord of the Sabbath, He was rescinding the seventh Day Sabbath.

So, what if the scriptures seem contradictory? What if 60 verses say "x" and 2 seem to say "y?" If I can't resolve the differences, it seems reasonable to me to go with the 60. Does that seem reasonable to you? Yes, we hope to be able to "merge" all scriptures on a topic into one handy, clear framework. But sometimes that is very hard to do. And sometimes, at least for me, we may have to "shelf" a topic, being unable to comprehend it for a season.

The Appendix, Section 12, consists of writings AFTER the Bible was written. I usually do not include anything outside the Bible in my studies, but these writings absolutely prove that it was the Catholic Church that changed Christian worship to Sunday. Not Yahweh, not Yeshua, not the apostles, not the disciples, not the early church.

I have written these records of my studies for my own memory. If they may be of use to others, great. But I will do my best to not use them for disputations, or to judge others.

*"7 Consider what I say; and the Lord give thee understanding in all things. 8 Remember that Jesus Christ of the seed of David was raised from the dead according to my gospel: 9 Wherein I suffer trouble, as an evil doer, even unto bonds; but the word of God is not bound. 10 Therefore I endure all things for the elect's sakes, that they may also obtain the salvation which is in Christ Jesus with eternal glory. 11 It is a faithful saying: For if we be dead with him, we shall also live with him: 12 If we suffer, we shall also reign with him: if we deny him, he also will deny us: 13 If we believe not, yet he abideth faithful: he cannot deny himself. 14 **Of these things put them in remembrance, charging them before the Lord that they strive not about words to no profit, but to the subverting of the hearers. 15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. 16 But shun profane and vain babblings: for they will increase unto more ungodliness.**" (2 Timothy 2:7-16)*

And finally, how is this study meant to be used? The Bible itself says to study the scriptures.

***"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." (2 Timothy 2:15)***

The whole point of this study then is to try to find, in the Word of God, what truth God would have us know. We all think differently, with different logic, different ingrained opinions, different hopes, and different fears. This study helped me. Many it will not help. Some few it might help. Perhaps it will help you.

Most of my Bible Studies attempt to have EVERY SCRIPTURE IN THE BIBLE on the topic. Some people have complained that it is just TOO MANY Bible verses. But my Bible Studies are to learn the TRUTH about what the Bible says, not what some denomination told me to believe, not what some person told me to believe, but what the Bible really says. I want ALL the scriptures on the topic. I want the scriptures those with opposing beliefs use as their key scriptures, so I can analyze them. I want to know their reason for believing the way they do, and give that a fair hearing. How can we find the "Truth, the Whole Truth, and Nothing but the Truth" if we don't have all the data, all the information available? Since my studies are meant to learn what the Bible really says on a topic, I typically use nothing from outside the Bible. Outside sources may or may not be valid. The ONLY place we can read the words of Yeshua (Jesus in English) is from the Bible. So yes, I hope I have found EVERY SCRIPTURE on the topic. If I have missed a scripture, If you find other scriptures that address the question, or if you can in any way help me improve this writing or see a mistake, please contact me and let me know at [dan@vigilantvaliant.com](mailto:dan@vigilantvaliant.com).

I have compiled below scriptures I found on this topic. If you like it, if it seems to be thorough and accurate, my other Bible Studies may be found on [www.vigilantvaliant.com](http://www.vigilantvaliant.com).

If you wonder why I use The Living God's name, Yahweh, and Our Savior's name, Yeshua (Jesus in English), please see my other Bible Study, "Does Jesus Want Christians to Obey the Ten Commandments" in the Appendix section, "THE NAME OF GOD AND HIS MESSIAH" for a short explanation.

I use the King James Version (KJV) only because it was by far the main English translation during my life. While there are other good translations of the Bible, I am using the one I am familiar with, the KJV. Yes, it is old-fashioned English, but it can also be poetic and beautiful. So, all scriptures are quoted from the KJV Bible (King James Version), unless otherwise noted. All scriptures will be indented and in italics. All Bolding, Underlining, Italicizing, (parentheses), highlighting, and [brackets] are done by me for emphasis. Be aware, and realize that when I say any word is in the Bible X number of times, that means in the King James Version (KJV). If you look it up in another version, say the New International version (NIV), the count will be different, because they may use other words that mean the same thing, perhaps more modern words. This is not an error or flaw in Bibles, but just using different words, such as saying "day of his birth" in one version, and "birthday" in another version. The meanings are the same.

## END OF INTRODUCTION

## 1. WHAT IS THE SABBATH?

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

The word used above in Genesis 2:2 for "he rested" is listed in Strong's Exhaustive Concordance as Hebrew word H7673, which Strong's says means, "rest, cease from labour." In the New Testament, the Greek word used is Strong's G4521, sabbaton, meaning "Sabbath Day" based on the root word H7676, which is a form of H7673, used in Genesis 2:2. So "Sabbath Day" became the title of God's day of rest, which God blessed and sanctified before man sinned and before Jews existed. The Sabbath cannot be just a Jewish thing, since no Jew existed.

English	Hebrew
Sabbath	שבת
Sabbath Day	יום שבת

*"8 Remember the Sabbath day, to keep it holy. 9 Six days shalt thou labour, and do all thy work: 10 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: 11 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 day, and hallowed it." (Exodus 20:8-11)*



In reminding the Jews to keep the Sabbath Day holy, God points out that He blessed and Hallowed the Sabbath Day when He created the Earth. Though the Sabbath Day is not mentioned between the seventh day of creation and the day God gave the Israelites manna, it seems extremely unlikely that He would bless and hallow it, and not tell Adam and Eve, and the rest of humanity about it.

*"13 If thou turn away thy foot from the Sabbath, from doing thy pleasure on my holy day; and **call the Sabbath a delight, the holy of the Lord, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: 14 Then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it.**" (Isaiah 58:13-14)*

Is a day from noon to noon, or evening to evening?

*"1 In the beginning God created the heaven and the earth. 2 And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. 3 And God said, Let there be light: and there was light. 4 And God saw the light, that it was good: and God divided the light from the darkness. 5 And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day." (Genesis 1:1-5)*

*"27 Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and ye shall afflict your souls, and offer an offering made by fire unto the Lord. 28 And ye shall do no work in that same day: for it is a day of atonement, to make an atonement for you before the Lord your God. 29 For whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off from among his people. 30 And whatsoever soul it be that doeth any work in that same day, the same soul will I destroy from among his people. 31 Ye shall do no manner of work: it shall be a statute for ever throughout your generations in all your dwellings. 32 It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, **from even unto even, shall ye celebrate your sabbath.**" (Leviticus 23:27-32)*

From the beginning, we see God counts days from sunset to sunset, evening to evening.

## 2. WHO CREATED THE SABBATH?

The Bible is clear, there is only one God.

*"10 Ye are my witnesses, saith the Lord, and my servant whom I have chosen: that ye may know and believe me, and understand that **I am he: before me there was no God formed, neither shall there be after me. 11 I, even I, am the Lord; and beside me there is no saviour. 12 I have declared, and have saved, and I have shewed, when there was no strange god among you: therefore ye are my witnesses, saith the Lord, that **I am God.**"** (Isaiah 43:10-12)*

*"24 **Thus saith the Lord, thy redeemer, and he that formed thee from the womb, I am the Lord that maketh all things; that stretcheth forth the heavens alone; that spreadeth abroad the earth by myself;**" (Isaiah 44:24)*

*"11 Thus saith the Lord, the Holy One of Israel, and his Maker, Ask me of things to come concerning my sons, and concerning the work of my hands command ye me. 12 **I have made the earth, and created man upon it: I, even my hands, have stretched out the heavens, and all their host have I commanded.**" (Isaiah 45:11-12)*

*"11 And I gave them my statutes, and shewed them my judgments, which if a man do, he shall even live in them. 12 Moreover also **I gave them my Sabbaths, to be a sign between me and them, that they might know that I am the Lord that sanctify them. 13 But the house of Israel rebelled against me in the wilderness: they walked not in my statutes, and they despised my judgments, which if a man do, he shall even live in them; and my Sabbaths they greatly polluted: then I said, I would pour out my fury upon them in the wilderness, to consume them. 14 But I wrought for my name's sake, that it should not be polluted before the heathen, in whose sight I brought them out. 15 Yet also I lifted up my hand unto them in the wilderness, that I would not bring them into the land which I had given them, flowing with milk and honey, which is the glory of all lands; 16 Because they despised my judgments, and **walked not in my statutes, but polluted my Sabbaths: for their heart went after their idols.**"** (Ezekiel 20:11-16)*

*"And the word of the Lord came unto me, saying, 2 Son of man, set thy face toward Jerusalem, and drop thy word toward the holy places, and prophesy against the land of Israel, " (Ezekiel 21:1-2)*

*"26 Her priests have violated my law, and have profaned mine holy things: they have put no difference between the holy and profane, neither have they shewed difference between the unclean and the clean, and **have hid their eyes from my sabbaths**, and I am profaned among them." (Ezekiel 22:26)*

**It is recorded in three gospels that Yeshua declared He was "Lord of the Sabbath."**

*"For the Son of man is **Lord even of the Sabbath day**." (Matthew 12:8)*

*"Therefore the Son of man is **Lord also of the Sabbath**." (Mark 2:28)*

*"And he said unto them, That the Son of man is **Lord also of the Sabbath**." (Luke 6:5)*

The Bible is clear Yeshua is the creator.

*"1 In the beginning was the Word, and the Word was with God, and the Word was God. 2 The same was in the beginning with God. 3 All things were made by him; and without him was not anything made that was made." (John 1:1-3)*

*"56 Your father Abraham rejoiced to see my day: and he saw it, and was glad. 57 Then said the Jews unto him, Thou art not yet fifty years old, and hast thou seen Abraham? 58 Jesus said unto them, Verily, verily, I say unto you, **Before Abraham was, I am**." (John 8:56-58)*

The Jews knew Yeshua was saying He is God.

*"12 Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light: 13 Who hath delivered us from the power of darkness, and hath translated us into the kingdom of **his dear Son**: 14 In whom we have redemption through his blood, even the forgiveness of sins: 15 **Who is the image of the invisible God**, the firstborn of every creature: 16 **For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him: 17 And he is before all things, and by him all things consist.**" (Colossians 1:12-17)*

Yeshua calls Himself the "Lord of the Sabbath." The Gospels tell us Yeshua created all things. Isaiah tells us there is one God, and He created all things, the Earth, and man upon the Earth. **It is abundantly clear that it was Yeshua who created Adam in the garden, and Yeshua who rested on the seventh day, and Yeshua who blessed, hallowed, and sanctified the Sabbath Day. It was Yeshua who said the Sabbath Day was "Holy to the Lord."** It was Yeshua who said to keep it holy. It was Yeshua who said, **"Verily my Sabbaths ye shall keep."** It was Yeshua who said, **"I gave them my Sabbaths."** (All these are from the scriptures quoted above.)

### **3. DID GOD EXPECT PEOPLE TO KEEP THE SABBATH BEFORE GIVING MOSES THE TEN COMMANDMENTS?**

The Ten Commandments were given to Moses on Mount Sinai in Ex. 20:2–17 and reviewed in Deut. 5:6–21. But the Bible shows God had commandments and laws before that. Exodus 16 below is BEFORE Exodus 20.

*"1 And they took their journey from Elim, and all the congregation of the children of Israel came unto the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after their departing out of the land of Egypt. 2 And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness: 3 And the children of Israel said unto them, Would to God we had died by the hand of the Lord in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger. 4 Then said the Lord unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, **that I may prove them, whether they will walk in my law, or no**. 5 And it shall come to pass, that **on the sixth day they shall prepare** that which they bring in; and it shall be twice as much as they gather daily. 6 And Moses and Aaron said unto all the children of Israel, At even, then ye shall know that the Lord hath brought you out from the land of Egypt: 7 And in the morning,*

then ye shall see the glory of the Lord; for that he heareth your murmurings against the Lord: and what are we, that ye murmur against us? 8 And Moses said, This shall be, when the Lord shall give you in the evening flesh to eat, and in the morning bread to the full; for that the Lord heareth your murmurings which ye murmur against him: and what are we? Your murmurings are not against us, but against the Lord. 9 And Moses spake unto Aaron, Say unto all the congregation of the children of Israel, Come near before the Lord: for he hath heard your murmurings. 10 And it came to pass, as Aaron spake unto the whole congregation of the children of Israel, that they looked toward the wilderness, and, behold, the glory of the Lord appeared in the cloud. 11 And the Lord spake unto Moses, saying, 12 I have heard the murmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I am the Lord your God." (Exodus 16:1-12)

Since Israel complained, God gave them Manna from Heaven for bread, and quails for meat.

"13 And it came to pass, that at even the quails came up, and covered the camp: and in the morning the dew lay round about the host. 14 And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small round thing, as small as the hoar frost on the ground. 15 And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was. And Moses said unto them, This is the bread which the Lord hath given you to eat. 16 This is the thing which the Lord hath commanded, Gather of it every man according to his eating, an omer for every man, according to the number of your persons; take ye every man for them which are in his tents. 17 And the children of Israel did so, and gathered, some more, some less. 18 And when they did mete it with an omer, he that gathered much had nothing over, and he that gathered little had no lack; they gathered every man according to his eating. 19 And Moses said, Let no man leave of it till the morning. 20 Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it bred worms, and stank: and Moses was wroth with them. 21 And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted." (Exodus 16:1-35)

Those who disobeyed and kept Manna overnight, and it bred worms and stank. I could not be stored.

"22 And it came to pass, that on the sixth day they gathered twice as much bread, two omers for one man: and all the rulers of the congregation came and told Moses. 23 And he said unto them, This is that which the Lord hath said, Tomorrow is the rest of the holy sabbath unto the Lord: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning. 24 And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein. 25 And Moses said, Eat that to day; **for to day is a sabbath unto the Lord:** to day ye shall not find it in the field. 26 **Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none.** 27 And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none. 28 **And the Lord said unto Moses, How long refuse ye to keep my commandments and my laws?** 29 See, for that **the Lord hath given you the sabbath,** therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day. 30 **So the people rested on the seventh day.** 31 And the house of Israel called the name thereof Manna: and it was like coriander seed, white; and the taste of it was like wafers made with honey. 32 And Moses said, This is the thing which the Lord commandeth, fill an omer of it to be kept for your generations; that they may see the bread wherewith I have fed you in the wilderness, when I brought you forth from the land of Egypt. 33 And Moses said unto Aaron, Take a pot, and put an omer full of manna therein, and lay it up before the Lord, to be kept for your generations. 34 As the Lord commanded Moses, so Aaron laid it up before the Testimony, to be kept. 35 And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan." (Exodus 16:1-35)

So the Bible shows from the scripture above, that **God expected people to obey the Sabbath BEFORE the Ten Commandments were given on Mount Sinai.** How long before, the Bible doesn't say. But scriptures from Genesis 2:1-3 stated in section 1, that **God blessed and sanctified the seventh day, God's Day of Rest, the Sabbath Day, in Eden,** at creation.

BEFORE Moses went up Mount Sinai, even before the flood of Noah, God had taught people about clean and unclean animals.

"1 And the Lord said unto Noah, Come thou and all thy house into the ark; for thee have I seen righteous before me in this generation. 2 **Of every clean beast thou shalt take to thee by sevens, the male and his female: and of beasts that are not clean by two, the male and his female.** 3 Of fowls also of the air by sevens, the male and the female; to keep seed alive upon the face of all the earth. 4 For yet seven



days, and I will cause it to rain upon the earth forty days and forty nights; and every living substance that I have made will I destroy from off the face of the earth. 5 And Noah did according unto all that the Lord commanded him." (Genesis 7:1-5)

So we have scriptural proof of the some of God's laws and commandments being known BEFORE the Law of Moses, and before they were written in stone on Mount Sinai.

#### 4. DID YESHUA KEEP THE SABBATH?

Now you already know that He did, but some may tell you that doesn't matter, He only did it because He was a Jew. Here are just a few scriptures showing Yeshua, the "Lord of the Sabbath", kept the Sabbath.

"1 At that time Jesus went **on the Sabbath day** through the corn; and his disciples were an hungered, and **began to pluck the ears of corn and to eat.** 2 But when the Pharisees saw it, they said unto him, Behold, thy disciples do that which is not lawful to do upon the Sabbath day. 3 But he said unto them, Have ye not read what David did, when he was an hungred, and they that were with him; 4 How he entered into the house of God, and did eat the shewbread, which was not lawful for him to eat, neither for them which were with him, but only for the priests? 5 Or have ye not read in the law, how that on the Sabbath days the priests in the temple profane the Sabbath, and are blameless? 6 But I say unto you, That in this place is one greater than the temple. 7 But if ye had known what this meaneth, I will have mercy, and not sacrifice, ye would not have condemned the guiltless. 8 **For the Son of man is Lord even of the Sabbath day.** 9 And when he was departed thence, **he went into their synagogue:** 10 And, behold, there was a man which had his hand withered. And they asked him, saying, **Is it lawful to heal on the Sabbath days?** That they might accuse him. 11 And he said unto them, What man shall there be among you, that shall have one sheep, and if it fall into a pit on the Sabbath day, will he not lay hold on it, and lift it out? 12 How much then is a man better than a sheep? **Wherefore it is lawful to do well on the Sabbath days.** 13 Then saith he to the man, Stretch forth thine hand. And he stretched it forth; and it was restored whole, like as the other. 14 Then the Pharisees went out, and held a council against him, how they might destroy him." (Matthew 12:1-14)

"21 And they went into Capernaum; **and straightway on the Sabbath day he entered into the synagogue, and taught.**" (Mark 1:21)

"23 And it came to pass, that he went through the corn fields on the **Sabbath day;** and his disciples began, as they went, to pluck the ears of corn. 24 And the Pharisees said unto him, Behold, why do they on the Sabbath day that which is not lawful? 25 And he said unto them, Have ye never read what David did, when he had need, and was an hungred, he, and they that were with him? 26 How he went into the house of God in the days of Abiathar the high priest, and did eat the shewbread, which is not lawful to eat but for the priests, and gave also to them which were with him? 27 And he said unto them, **The Sabbath was made for man, and not man for the Sabbath:** 28 Therefore the Son of man is **Lord also of the Sabbath.**" (Mark 2:23-28)

Verse 27 says "The Sabbath was made for man" not for Jews only but for all mankind.

"1 **And he entered again into the synagogue;** and there was a man there which had a withered hand. 2 And they watched him, whether he would heal him on the Sabbath day; that they might accuse him. 3 And he saith unto the man which had the withered hand, Stand forth. 4 And he saith unto them, **Is it lawful to do good on the Sabbath days, or to do evil? To save life, or to kill?** But they held their peace. 5 And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other." (Mark 3:1-5)

"1 And he went out from thence, and came into his own country; and his disciples follow him. 2 **And when the Sabbath day was come, he began to teach in the synagogue:** and many hearing him were astonished, saying, From whence hath this man these things? and what wisdom is this which is given unto him, that even such mighty works are wrought by his hands?" (Mark 6:1-2)

"15 **And he taught in their synagogues,** being glorified of all. 16 And 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 for to read. 17 And there was delivered unto him the book of the prophet Esaias. And when

he had opened the book, he found the place where it was written, 18 *The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,*" (Luke 4:15-18)

Please note that keeping the Sabbath Day was Yeshua' custom, a thing He regularly did.

"30 *But he, passing through the midst of them, went his way,* 31 *And came down to Capernaum, a city of Galilee, and taught them on the Sabbath days.* 32 *And they were astonished at his doctrine: for his word was with power.* 33 *And in the synagogue there was a man, which had a spirit of an unclean devil, and cried out with a loud voice,* 34 *Saying, Let us alone; what have we to do with thee, thou Jesus of Nazareth? Art thou come to destroy us? I know thee, who thou art; the Holy One of God.* 35 *And Jesus rebuked him, saying, Hold thy peace, and come out of him. And when the devil had thrown him in the midst, he came out of him, and hurt him not.* 36 *And they were all amazed, and spake among themselves, saying, What a word is this! For with authority and power he commandeth the unclean spirits, and they come out.* 37 *And the fame of him went out into every place of the country round about.* 38 ***And he arose out of the synagogue, and entered into Simon's house. And Simon's wife's mother was taken with a great fever; and they besought him for her.*** 39 *And he stood over her, and rebuked the fever; and it left her: and immediately she arose and ministered unto them.* 40 *Now when the sun was setting, all they that had any sick with divers diseases brought them unto him; and he laid his hands on every one of them, and healed them.* 41 *And devils also came out of many, crying out, and saying, **Thou art Christ the Son of God.*** And he, rebuking them, suffered them not to speak: for they knew that he was Christ. 42 *And when it was day, he departed and went into a desert place: and the people sought him, and came unto him, and stayed him, that he should not depart from them.* 43 *And he said unto them, I must preach the kingdom of God to other cities also: for therefore am I sent.* 44 ***And he preached in the synagogues of Galilee.***" (Luke 4:30-44)

"1 *And it came to pass on the second Sabbath after the first, that he went through the corn fields; and his disciples plucked the ears of corn, and did eat, rubbing them in their hands.* 2 *And certain of the Pharisees said unto them, Why do ye that which is not lawful to do on the Sabbath days?* 3 *And Jesus answering them said, Have ye not read so much as this, what David did, when himself was an hungred, and they which were with him;* 4 *How he went into the house of God, and did take and eat the shewbread, and gave also to them that were with him; which it is not lawful to eat but for the priests alone?* 5 ***And he said unto them, That the Son of man is Lord also of the Sabbath.*** 6 ***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. 7 *And the scribes and Pharisees watched him, whether he would heal on the Sabbath day; that they might find an accusation against him.* 8 *But he knew their thoughts, and said to the man which had the withered hand, Rise up, and stand forth in the midst. And he arose and stood forth.* 9 *Then said Jesus unto them, **I will ask you one thing; Is it lawful on the Sabbath days to do good, or to do evil? To save life, or to destroy it?*** 10 *And looking round about upon them all, he said unto the man, Stretch forth thy hand. And he did so: and his hand was restored whole as the other.* 11 *And they were filled with madness; and communed one with another what they might do to Jesus."* (Luke 6:1-11)

"10 ***And he was teaching in one of the synagogues on the Sabbath.*** 11 *And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself.* 12 *And when Jesus saw her, he called her to him, and said unto her, Woman, thou art loosed from thine infirmity.* 13 *And he laid his hands on her: and immediately she was made straight, and glorified God.* 14 *And the ruler of the synagogue answered with indignation, because that Jesus had healed on the Sabbath day, and said unto the people, There are six days in which men ought to work: in them therefore come and be healed, and not on the Sabbath day.* 15 *The Lord then answered him, and said, Thou hypocrite, doth not each one of you on the Sabbath loose his ox or his ass from the stall, and lead him away to watering?* 16 ***And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the Sabbath day?*** 17 *And when he had said these things, all his adversaries were ashamed: and all the people rejoiced for all the glorious things that were done by him."* (Luke 13:10-17)

"1 *And it came to pass, as he went into the house of one of the chief Pharisees to eat bread on the Sabbath day, that they watched him.* 2 *And, behold, there was a certain man before him which had the dropsy.* 3 *And Jesus answering spake unto the lawyers and Pharisees, saying, **Is it lawful to heal on the Sabbath day?*** 4 *And they held their peace. And he took him, and healed him, and let him go;* 5 *And answered them, saying, **Which of you shall have an ass or an ox fallen into a pit, and will not***

**straightway pull him out on the Sabbath day? 6 And they could not answer him again to these things."** (Luke 14:1-6)

"1 After this there was a feast of the Jews; and Jesus went up to Jerusalem. 2 Now there is at Jerusalem by the sheep market a pool, which is called in the Hebrew tongue Bethesda, having five porches. 3 In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water. 4 For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had. 5 And a certain man was there, which had an infirmity thirty and eight years. 6 When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole? 7 The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me. **8 Jesus saith unto him, Rise, take up thy bed, and walk.** 9 And immediately the man was made whole, and took up his bed, and walked: and on the same day was the Sabbath. **10 The Jews therefore said unto him that was cured, It is the Sabbath day: it is not lawful for thee to carry thy bed.** 11 He answered them, He that made me whole, the same said unto me, Take up thy bed, and walk." (John 5:1 - 11)

"21 Jesus answered and said unto them, I have done one work, and ye all marvel. 22 Moses therefore gave unto you circumcision; (not because it is of Moses, but of the fathers;) and ye on the Sabbath day circumcise a man. 23 If a man on the Sabbath day receive circumcision, that the law of Moses should not be broken; are ye angry at me, because **I have made a man every whit whole on the Sabbath day?** 24 Judge not according to the appearance, but judge righteous judgment." (John 7:21:24)

"1 And as Jesus passed by, he saw a man which was blind from his birth. 2 And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? 3 Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him. 4 I must work the works of him that sent me, while it is day: the night cometh, when no man can work. 5 As long as I am in the world, I am the light of the world. 6 When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay, 7 And said unto him, Go, wash in the pool of Siloam, (which is by interpretation, Sent.) He went his way therefore, and washed, and came seeing. 8 The neighbours therefore, and they which before had seen him that he was blind, said, Is not this he that sat and begged? 9 Some said, This is he: others said, He is like him: but he said, I am he. 10 Therefore said they unto him, How were thine eyes opened? 11 He answered and said, A man that is called Jesus made clay, and anointed mine eyes, and said unto me, Go to the pool of Siloam, and wash: and I went and washed, and I received sight. 12 Then said they unto him, Where is he? He said, I know not. 13 They brought to the Pharisees him that aforetime was blind. 14 **And it was the Sabbath day when Jesus made the clay, and opened his eyes.**" (John 9:1-14)

Read the entire New Testament. You will be forced to admit that **Yeshua observed the Sabbath Day His entire life.**

## **5. DID THE APOSTLES AND DISCIPLES KEEP THE SABBATH?**

The Bible tells Christians to keep the Ten Commandments. The fourth commandment is to honor the Sabbath. Don't believe Christians need to keep the Ten Commandments? Please read my bible study, "Does Jesus Want Christians to Obey the Ten Commandments?" Below are examples of the **apostles and disciples keeping the Sabbath AFTER Yeshua's resurrection.**

"52 This man went unto Pilate, and begged the body of Jesus. 53 And he took it down, and wrapped it in linen, and laid it in a sepulchre that was hewn in stone, wherein never man before was laid. 54 And that day was the preparation, and the Sabbath drew on. 55 And the women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. 56 **And they returned, and prepared spices and ointments; and rested the Sabbath day according to the commandment.**" (Luke 23:52-56)

"1 Now upon the first day of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain others with them." (Luke 24:1)

The above scriptures about the resting on the Sabbath after Yeshua's death to prepare His body on the next day are paralleled by Mark 15:42 and Mark 16:1. They also say the women **DID WORK** on Sunday, so it had not been made the new Sabbath.

"13 Now when **Paul and his company** loosed from Paphos, they came to Perga in Pamphylia: and John departing from them returned to Jerusalem. 14 But when they departed from Perga, they came to Antioch in Pisidia, and **went into the synagogue on the Sabbath day**, and sat down. 15 And after the reading of the law and the prophets the rulers of the synagogue sent unto them, saying, Ye men and brethren, if ye have any word of exhortation for the people, say on. 16 Then Paul stood up, and beckoning with his hand said, Men of Israel, and ye that fear God, give audience." (Acts 13: 13-16)

According to biblehub.com timeline of Acts, this chapter 13 was about the year 48. **So Paul is still honoring the Sabbath Day about 18 years after the resurrection.**

"42 And when the Jews were gone out of the synagogue, the **Gentiles besought that these words might be preached to them the next Sabbath**. 43 Now when the congregation was broken up, many of the Jews and religious proselytes followed Paul and Barnabas: who, speaking to them, persuaded them to continue in the grace of God. 44 **And the next Sabbath day came almost the whole city together to hear the word of God.**" (Acts 13: 42-44)

"11 Therefore loosing from Troas, we came with a straight course to Samothracia, and the next day to Neapolis; 12 And from thence to Philippi, which is the chief city of that part of Macedonia, and a colony: and we were in that city abiding certain days. 13 **And on the Sabbath we went out of the city by a riverside, where prayer was wont to be made;** and we sat down, and spake unto the women which resorted thither." (Acts 16:11-13)

"1 Now when they had passed through Amphipolis and Apollonia, they came to Thessalonica, where was a synagogue of the Jews: 2 **And Paul, as his manner was, went in unto them, and three Sabbath days reasoned with them out of the scriptures**, 3 Opening and alleging, that Christ must needs have suffered, and risen again from the dead; and that this Jesus, whom I preach unto you, is Christ." (Acts 17:1-3)

"1 After these things **Paul** departed from Athens, and came to Corinth; 2 And found a certain Jew named Aquila, born in Pontus, lately come from Italy, with his wife Priscilla; (because that Claudius had commanded all Jews to depart from Rome:) and came unto them. 3 And because he was of the same craft, he abode with them, and wrought: for by their occupation they were tentmakers. 4 **And he reasoned in the synagogue every Sabbath**, and persuaded the Jews and the Greeks. 5 And when **Silas and Timotheus** were come from Macedonia, Paul was pressed in the spirit, and testified to the Jews that Jesus was Christ. 6 And when they opposed themselves, and blasphemed, he shook his raiment, and said unto them, Your blood be upon your own heads; I am clean; from henceforth I will go unto the Gentiles. 7 And he departed thence, and entered into a certain man's house, named Justus, one that worshipped God, whose house joined hard to the synagogue. 8 And Crispus, the chief ruler of the synagogue, believed on the Lord with all his house; and **many of the Corinthians hearing believed, and were baptized**. 9 Then spake the Lord to Paul in the night by a vision, Be not afraid, but speak, and hold not thy peace: 10 For I am with thee, and no man shall set on thee to hurt thee: for I have much people in this city. 11 **And he continued there a year and six months, teaching the word of God among them.**" (Acts 18:1-11)

**"Every Sabbath" would be 52 times a year, for a year and a half would be 78 Sabbath days. So Paul and Silas and Timotheus and all the Christians they baptized met on the Sabbath for at least 1½ years after the resurrection.** According to biblehub.com timeline of Acts, this chapter 17 was about the year 49 A.D. If Yeshua rose about 30 A.D, this is 19 years later. Add the year and a half, **that is 20 ½ years after Yeshua's resurrection.** Some studies against the Sabbath that I have seen say the early church abandoned the Sabbath Day and worshipped on Sunday, "The Lord's Day", the "first day of the week." They could not show even ONE SCRIPTURE to support this.

"18 And Paul after this tarried there yet a good while, and then took his leave of the brethren, and sailed thence into Syria, and with him Priscilla and Aquila; having shorn his head in Cenchrea: for he had a vow. 19 And he came to Ephesus, and left them there: but **he himself entered into the synagogue, and reasoned with the Jews.**" (Acts 18:18-19)

While Acts 18:19 above does not say Sabbath, that is when the Jews gathered there.

"4 But Festus answered, that Paul should be kept at Caesarea, and that he himself would depart shortly thither. 5 Let them therefore, said he, which among you are able, go down with me, and accuse this man, if there be any wickedness in him. 6 And when he had tarried among them more than ten days, he went down unto Caesarea; and the next day sitting on the judgment seat commanded Paul to be brought. 7

*And when he was come, the Jews which came down from Jerusalem stood round about, and laid many and grievous complaints against Paul, which they could not prove. 8 While he answered for himself, **Neither against the law of the Jews, neither against the temple, nor yet against Caesar, have I offended anything at all.** 9 But Festus, willing to do the Jews a pleasure, answered Paul, and said, Wilt thou go up to Jerusalem, and there be judged of these things before me? 10 Then said Paul, I stand at Caesar's judgment seat, where I ought to be judged: to the Jews have I done no wrong, as thou very well knowest." (Acts 25:4-10)*

According to biblehub.com, the time of Paul appearing before Festus was 62 A.D. Paul then declares he did not offend against the law of the Jews. Keeping the Sabbath holy was a center point in the law of the Jews. **Clearly Paul is declaring that he kept the Sabbath days without offense about 32 years after the Resurrection. Never does the Bible say he stopped observing the Sabbath day.** Yet some Christians try to use a couple tangential verses about gathering money, "lay by him in store", one time, on the first day of the week, to say the apostles changed to Sunday worship. They are clearly fighting against Paul's own words.

*"8 Howbeit then, when ye knew not God, ye did service unto them which by nature are no gods. 9 But now, after that ye have known God, or rather are known of God, how turn ye again to the weak and beggarly elements, whereunto ye desire again to be in bondage? 10 **Ye observe days, and months, and times, and years.**" (Galatians 4:8-10)*

Some use the above verse to say Paul said to not observe the Sabbath Day. Read it again. Paul is talking to Gentiles, who "after ye have known God" and become Christian, now "turn ye again" or turn back to pagan practices and "observe days." These are clearly pagan days Paul is referring to, since they observed them BEFORE they were Christians. These are Gentiles, not Jews, so were not observing Sabbaths before conversion. **Paul is clearly NOT saying it is wrong to observe Yahweh's Sabbath Days.**

If you think Christians are exempted from the Sabbath, because they are not under the law, remember the Sabbath preceded the law, and will be honored in the new world after the end of this one. You think the Sabbath was only for the Jew, for the children of Abraham?

*"7 Know ye therefore **that they which are of faith, the same are the children of Abraham.** " (Galatians 3:7)*

*" 29 **And if ye be Christ's, then are ye Abraham's seed, and heirs according to the promise.**" (Galatians 3:29)*

*"12 And the Lord spake unto Moses, saying, 13 **Speak thou also unto the children of Israel, saying, Verily my Sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you.** 14 Ye shall keep the Sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people. 15 Six days may work be done; but in the seventh is the Sabbath of rest, holy to the Lord: whosoever doeth any work in the Sabbath day, he shall surely be put to death. 16 **Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a perpetual covenant. 17 It is a sign between me and the children of Israel for ever:** " (Exodus 31:12-18)*

How long did God say it was a sign for? He said, "FOR EVER, THROUGHOUT THEIR GENERATIONS, A PERPETUAL COVENANT."

*"22 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. 23 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)*

**After the end of the world, in the new heavens and new Earth God will make, His people will observe the Sabbath.** Does it make any sense at all, that Yeshua would change worship from the Sabbath to Sunday, and then change it back again in the new Earth. **Find ANY scripture that says He has stopped or changed the Sabbath Day.** I would say, "Balance that scripture against this cloud of scriptures that clearly and adamantly declare the seventh day Sabbath."

*"17 And the dragon was wroth with the woman, and went to make war with the remnant of her seed, **which keep the commandments of God, and have the testimony of Jesus Christ.**" (Revelation 12:17)*

6 And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, 7 Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters. 8 And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication. 9 And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, 10 The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: 11 And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name. 12 Here is the patience of the saints: **here are they that keep the commandments of God, and the faith of Jesus.** 13 And I heard a voice from heaven saying unto me, Write, Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them." (Revelation 14:6-13)

The last book in the Bible says, after the world has ended, "Here are they that keep **the commandments of God**, and the faith of Yeshua." We know of only Ten Commandments that were actually written by the finger of God. Keeping the Sabbath Day is the fourth commandment of God.

*"13 I am Alpha and Omega, the beginning and the end, the first and the last. 14 **Blessed are they that do his commandments**, that they may have right to the tree of life, and may enter in through the gates into the city."* (Revelation 22:13-14)

## 6. DOES JESUS WANT CHRISTIANS TO KEEP THE SABBATH?

*"Now therefore fear the Lord, and serve him in sincerity and in truth: and put away the gods which your fathers served on the other side of the flood, and in Egypt; and serve ye the Lord."* (Joshua 24:14)

Many will say that the Bible shows no knowledge of the commandments or the Sabbath Day between the times of Adam through the time of Moses. But there MUST have been some knowledge of God's law or commandments, for sin can not exist without some law, some commandment to break. What about the sin of Cain? Why is there not more known about the commandments before the Ten Commandments were written in stone on Mount Sinai? The Bible tells us why in this verse above. There were no Jews or Gentiles before Abraham, "on the other side of the flood", just mankind. Joshua makes it clear that mankind had turned away from God, and worshipped false gods. That they turned away from God and forgot His commandments or laws does not show those laws never existed.

## CHRISTIANS ARE CHILDREN OF ABRAHAM

If you think the fourth commandments Sabbath was given only for the Jews, for Abraham's children, for Israel's children, consider the verses below. They clearly say that **Gentile Christians are Abraham's children, Abraham's seed, and the children of Israel.** Therefore, the Sabbath Day was given to you also, as Abraham's seed. Yeshua Himself calls those obedient to God brothers and sisters. Yeshua Himself says that whoever does the will of Yahweh is Yeshua's brother and sister.

*"47 Then one said unto him, Behold, thy mother and thy brethren stand without, desiring to speak with thee. 48 But he answered and said unto him that told him, Who is my mother? And who are my brethren? 49 And he stretched forth his hand toward his disciples, and said, Behold my mother and my brethren! 50 For whosoever shall do the will of my Father which is in heaven, the same is my brother, and sister, and mother."* (Matthew 12:47-50)

*"6 Even as Abraham believed God, and it was accounted to him for righteousness. 7 Know ye therefore that they which are of faith, the same are the children of Abraham. 8 And the scripture, foreseeing that God would justify the heathen through faith, preached before the gospel unto Abraham, saying, In thee shall all nations be blessed. 9 So then they which be of faith are blessed with faithful Abraham. 10 For as many as are of the works of the law are under the curse: for it is written, Cursed is every one that continueth not in all things which are written in the book of the law to do them. 11 But that no man is justified by the law in the sight of God, it is evident: for, The just shall live by faith. 12 And the law is not of faith: but, The man that doeth them shall live in them. 13 Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one*



*that hangeth on a tree: 14 That the blessing of Abraham might come on the Gentiles through Jesus Christ; that we might receive the promise of the Spirit through faith." (Galatians 3:6-14)*

"24 Wherefore the law was our schoolmaster to bring us unto Christ, that we might be justified by faith. 25 But after that faith is come, we are no longer under a schoolmaster. **26 For ye are all the children of God by faith in Christ Jesus. 27 For as many of you as have been baptized into Christ have put on Christ.** 28 There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus. **29 And if ye be Christ's, then are ye Abraham's seed, and heirs according to the promise."** (Galatians 3:24-29)

*"11 Wherefore remember, that ye being in time past Gentiles in the flesh, who are called Uncircumcision by that which is called the Circumcision in the flesh made by hands; 12 That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world: 13 But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ. 14 For he is our peace, who hath made both one, and hath broken down the middle wall of partition between us; 15 Having abolished in his flesh the enmity, even the law of commandments contained in ordinances; for to make in himself of twain one new man, so making peace; 16 And that he might reconcile both unto God in one body by the cross, having slain the enmity thereby: 17 And came and preached peace to you which were afar off, and to them that were nigh. 18 For through him, we both have access by one Spirit unto the Father. 19 Now therefore ye are no more strangers and foreigners, but fellow citizens with the saints, and of the household of God; 20 And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone;"* (Ephesians 2:11-20)

Ephesians 2:12 above says "at that time" we were aliens from Israel. But verse 13 says Yeshua has made us "nigh" or close, and verse 14 says he has made us both "ONE". Believers and Israel are one. We have one God, the Living God of Israel, Yahweh, praise His name. And we have one Messaih. Christians think He came 2000 years ago, and know His name, Yeshua Mashiach, Jesus the Messaih. So Christians are children of Abraham, by being grafted in or adopted.

Note that Ephesians 2:14 above says Jesus "broke down middle wall of partition between us." Then in verse 15 Paul says "even the law of commandments contained in the ordinances". Some will try to use this to say Jesus did away with the Holy Days, the Ten Commandments, and basically everything God had told the Isrealites. Note it does not say anything about the Holy Days, or Ten Commandments" but those contained in the ordinances. Also, we need to compare and balance this against all other scriptures for one cohesive truth.

***"14 For as many as are led by the Spirit of God, they are the sons of God. 15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. 16 The Spirit itself beareth witness with our spirit, that we are the children of God: 17 And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together. 18 For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us. 19 For the earnest expectation of the creature waiteth for the manifestation of the sons of God. 20 For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope, 21 Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God. 22 For we know that the whole creation groaneth and travaileth in pain together until now. 23 And not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body."*** (Romans 8:14-23)

*"To redeem them that was under the law, that we might receive the adoption of sons." (Galatians 4:5)*

So Christians are adopted through faith in Yeshua, by God, into the family of God, as children of Abraham. Paul also talks about our adoption, though through the image of the "grafting" of tree limbs to tree roots and trunks. The parallel is being branches of the same tree, the FAMILY TREE, the family of faith, the children of Abraham, called the Father of the Faithful.

*"1 I say then, Hath God cast away his people? God forbid. For I also am an Israelite, of the seed of Abraham, of the tribe of Benjamin. 2 God hath not cast away his people which he foreknew. Wot ye not what the scripture saith of Elias? How he maketh intercession to God against Israel saying, 3 Lord, they have killed thy prophets, and digged down thine altars; and I am left alone, and they seek my life. 4 But what saith the answer of God unto him? I have reserved to myself seven thousand men, who have not bowed the knee to the image of Baal. 5 Even so then at this present time also there is a remnant according to the election of grace. 6 And if by grace, then is it no more of works: otherwise grace is no*

more grace. But if it be of works, then it is no more grace: otherwise work is no more work. **7 What then? Israel hath not obtained that which he seeketh for; but the election hath obtained it,** And the rest were blinded. 8 (According as it is written, God hath given them the spirit of slumber, eyes that they should not see, and ears that they should not hear;) unto this day." (Romans 11:1-8)

**"16 For if the firstfruit be holy, the lump is also holy: and if the root be holy, so are the branches 17 And if some of the branches be broken off, and thou, being a wild olive tree, wert grafted in among them, and with them partakest of the root and fatness of the olive tree; 18 Boast not against the branches. But if thou boast, thou bearest not the root, but the root thee. 19 Thou wilt say then, The branches were broken off, that I might be grafted in. 20 Well; because of unbelief they were broken off, and thou standest by faith. Be not highminded, but fear: 21 For if God spared not the natural branches, take heed lest he also spare not thee. 22 Behold therefore the goodness and severity of God: on them which fell, severity; but toward thee, goodness, if thou continue in his goodness: otherwise thou also shalt be cut off. 23 And they also, if they abide not still in unbelief, shall be grafted in: for God is able to graft them in again. 24 For if thou wert cut out of the olive tree which is wild by nature, and wert grafted contrary to nature into a good olive tree: how much more shall these, which be the natural branches, be grafted into their own olive tree?"** (Romans 11:16-24)

**"15 I am the true vine, and my Father is the husbandman. 2 Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit. 3 Now ye are clean through the word which I have spoken unto you. 4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. 5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."** (John 15:1-5)

According to Romans 11:17 above, Gentile believers are "grafted in" to the natural olive tree of God's chosen people, the Israelites. Like the grapevine of which Jesus says He is the root and we are the branches, so here also, Yeshua is the root of the olive tree, and believers are grafted in. Yeshua also compared our relationship to a grapevine, where He is the true vine, and we are the branches.

So Christians are adopted by Yahweh, The Living God, through faith in Yeshua, and grafted into the family of God, as children of Abraham.

Between the concepts of adoption and grafting in, the Bible is saying there is ONE FAMILY, the family of faithful believers.

So for "Abraham's seed", for the "children of Abraham", what does the following Scripture say?

**"12 And the Lord spake unto Moses, saying, 13 Speak thou also unto the children of Israel, saying, Verily my Sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you. 14 Ye shall keep the Sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people. 15 Six days may work be done; but in the seventh is the Sabbath of rest, holy to the Lord: whosoever doeth any work in the Sabbath day, he shall surely be put to death. 16 Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a perpetual covenant. 17 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. 18 And he gave unto Moses, when he had made an end of communing with him upon mount Sinai, two tables of testimony, tables of stone, written with the finger of God."** (Exodus 31:12-18)

God said it is a sign for how long? Between Him and whom? Aren't Christians Children of Israel by adoption and being grafted in?

Note also, the meaning of "forever" in the Bible can mean just until a person's death, or the end of an age. But the scripture above qualifies "for ever" with "throughout their generations, for perpetual covenant." Are there still Israelites in the world today? YES! Therefore this covenant is STILL IN FORCE!

**"1 Thus saith the Lord, Keep ye judgment, and do justice: for my salvation is near to come, and my righteousness to be revealed. 2 Blessed is the man that doeth this, and the son of man that layeth hold on it; that keepeth the sabbath from polluting it, and keepeth his hand from doing any evil. 3 Neither let the son of the stranger, that hath joined himself to the Lord, speak, saying, The Lord hath utterly separated me from his people: neither let the eunuch say, Behold, I am a dry tree. 4 For thus**

**saith the Lord unto the eunuchs that keep my sabbaths, and choose the things that please me, and take hold of my covenant; 5 Even unto them will I give in mine house and within my walls a place and a name better than of sons and of daughters: I will give them an everlasting name, that shall not be cut off. 6 Also the sons of the stranger, that join themselves to the Lord, to serve him, and to love the name of the Lord, to be his servants, every one that keepeth the sabbath from polluting it, and taketh hold of my covenant; 7 Even them will I bring to my holy mountain, and make them joyful in my house of prayer: their burnt offerings and their sacrifices shall be accepted upon mine altar; for mine house shall be called an house of prayer for all people.**" (Isaiah 56:1-7)

So you and I were not born Jewish or Israeli. But we are "the sons (and daughters) of the stranger" who have joined ourselves to the God of Abraham by faith in His messiah Yeshua. And certainly we are part of "everyone" and can keep from polluting His Sabbath, and take hold of His covenant. If a person joins themselves to God, God says He treats them the same as an Israelite. Since 70 A.D. there has been no temple, no priesthood, and hence no sacrifices. That does not rule out all the things we CAN do, like honor the Sabbath Day. Don't the verses above, with all these others, show that God holds keeping the Sabbath as a priority for His people?

*"16 And, behold, one came and said unto him, Good Master, what good thing shall I do, that I may have eternal life? 17 And he said unto him, Why callest thou me good? There is none good but one, that is, God: but **if thou wilt enter into life, keep the commandments.** 18 He saith unto him, Which? Jesus said, Thou shalt do no murder, Thou shalt not commit adultery, Thou shalt not steal, Thou shalt not bear false witness, 19 Honour thy father and thy mother: and, Thou shalt love thy neighbour as thyself."* (Matthew 19:16-30)

Yeshua says to keep the commandments. The 4<sup>th</sup> commandment is "Remember the Sabbath day, to keep it holy."

*"12 Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. 13 And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. 14 If ye shall ask anything in my name, I will do it. **15 If ye love me, keep my commandments.** 16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; 17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. 18 I will not leave you comfortless: I will come to you. 19 Yet a little while, and the world seeth me no more; but ye see me: because I live, ye shall live also. 20 At that day ye shall know that I am in my Father, and ye in me, and I in you. 21 **He that hath my commandments, and keepeth them, he it is that loveth me:** and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him."* (JOHN 14:12-21)

Yeshua is speaking and says to Christians (he that believeth on me), "If ye love me, keep my commandments." Also, "He that hath my commandments, and keepeth them, he it is that loveth me." The 4<sup>th</sup> commandment is "Remember the Sabbath day, to keep it holy."

*"1 My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous: 2 And he is the propitiation for our sins: and not for ours only, but also for the sins of the whole world. 3 And **hereby we do know that we know him, if we keep his commandments.** 4 **He that saith, I know him, and keepeth not his commandments, is a liar,** and the truth is not in him. 5 But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him. 6 He that saith he abideth in him ought himself also so to walk, even as he walked. 7 Brethren, I write no new commandment unto you, but an old commandment which ye had from the beginning. **The old commandment is the word which ye have heard from the beginning.**" (1 John 2:1-7)*

So is this some NEW COMMANDMENTS John is talking about? John says no, it is the old commandment which we had from the beginning. The 4<sup>th</sup> commandment is "Remember the Sabbath day, to keep it holy."

*"21 Beloved, if our heart condemn us not, then have we confidence toward God. 22 And whatsoever we ask, we receive of him, **because we keep his commandments,** and do those things that are pleasing in his sight. 23 And this is his commandment, That we should believe on the name of his Son Jesus Christ, and love one another, as he gave us commandment. 24 And **he that keepeth his commandments dwelleth in him,** and he in him. And hereby we know that he abideth in us, by the Spirit which he hath given us."* (1 John 3:21-24)

**John the apostle** wrote this epistle, probably to the same seven churches he writes to in Revelation. According to biblehub.com, John wrote his first epistle, 1 John, about 90 A.D. So this is an apostle, writing to Christians, approximately 90 AD. That would be about **60 years after the death and resurrection of Yeshua**. It is before the Catholic Church changed the 10 commandments for their followers, and changed Sabbath worship to Sunday worship under penalty of excommunication from the church. (See chapter 12 Non-Biblical Sources.) **John says “we keep his commandments.”** John then repeats the same idea as Yeshua did when asked “what is the greatest commandment?”, a summary of the first 4, and the second 6, in Matthew 22:35-40. Ask your church, what the commandments are. If they are not Catholic, it is 99% certain they will tell you the 10 commandments. Ask your church what are the commandments of Yeshua? Except for perhaps this summary of the ten, how many “other” commandments can they enumerate? **Do you have any doubt at all that John is here referring to the TEN COMMANDMENTS OF GOD?** The 4<sup>th</sup> commandment is “Remember the Sabbath day, to keep it holy.”

*“5 Whosoever believeth that Jesus is the Christ is born of God: and every one that loveth him that begat loveth him also that is begotten of him. 2 **By this we know that we love the children of God, when we love God, and keep his commandments.**” (1 John 5:1-13)*

The 4<sup>th</sup> commandment is “Remember the Sabbath day, to keep it holy.”

## 7. DOES THE BIBLE SAY THE SABBATH WAS CHANGED TO SUNDAY?

### THE LORD’S DAY

I could find not any scriptures at all that either say the Sabbath Day was changed to Sunday, or to ignore the Sabbath Day commandment, and worship on Sunday instead. I hear Christians all the time say that Christians are supposed to worship on the “**Lord’s Day**.” The one and only place that is used in the Bible is here, Revelation 1:9-11. The KJV and NIV translations are shown. I found ZERO translations that had any other reference to “the Lord’s Day.”

*“9 I John, who also am your brother, and companion in tribulation, and in the kingdom and patience of Jesus Christ, was in the isle that is called Patmos, for the word of God, and for the testimony of Jesus Christ. 10 I was in the Spirit on the **Lord’s day**, and heard behind me a great voice, as of a trumpet, 11 Saying, I am Alpha and Omega, the first and the last: and, What thou seest, write in a book, and send it unto the seven churches which are in Asia; unto Ephesus, and unto Smyrna, and unto Pergamos, and unto Thyatira, and unto Sardis, and unto Philadelphia, and unto Laodicea.” (Revelation 1:9-11 KJV)*

*“9 I, John, your brother and companion in the suffering and kingdom and patient endurance that are ours in Jesus, was on the island of Patmos because of the word of God and the testimony of Jesus. 10 **On the Lord’s Day** I was in the Spirit, and I heard behind me a loud voice like a trumpet, 11 which said: “Write on a scroll what you see and send it to the seven churches: to Ephesus, Smyrna, Pergamum, Thyatira, Sardis, Philadelphia and Laodicea.” (Revelation 1:9-11 NIV)*

**Please note that this says NOTHING about the church worshipping on that day or about the Sabbath being changed to Sunday.** John did expect people to know what day he meant, so it did mean something. But it seems quite a stretch to say that proves the apostles worshipped on that day as the Sabbath day, especially in light of all the other scriptures saying the apostles kept the Sabbath Day at least sixty years after Yeshua’s resurrection. This verse clearly proves nothing concerning the Sabbath Day. It is VERY LIKELY to mean the Sabbath Day, as Yeshua declared Himself the “Lord of the Sabbath.”

*“And the dragon was wroth with the woman, and went to make war with the remnant of her seed, **which keep the commandments of God**, and have the testimony of Jesus Christ.” (Revelation 12:17)*

*“Here is the patience of the saints: here are **they that keep the commandments of God**, and the faith of Jesus.” (Revelation 14:12)*

*“13 I am Alpha and Omega, the beginning and the end, the first and the last. 14 Blessed are **they that do his commandments**, that they may have right to the tree of life, and may enter in through the gates into the city.” (Revelation 22:13-14)*

The three scripture references above are from the last book of the Bible, Revelation. According to biblehub.com, John wrote Revelation in 95 A.D. That is 65 years after Yeshua resurrection. God Himself, the Alpha and Omega, says those who gain eternal life and enter into heaven (or the New Jerusalem on the New Earth) are those who **obey “His**

**commandments.**" The fourth commandment is to honor the Sabbath Day. This was written by the apostle John, whom the Bible says Yeshua particularly loved, at the end of the first century, the LAST living of the Twelve Apostles.

**For at the very least 65 years after Yeshua' resurrection, the Apostles of whom anything was written about, until they each died, honored the fourth commandment, the Sabbath Day.**

**Do you seriously think their disciples, their converts, all of a sudden decided to change the day of the week to honor away from the "Sabbath of God?"**

## **THE FIRST DAY OF THE WEEK**

The phrase "the first day of the week" appears in the Bible 8 times, all in the New Testament. These scriptures do not say anything about worshipping on that day, or the Sabbath being changed to that day. The scriptures below are sometimes used by people to say Sunday, **the first day of the week**, is the day Christians should worship. Note these verses say nothing like that. Many say Yeshua rose on the first day of the week. If He wanted the Sabbath changed from Saturday, the seventh day, to Sunday, the first day, wouldn't Yeshua, the "Lord of the Sabbath" have said so? **Luke 6:5 " And he said unto them, That the Son of man is Lord also of the Sabbath."**

*"In the end of the sabbath, as it began to dawn toward the **first day of the week**, came Mary Magdalene and the other Mary to see the sepulchre."* (Matthew 28:1)

*"And very early in the morning the **first day of the week**, they came unto the sepulchre at the rising of the sun."* (Mark 16:2)

*"Now when Jesus was risen early the **first day of the week**, he appeared first to Mary Magdalene, out of whom he had cast seven devils."* (Mark 16:9)

*"Now upon the **first day of the week**, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain others with them."* (Luke 24:10)

*"The **first day of the week** cometh Mary Magdalene early, when it was yet dark, unto the sepulchre, and seeth the stone taken away from the sepulchre."* (John 20:1)

*"Then the same day at evening, being the **first day of the week**, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst, and saith unto them, Peace be unto you."* (John 20:19)

*"And upon the **first day of the week**, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight."* (Acts 20:7)

*"Upon the **first day of the week** let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come."* (1 Corinthians 16:2)

**Do any of those "first day of the week" scriptures, or the one singular "Lord's day", scripture above say anything about changing the Sabbath to the first day of the week? Do they say you must "rest" on the first day of the week? Do they say you must honor it? Do they say you must keep it holy? Do any of those forbid resting or worshipping on the seventh day Sabbath Day? Ask any who say the Bible says to honor Sunday as the Sabbath, and they will give you those verses above. Is that what you want to base your obedience on, instead of the great cloud of witnesses clearly confirming God's seventh day Sabbath?**

## **THE BREAKING OF BREAD**

The phrases "the breaking of bread", and "breaking bread" are used by some to say this is "The Lord's Supper", and therefore the day it happens on is the New Sabbath, or the Lord's Day, or Sunday. They are saying that if early Christians "broke bread" on the "first day of the week", that it proves Yeshua moved the Sabbath Day to Sunday instead of Saturday, or set aside or did away with the Sabbath Day. Let's examine these verses. My bible search find the terms break bread, the breaking of bread, breaking bread, breaking of the bread, broken bread, and bread which we break, only six (6) times, all in the New Testament.

*"And they told what things were done in the way, and how he was known of them in **breaking of bread**."* (Luke 24:35)

Luke 24:35 above shows the disciples recognized Yeshua by the way He broke break, but says nothing about changing the Sabbath to Sunday.

*" 42 And they continued stedfastly in the apostles' doctrine and fellowship, and in **breaking of bread**, and in prayers. 43 And fear came upon every soul: and many wonders and signs were done by the apostles. 44 And all that believed were together, and had all things common; 45 And sold their possessions and goods, and parted them to all men, as every man had need. 46 And they, **continuing daily** with one accord in the temple, and **breaking bread** from house to house, did eat their meat with gladness and singleness of heart," (Acts 2:42-46)*

Acts 2:42 and Acts 2:46 above show the Christians were having meals together, and met "**daily**" in the temple, and ate their "meat" with gladness, showing these were meals of mixed food, not a remembrance of the "Last Supper" with Yeshua.

*"And upon the first day of the week, when the disciples came together to **break bread**, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight." (Acts 20:7)*

*"When he therefore was come up again, and had **broken bread**, and eaten, and talked a long while, even till break of day, so he departed." (Acts 20:11)*

Acts 20:11 above says nothing about worshiping on Sunday, or changing the Sabbath Day.

*"The cup of blessing which we bless, is it not the communion of the blood of Christ? The **bread which we break**, is it not the communion of the body of Christ?" (1 Corinthians 10:16)*

1 Corinthians 10 16 above shows the Christians did remember the "Last Supper" with Yeshua by doing what He said in Luke 22:19-20, " 19 And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me. 20 Likewise also the cup after supper, saying, This cup is the new testament in my blood, which is shed for you." This is repeated in 1 Corinthians 11:24-25, "24 And when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. 25 After the same manner also he took the cup, when he had supped, saying, this cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me." **None of these in any way indicate Yeshua changed the Sabbath to Sunday.**

## **IS ANY DAY OK TO HONOR AS THE SABBATH DAY?**

*"5 One man esteemeth one day above another: another esteemeth every day alike. Let every man be fully persuaded in his own mind. 6 He that regardeth the day, regardeth it unto the Lord; and he that regardeth not the day, to the Lord he doth not regard it. He that eateth, eateth to the Lord, for he giveth God thanks; and he that eateth not, to the Lord he eateth not, and giveth God thanks." (Romans 14:5-6)*

*"16 Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days: 17 Which are a shadow of things to come; but the body is of Christ." (Colossians 2:16-17)*

Can the case be made, based on the scriptures above, that Christians do not need to honor any day, or that they can honor any day? Even if you say yes, they are not the sum total of what the scripture says. We must see what ALL the scripture says. **Note also that about 95% of modern Christian churches, after using these verses to argue you do NOT NEED to honor the Sabbath Day, then will tell you the Bible says you must honor SUNDAY, which they, not the Bible, call "The Lord's Day."**

## **EVEN AFTER THE END OF THE WORLD THE SABBATH REMAINS**

The following scripture may seem out of order, but it is about the end of the world. Yeshua expects Christians to be honoring the Sabbath even at the end of the world.

*14 And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come. 15 When ye therefore shall see the abomination of desolation, spoken of by Daniel the prophet, stand in the holy place, (whoso readeth, let him understand:) 16 Then let them which*



*be in Judaea flee into the mountains: 17 Let him which is on the housetop not come down to take anything out of his house: 18 Neither let him which is in the field return back to take his clothes. 19 And woe unto them that are with child, and to them that give suck in those days! 20 **But pray ye that your flight be not in the winter, neither on the Sabbath day:** 21 For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be. 22 And except those days should be shortened, there should no flesh be saved: but for the elect's sake those days shall be shortened."* (Matthew 24:14-22)

Yeshua says to pray that even at the end of the world, pray you don't have to flee on the Sabbath Day.

## **8. WHY DO MOST CHRISTIANS KEEP SUNDAY INSTEAD OF SATURDAY?**

I could not find one scripture to support this. If you are like me, you never thought much about it. Mom and dad took you to church on Sunday. Everybody does it. Only Jews and a few "weird" Christian denominations worshipped on Saturday, the Seventh Day Sabbath. Above, Section 7. "Does The Bible Say the Sabbath was Changed to Sunday." shows the Bible does not say to worship on Sunday. The only reason I have found that people do follows.

**Why do 95% of professing Christians NOT keep the Sabbath Day?  
Why do 70% of professing Christians keep SUNDAY?**

### **THE REAL REASONS THE 70% KEEP SUNDAY**

[catholicbridge.com/catholic/21-catholic-councils.php](http://catholicbridge.com/catholic/21-catholic-councils.php)

Catholicbridge.com claims the 21 church councils are by the Roman Catholic Church, starting with First Council of Nicaea in 325 A.D.

### **ROMAN CATHOLIC COUNCILS & SYNODS**

**The Roman Catholic Church DEMANDS Christians not only NOT REST on the seventh day Sabbath, but also that they MUST WORK on that day!**

#### **Synod of Laodicea – 363 A.D.**

Canon XXIX. (29)

"CHRISTIANS **must not judaize by resting on the Sabbath, but must work on that day**, rather honouring the Lord's Day; and, if they can, resting then as Christians. **But if any shall be found to be judaizers, let them be anathema from Christ"**

#### **American Heritage Dictionary: Anathema**

1. A formal ecclesiastical ban, curse, or excommunication.
2. A vehement denunciation; a curse:

#### **Synod of Laodicea – 363 A.D.**

Canon XXXVII. (37)

"It is not lawful to receive portions sent from the feasts of Jews or heretics, **nor to feast together with them.**"

#### **Second Council of Nicaea – 787 A.D.**

"8 Since some of those who come from the religion of the Hebrews mistakenly think to make a mockery of Christ who is God, pretending to become Christians, but denying Christ in private by both **secretly continuing to observe the sabbath and maintaining other Jewish practices**, we decree that they **shall not be received to communion or at prayer or into the church**, but rather let them openly be Hebrews according to their own religion;"

So the Roman Catholic Church threatened Christians with being thrown out of the Church, and cursed if they kept the **Seventh Day Sabbath, or God's Holy Days, or God's Food Laws.**

## **Council of Basel-Ferrara-Florence, 1431-1449 A.D.**

"Converts should be forbidden, **under pain of severe penalties**, to bury the dead according to the Jewish custom or **to observe in any way the sabbath and other solemnities and rites of their old sect**. Rather, they should frequent our churches and sermons, like other Catholics, and conform themselves in everything to Christian customs. **Those who show contempt for the above should be delated to the diocesan bishops or inquisitors of heresy** by their parish priests, or by others who are entrusted by law or ancient custom with inquiring into such matters, or by anyone else at all. Let them be so punished, with the aid of the secular arm if need be, as to give an example to others."

The Encyclopedia Britannica says the **Spanish Inquisition started in 1478, JUST 29 years after this Catholic Council of Basel.**

<https://www.britannica.com/topic/Spanish-Inquisition>

"Spanish Inquisition, (1478–1834), judicial institution ostensibly established to combat heresy in Spain. In practice, the Spanish Inquisition served to consolidate power in the monarchy of the newly unified Spanish kingdom, but it achieved that end through **infamously brutal methods.**"

These are all the ROMAN CATHOLIC COUNCILS & SYNODS I could find (so far) about changing "the Sabbath of the Lord thy God".

But there is more evidence the Roman Catholic Church forced the change from Saturday Sabbath to Sunday in the letters from the Pope to the clergy and parishioners.

## **ROMAN CATHOLIC PAPAL ENCYCLICALS**

This one condemns those who observe Sabbaths as Judaizing. And those who do not eat the flesh of strangled animals if they do it in the spirit of the law! But if it is from "human custom" it is ok! So it is bad only if you do it because god said to!

### **Ex Quo**

On the Euchologion

Pope Benedict XIV (14th) - 1756

"Since Jews observe Sabbaths, a man who observes Sabbaths acts in Jewish fashion: therefore **the man who does not eat the flesh of strangled animals acts in Jewish fashion since the Jews are forbidden by the Law to eat such food:** but the Greeks do not eat such food: therefore, the Greek judaize"

And this next one says straight out that they changed the 4th commandment to SUNDAY.

### **Rerum Novarum**

On Capital and Labor

Pope Leo XIII (13th) - 1891

"41. From this follows the obligation of **the cessation from work and labor on Sundays** and certain holy days." "It is this, above all, which is the reason and motive of Sunday rest; a rest sanctioned by God's great law of the Ancient Covenant — "Remember thou keep holy the Sabbath day,"

**BUT they are commanding "rest" on the EIGHTH DAY!**

Once again, the Catholic Church conflates God's Seventh Day Sabbath with their choice of the Eighth Day Sunday.

### **Mater Et Magistra**

Church as Mother and Teacher of All Nations

Pope John XXIII (23rd) - 1961

"248. Allied to what We have said so far is the question of the Sunday rest. 249." ". . . the Church has always demanded a diligent observance of the third Commandment: 'Remember that thou keep holy the sabbath day.'" 251. . . for many centuries now the Church has set aside Sunday as a special day of rest for the faithful,"

These are all the ROMAN CATHOLIC PAPAL ENCYCLICALS I could find (so far) about changing "the Sabbath of the Lord thy God".

Wait! The THIRD commandment?

**The Sabbath Day is the FOURTH commandment.**

There was no punctuation in the Hebrew writing, and there is no record of how the Jews enumerated the 10 commandments, other than the First is the first, and there were 10 of them.

We and most protestants keep the enumeration of the Jewish people who knew the language best. Both Jewish and Catholic enumeration is given from multiple OFFICIAL sources in the ADDENDUM to this Bible study.

The Catholic Church hid the second commandment, about no idols, and then had only 9. The Catholic ten commandments from official Catholic sources, for Catholics to memorize, say NOTHING ABOUT IDOLATRY.

So they split the TENTH commandment in two pieces, to have 10 commandments again. This moves the fourth commandment up to the third, **because of hiding the second commandment about idols**, by including it in the first commandment. Then they shortened that to teach their people, effectively cutting out the IDOL part.

While not ROMAN CATHOLIC COUNCILS & SYNODS, or ROMAN CATHOLIC PAPAL ENCYCLICALS, the following are authoritative Catholic sources.

## **CATECHISM OF THE CATHOLIC CHURCH**

Extraordinary Synod of Bishops 1985

"Sunday - fulfillment of the sabbath

2175 Sunday is expressly distinguished from the sabbath which it follows chronologically every week; for Christians its ceremonial observance replaces that of the sabbath." "107 Those who lived according to the old order of things have come to a new hope, **no longer keeping the sabbath, but the Lord's Day,**"

"Article 3 THE THIRD COMMANDMENT

"IN BRIEF

2190 **The sabbath, which represented the completion of the first creation, has been replaced by Sunday"**

"2191 The Church celebrates the day of Christ's Resurrection on the "eighth day," Sunday, which is rightly called the Lord's Day."

2192 "Sunday . . . is to be observed as the foremost holy day of obligation in the universal Church"

The phrase "The LORD'S DAY" is found ONLY ONE TIME in the entire Bible.

REMEMBER (Revelation 1:10)

"I was in the Spirit on the Lord's day, and heard behind me a great voice, as of a trumpet," (Revelation 1:10)

**There is no indication at all that this means SUNDAY! NONE!** It is extremely likely it means the SABBATH DAY, as Jesus called Himself "the Lord of the Sabbath."

## **THE CONVERTS CATECHISIM OF CATHOLIC DOCTRINE**

By Reverend Peter Geiermann, C. Ss. R. - PAGE 50

"Q. Which is the Sabbath day?

A. Saturday is the Sabbath day.

**Q. Why do we observe Sunday instead of Saturday?**

**A. We observe Sunday instead of Saturday because the Catholic Church, in the Council of Laodicea (AD. 336), transferred the solemnity from Saturday to Sunday.**

**Q. Why did the Catholic Church substitute Sunday for Saturday?**

**A. The Church substituted Sunday for Saturday, because Christ rose from the dead on a Sunday, and the Holy Ghost descended upon the Apostles on a Sunday.**

Q. By what authority did the Church substitute Sunday for Saturday?

A. The Church substituted Sunday for Saturday by the plenitude of that divine power which Jesus Christ bestowed upon her.

Q. What does the Third Commandment command?

A. The Third Commandment commands us to sanctify Sunday as the Lord's Day."

The Catholic Church is admitting and bragging about changing the Sabbath Day to SUNDAY over 300 years after Jesus and His 12 chosen Apostles lived.

Christians who say they honor Sunday because Jesus rose on that day, or because the Holy Spirit was given to the Apostles on that day, are obeying the Catholic Pope, instead of the Bible.

**THE CATHOLIC MIRROR** Sept 9, 1893

**The Catholic Mirror was the official organ of Cardinal Gibbons and the Papacy in the United States.**

"THE CHRISTIAN SABBATH"

"THE GENUINE OFFSPRING OF THE UNION OF THE HOLY SPIRIT, AND THE CATHOLIC CHURCH HIS SPOUSE. THE CLAIMS OF PROTESTANTISM TO ANY PART THEREIN PROVED TO BE **GROUNDLESS, SELF-CONTRADICTIONARY, AND SUICIDAL**"

**That's what they think of non-Catholic Christians who keep SUNDAY!**

[From the Catholic Mirror of Sept. 2, 1893]

"The Israelite respects the authority of the Old Testament only, but the Adventist, who is a Christian, accepts the New Testament on the same ground as the Old; viz: an inspired record also. **He finds that the Bible, his teacher, is consistent in both parts; that the Redeemer, during His mortal life, never kept any other day than Saturday.** The Gospels plainly evince to him this fact; whilst, in the pages of the Acts of the Apostles, the Epistles, and the Apocalypse, **not the vestige of an act canceling the Saturday arrangement can be found.**"

The Catholic Church ADMITS the Bible, scripture, says Jesus and HIS 12 chosen Apostles NEVER CHANGED THE SEVENTH DAY SABBATH, that Jesus ALWAYS kept the Sabbath and NOT SUNDAY, and there is "not the vestige (slightest hint) of an act canceling the Saturday arrangement" in the ENTIRE BIBLE!

"No Protestant living today has ever yet obeyed that command, preferring to follow the apostate church referred to than his teacher, **the Bible, which, from Genesis to Revelation, teaches no other doctrine**, should the Israelites and the Seventh-day Adventists be correct. Both sides appeal to the Bible as their "infallible" teacher."

**The Catholic Church ADMITS the ENTIRE Bible, all of scripture, "teaches no other doctrine" than the Seventh Day Sabbath.**

**On the contrary, they admit THEY changed God's Holy Seventh Day Sabbath to Sunday in the Council of Laodicea (AD. 336) over 300 years after Jesus and His 12 chosen Apostles lived.**

**THE CATHOLIC MIRROR**

[From the Catholic Mirror of Sept. 9, 1893.]

"**Having secured with absolute certainty the will of God as regards the day to be kept holy, from His Sacred Word**, because He rested on that day, which day is confirmed to us by the practice of His chosen people for thousands of years, we are naturally induced to inquire when and where God changed the day for His worship; for it is patent to the world that a change of day has taken place, and inasmuch as **no indication of such change can be found within the pages of the Old Testament**, nor in the practice of the Jewish people who continue for nearly nineteen centuries of Christianity obeying the written command, we must look to the exponent of the Christian dispensation, viz: the New Testament, for the command of God canceling the old Sabbath, Saturday."

After examining the New Testament they say this.

"Thus, **it is impossible to find in the New Testament the slightest interference by the Saviour or His apostles with the original Sabbath**, but, **on the contrary, an entire acquiescence in the original arrangement; nay, a plenary endorsement by Him, whilst living; and an unvaried, active participation in the keeping of that day and no other by the Apostles, for thirty years after His death**, as the Acts of the Apostles has abundantly testified to us."

"Hence, the conclusion is inevitable; viz: that ,of **those who follow the Bible as their guide**, the Israelites and Seventh-day Adventists **have the exclusive weight of evidence on their side**, whilst **the Biblical Protestant has not a word in self-defense for his substitution of Sunday for Saturday.**"

### **St Catherine Church Sentinel May 21 1995**

"Perhaps the boldest thing, the most revolutionary change the Church ever did, happened in the First Century. **The holy day, the Sabbath, was changed from Saturday to Sunday. 'The day of the Lord' was chosen, not from any direction noted in the Scriptures, but from the Catholic Church's sense of its own power. People who think that the scriptures should be the sole authority, should logically become 7th Day Adventists, and keep Saturday holy.**"

### **Monsignor Louis Segur, Plain Talk About the Protestantism of Today 1868 A.D. pg. 213**

"It is worth its while to remember that **this observance of the Sabbath (Sunday Sabbath), in which, after all, the only Protestant worship consists, not only has no foundation in the Bible, but it is in flagrant contradiction with its letter, which commands rest on the Sabbath, which is Saturday.** It was the Catholic Church which, by the authority of Jesus Christ, has transferred this rest to the Sunday in remembrance of the resurrection of our Lord. **Thus the observance of Sunday by the Protestants is an homage they pay, in spite of themselves, to the authority of the (Catholic) Church.**"

### **Priest Brady, in an address, reported in the Elizabeth, NJ 'News' on March 18, 1903.**

"It is well to remind the Presbyterians, Baptists, Methodists, and all other Christians, that the **Bible does not support them anywhere in their observance of Sunday. Sunday is an institution of the Roman Catholic Church, and those who observe the day observe a commandment of the Catholic Church.**"

There are many more documents of the Roman Catholic Church that  
ADMIT THEY CHANGED God's Seventh Day Sabbath to SUNDAY, and  
ADMIT that there is NOT ONE SCRIPTURE TO SUPPORT SUNDAY.

They threatened the early Christians with excommunication, cursing, and secular punishment if they would not CHANGE TO SUNDAY WORSHIP.

They MOCK modern protestant Christians for keeping SUNDAY without ONE WORD OF SCRIPUTURAL SUPPORT!

**SO THE ROMAN CATHOLIC CHURCH which FORCED Sunday on Christians, ADMITS the Bible commands ONLY Seventh Day Sabbath Keeping.**

It is extremely clear, to those who are NOT DECEIVED, to those who have broken out of deception, that the ONLY reason for Sunday worship is because the Roman Catholic Church ORDERED it under pain of denunciation, cursing, and excommunication (anathema), Severe Penalties, and punishment by the secular arm, the government.

**There is NOT ONE scripture that even hints of Jesus or His 12 chosen Apostles changing the Sabbath Day from the Seventh Day, Saturday.**

NOT IN THE OLD TESTAMENT!  
NOT IN THE NEW TESTAMENT!  
NO, NOT ONE!

## **9. HOW SHOULD CHRISTIANS KEEP THE SABBATH?**

*"8 Remember the sabbath day, to keep it holy. 9 Six days shalt thou labour, and do all thy work: 10 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: 11 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 day, and hallowed it." (Exodus 20:8-11)*

The above states "thou shalt not do any work." So what is work? The Pharisees made up 39 divisions of work, with thousands of subdivisions. So did God really mean you had to unscrew the refrigerator light (one of the modern rules, no

fire), or no writing or erasing over two (2) letters, or gardening, or moving a flower pot? No, these are all man's rules, or traditions. It would seem that one thing is relatively sure. **Our vocation, or our principle work for monetary gain, seems surely to be included in "thou shalt not do any work." So "Six days shalt thou labour, and do all thy work:" must surely include our vocation or main job. So not doing our main job on the Sabbath seems to be surely one way to "not do any work."** Even then, from Yeshua's words about the apostles picking corn to eat, and pulling a sheep out of a pit, and doing good on the Sabbath, it would seem a fireman or nurse or doctor called in for an emergency would be acceptable, or if you need to "save" someone by doing a good deed.

For a more thorough study on this topic, please see my Bible Study, "How Should a Christian Keep the Sabbath?"

## 10. SUMMARY

1. The Sabbath Day was created in the Garden of Eden with mankind, not with Jews or Gentiles or Christians.
2. Yeshua calls Himself the Lord of the Sabbath
3. Yeshua says the Sabbath was "made for man", not Jews but mankind.
4. The apostles' example after the resurrection was to honor the Sabbath Day.
5. There is not one scripture that says that Yeshua or His 12 chosen Apostles changed the Sabbath Day.
6. There is one scripture that seems to say honoring one day over another does not matter.  
Why do those who quote this one scripture use it AGAINST the Sabbath?  
Why do those who quote this one scripture then try to force Sunday Worship?
7. There is Sabbath worship in the New Earth after the end of this current age.
8. In heaven after the end, God says the saved are those who kept His Commandments, of which number 4 is to honor the Sabbath Day and keep it holy.

## 11. CONCLUSIONS

Draw your own conclusions. Pray heavily about it first. Confess all your sins, ask for forgiveness, and ask the Holy Spirit of the Living God to clear your mind and heart of delusions and to strongly lead you to what HE wants you to believe. You know the drill. You get serious with God; God will get serious with you!

*"Draw nigh to God, and he will draw nigh to you." (James 4:8a)*

If you come to the conclusion that Christians should honor the Sabbath Day, and your denomination does not, then you have a decision to make.

*"But Peter and John answered and said unto them, Whether it be right in the sight of God to hearken unto you more than unto God, judge ye." (Acts 4:19)*

Below you will find non-Biblical sources that verify the scriptures above, showing it is NOT the Word of God that changed the day of worship to Sunday, but the commandments of men, particularly, the hierarchy of the Roman Catholic Church.

## 12. APPENDIX

### NON-BIBLICAL SOURCES

#### CATHOLIC CHURCH CHANGED TO SUNDAY WORSHIP - FORBIDS SABBATH REST.

There is NOTHING in the Bible to support Yeshua revoking the fourth commandment. I usually do not use non-biblical writing in my studies, but since the change from Saturday to Sunday occurred after the Bible scriptures were finished, we must use some later writings to show how the change really came about.

NOTE: \*\*\*\*\* ***From here, to the next note like this below, is not from the Bible*** \*\*\*\*\*

These are much younger writings, but after the Bible, all confirming that the early Christians honored the Sabbath on the seventh day, Saturday, and that the Catholic Church takes credit for changing that to Sunday. Thanks to 119ministries.com for a number of the references below.



In "Council of Laodicea, Canon #29", you will find the truth about the Sabbath. I have my own copy, and you can get your own copy to read with your own eyes.

0363-0364, Synodus Laodiciae, Documenta Omnia

this file has been downloaded from <http://www.ccel.org/ccel/schaff/npnf214.html>

**The Catholic Church's Council of Laodicea in 363 A.D.** Canon 29 FORBIDS REST on the Sabbath day.

"CHRISTIANS must not Judaize by resting on the Sabbath, but must work on that day, rather honouring the Lord's Day; and, if they can, resting then as Christians. But if any shall be found to be Judaizers, let them be anathema from Christ."

**The Roman Catholic Church does not just say to worship on Sunday in another text, but here blatantly oppose resting on the Sabbath Day, directly opposed to what God has commanded us to do. It was the Catholic Church Council at Laodicea that did this, not Yeshua or any apostle or disciple, and as late as 363 A.D. The change is NOT in the Bible.**

Again, below, another Catholic Church Council forbids honoring the Sabbath day.

The Council of Nicaea, Asia Minor in 787A.D.

Philip Schaff, Philip -3- Vol 14- The Seven Ecumenical Councils

The Canons of the Holy and Ecumenical Seventh Council.539

"Canon VIII.

That Hebrews ought not to be received unless they have been converted in sincerity of heart.

SINCE certain, erring in the superstitions of the Hebrews, have thought to mock at Christ our God, and feigning to be converted to the religion of Christ do deny him, and **in private and secretly keep the Sabbath** and observe other Jewish customs, we decree that **such persons be not received to communion, nor to prayers, nor into the Church;** but let them be openly Hebrews according to their religion, and let them not bring their children to baptism, nor purchase or possess a slave.

But if any of them, out of a sincere heart and in faith, is converted and makes profession with his whole heart, setting at naught their customs and observances, and so that others may be convinced and converted, such an one is to be received and baptized, and his children likewise; and let them be taught to take care to hold aloof from the ordinances of the Hebrews. But if they will not do this, let them in no wise be received."

<https://en.wikipedia.org/wiki/Sunday>

"On 7 March 321, Constantine I, Rome's first Christian Emperor (see Constantine I and Christianity), decreed that Sunday would be observed as the Roman day of rest: On the venerable **Day of the Sun** let the magistrates and people residing in cities rest, and let all workshops be closed. In the country, however, persons engaged in agriculture may freely and lawfully continue their pursuits; because it often happens that another day is not so suitable for grain-sowing or vine-planting; lest by neglecting the proper moment for such operations the bounty of heaven should be lost."

**NOTE: The following shows the Catholic Church claiming they changed it!**

The Convert's Catechism of Catholic Doctrine by Reverend Peter Geiermann 1930 A.D.

Page 50

"Q. Which is the Sabbath day?

A. Saturday is the Sabbath day.

**Q. Why do we observe Sunday instead of Saturday?**

**A. We observe Sunday instead of Saturday,**

**because the Catholic Church, in the Council of Laodicea (A.D. 336), transferred the solemn day from Saturday to Sunday. .**

Q. Why did the Catholic Church substitute Sunday for Saturday?

A. The Church substituted Sunday for Saturday day, because Christ rose from the dead on Sunday, and the Holy Ghost descended upon the disciples on a Sunday.

Q. By what authority did the Church substitute Sunday for Saturday?

**A. The Church substituted Sunday for Saturday by the plenitude of that divine power that Jesus Christ bestowed upon her.**

Q. What does the Third Commandment command?

**A. The Third Commandment commands us to sanctify Sunday as the Lord's Day.**

Q. What does the Third Commandment forbid?

A. The Third Commandment forbids (1) the omission of prayer and divine worship; (2) unnecessary servile work; (3) Whatever harms the keeping of the **Lord's Day** holy."

Catholic Cardinal Gibbons, in "The Faith of Our Fathers," edition1892, page 111.

**"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."**

Catholic Press (Sydney, Australia), Aug. 25, 1900.

**"Sunday is a Catholic institution, and its claims to observance can be defended only on Catholic principles. . . . From beginning to end of Scripture, There is not a single passage that warrants the transfer of weekly public worship from the last day of the week to the first."**

The Catholic Christian Instructed in the Sacraments, Sacrifice, Ceremonies, and Observances of the Church By Way of Question and Answer

By the Right Reverend Dr. Challoner, 1737A.D.

Page 202 & 203

Q. What warrant have you for keeping the Sunday, preferably to the ancient Sabbath, which was the Saturday?

A. **We have for it the authority of the Catholic Church, and apostolical tradition.**

Q. Does the scripture anywhere command the Sunday to be kept for the Sabbath?

A. The scripture commands us to hear the Church, St. Matt. xviii. 17, St. Luke. x. 16, and to hold fast the traditions of the apostles, 2 Thess. ii. 15; **but the scripture does not in particular mention this change of the Sabbath.** St. John speaks of the Lord's day, Rev. 1:10; but he does not tell us what day of the week this was, much less does he tell us that this day was to take place of the Sabbath ordained in the commandments: St. Luke also speaks of the disciples meeting together to break bread on the first day of the week. Acta XX. 7. And St. Paul, 1 Cor. xvi 2, orders that on the first day of the week the Corinthians should lay by in store what they designed to bestow in charity on the faithful in Judea: but neither the one nor the other tells us, that this first day of the week was to be henceforward the day of worship, and the Christian Sabbath **so that truly, the best authority we have for this is the testimony and ordinance of the Church.**

From: <http://www.elijah.com/85times.html>

There is also evidence that the early disciples kept the Sabbath on the true day:

**"The primitive Christians did keep the Sabbath of the Jews. Therefore, the Christians for a long time together, did keep their conventions on the Sabbath, in which some portions of the Law were read: and this continued till the time of the Laodicean council."** The Whole Works of Jeremy Taylor, Vol. IX, p416 1828 A.D. (R. Heber's Edition, Vol.XII, p.416)

**"The ancient Christians were very careful in the observation of Saturday, or the seventh day. It is plain that all the Oriental churches, and the greatest part of the world, observed the Sabbath as a festival. Athanasius likewise tells us that they held religious assemblies on the Sabbath, not because they were infected with Judaism, but to worship [Yahushua], the [Master] of the Sabbath, Epiphanius says the same."** Antiquities of the Christian Church, Vol. II, Book XX, chap. 3, Sec. 1, 66.1137, 1138

<https://factsoffaith.org/library/history/4452-constantines-sunday-law-decreed-in-321-a-d/download.html>

**"From the apostles' time until the council of Laodicea, which was about the year 364, the holy observation of the Jew's Sabbath continued, as may be proved out of many authors: yea, notwithstanding the decree of the council against it."** Sunday a Sabbath, John Ley, p.163 London 1640.

"Ambrose, the celebrated bishop of Milan, said that when he was in Milan he observed Saturday, but when in Rome observed Sunday. This gave rise to the proverb 'When you are in Rome, do as Rome does,' "Heylyn, The History of the Sabbath, 1613

"The gentile Christians observed also the Sabbath." Gieseler's Church History, Vol.1, ch.2, par.30, p.93. **"The primitive Christians had a great veneration for the Sabbath, and did spend the day in devotion and sermons. And it is not to be doubted but they derived this practice from the Apostles themselves, as appears by several Scriptures to that purpose."**

Dialogues on the Lord's Day. p.189. London: 1701. By Dr. T. H. Morer. (church of England divine) **"The Sabbath was a strong tie which united them with the life of the whole people, and by keeping the Sabbath holy they followed not only the example but the command of Jesus."** Geschichte des Sonntags, pp.13, 14. **"It is certain that the ancient Sabbath did remain and was observed (together with the celebration of the Lord's day by the Christians of the East Church) three hundred years after the Saviour's death."**

A learned Treatise of the Sabbath, p.77.

**"Thou shalt observe the Sabbath, on account of Him who ceased from His work of creation, but ceased not from His work of providence: it is a rest for meditation of the Law, not for idleness of the hands."** The Anti-Nicene Fathers, Vol.7, p 413, From Constitutions of the Holy Apostles, A document of the 3rd and 4th centuries.

NOTE: Official Catholic writing of 1893 essentially making fun of protestants for believing falsely in Sunday.

THE CATHOLIC MIRROR Nov. 18, 1893 THE CHRISTIAN SABBATH

"Per contra, the Protestants of the world, the Adventists excepted, with the same Bible as their cherished and sole infallible teacher, by their practice, since their appearance in the Sixteenth century, with the time-honored practice of the Jewish people before their eyes, **have rejected the day named for His worship by God, and assumed, in apparent contradiction of His command, a day for His worship never once referred to for that purpose, in the pages of that Sacred Volume.**" **"The Adventists, therefore, in common with the Israelites, derive their belief from the Old Testament, which position is confirmed by the New Testament, endorsing fully by the life and practice of the Redeemer and His apostles the teaching of the Sacred Word for nearly a century of the Christian era."** **"The Protestant world has been, from its infancy, in the sixteenth century, in thorough accord with the Catholic Church, in keeping "holy," not Saturday, but Sunday.** The discussion of the grounds that led to this unanimity of sentiment and practice for over 300 years, must help toward placing Protestantism on a solid basis in this particular, should the arguments in favor of its position overcome those furnished by the Israelites and Adventists, the Bible, the sole recognized teacher of both litigants, being the umpire and witness. If, however, on the other hand, the latter furnish arguments, incontrovertible by the great mass of Protestants, both classes of litigants, appealing to their common teacher, the Bible, the great body of Protestants, so far from clamoring, as they do with vigorous pertinacity for the strict keeping of Sunday, **have no other resource left than the admission that they have been teaching and practicing what is Scripturally false for over three centuries, by adopting the teaching and practice of what they have always pretended to believe an apostate church [that is, the Roman Catholic Church], contrary to every warrant and teaching of Sacred Scripture.** To add to the intensity of this Scriptural and unpardonable blunder, it involves one of the most positive and emphatic commands of God to His servant, man: "Remember the Sabbath day, to keep it holy.""

The Catholic Mirror published a pamphlet named "The Christian Sabbath", consisting of four editorials from their previous publications on September 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup> 1893. Selected quotes follow.

" . . the great body of Protestants, so far from clamoring, as they do with vigorous pertinacity for the strict **keeping of Sunday**, have no other resource left than the admission that they have been teaching and practicing **what is scripturally false** for over three centuries, by adopting the teaching and practice of what they have always pretended to believe an apostate church, **contrary to every warrant and teaching of Sacred Scripture**, . . ."

"The Catholic Church for over one thousand years before the existence of a Protestant, by virtue of her Divine mission, changed the day from Saturday to Sunday."

The Roman Catholic Church not only claims to have changed Sabbath worship to Sunday, and have records of that in their councils, but openly mocks the Protestants for following the Catholic Church teaching, instead of the clear teaching of the Bible, even when they call it an apostate church.

**CCCCCCCCCCCC CATHOLIC TEN COMMANDMENTS CCCCCCCCCC**

Catholic Ten Commandments from OFFICIAL CATHOLIC SOURCES

<https://www.catholic.com/magazine/print-edition/the-true-ten-commandments>

Whereas the Catechism's traditional presentation of the commandments for memorization are:

- I am the Lord your God: You shall not have strange Gods before me.
- You shall not take the name of the Lord your God in vain.
- Remember to keep holy the Lord's Day.
- Honor your father and mother.
- You shall not kill.
- You shall not commit adultery.
- You shall not steal.
- You shall not bear false witness against your neighbor.
- You shall not covet your neighbor's wife.
- You shall not covet your neighbor's goods.

\*\*\*\*\*

<https://www.beginningcatholic.com/catholic-ten-commandments>

What's 'Catholic' about them?"

While the entire Judeo-Christian tradition uses the same Scriptural content for the Ten Commandments, their exact division and numbering varies.

The Catholic tradition uses the division of the Commandments established by St. Augustine. (The Lutheran confessions also use this numbering, while some other confessions & traditions use slightly different numberings.)

Here are the Catholic Ten Commandments:

- I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.
- You shall not take the name of the Lord your God in vain.
- Remember to keep holy the Sabbath day.
- Honor your father and your mother.
- You shall not kill.
- You shall not commit adultery.
- You shall not steal.
- You shall not bear false witness against your neighbor.
- You shall not covet your neighbor's wife.
- You shall not covet your neighbor's goods.

\*\*\*\*\*

<https://www.ewtn.com/catholicism/library/ten-commandments-10336>  
THE TEN COMMANDMENTS

1. I AM THE LORD THY GOD: THOU SHALT NOT HAVE STRANGE GODS BEFORE ME.
2. THOU SHALT NOT TAKE THE NAME OF THE LORD THY GOD IN VAIN.
3. KEEP THE SABBATH HOLY.
4. HONOUR THY FATHER AND THY MOTHER.
5. THOU SHALT NOT KILL.
6. THOU SHALT NOT COMMIT ADULTERY.
7. THOU SHALT NOT STEAL.
8. THOU SHALT NOT BEAR FALSE WITNESS AGAINST THY NEIGHBOR.
9. THOU SHALT NOT COVET THY NEIGHBOR'S WIFE.
10. THOU SHALT NOT COVET THY NEIGHBOR'S GOODS.

\*\*\*\*\*

**JJJJJJJJJJ JEWISH TEN COMMANDMENTS JJJJJJJJJJ**

<https://www.jewishvirtuallibrary.org/the-ten-commandments>

- 1) I am the Lord thy god, who brought thee out of the land of Egypt, out of the house of bondage.
- 2) Thou shalt have no other gods before Me.
- 3) Thou shalt not take the name of the Lord thy God in vain.
- 4) Remember the Sabbath day to keep it holy.
- 5) Honor thy father and thy mother.
- 6) Thou shalt not murder.
- 7) Thou shalt not commit adultery.
- 8) Thou shalt not steal.
- 9) Thou shalt not bear false witness against thy neighbor.
- 10) Thou shalt not covet anything that belongs to thy neighbor.

\*\*\*\*\*

1. I am the L rd your G d, Who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before Me.
2. You shall not make for yourself a graven image, nor any manner of likeness of anything that is in heaven above, that is in the earth beneath, or that is in the water under the earth. You shall not bow down to them, nor serve them. For I the L rd your G d am a jealous G d, visiting the iniquity of the fathers upon the children of the third and fourth generation of them that hate Me; and showing mercy unto the thousandth generation of them that love Me and keep My commandments.
3. You shall not take the name of the L rd your G d in vain; for the L rd will not hold him guiltless that takes His name in vain.
4. Remember the Sabbath Day, to keep it holy. Six days you shall labor and do all your work; but the seventh day is a Sabbath unto the L rd your G d. On it you shall not do any manner of work—you, your son, your daughter, your manservant, your maid-servant, your cattle, and your stranger that is within your gates. For in six days the L rd made heaven and earth, the sea and all that is in them, and rested on the seventh day; wherefore the L rd blessed the Sabbath Day, and hallowed it.
5. Honor your father and mother, so that your days may be long upon the land which the L rd your G d gives you.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, his manservant, his maid-servant, his ox, his donkey, nor anything that is your neighbor's.

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NOTE: \*\*\*\*\* *From here to the next note like this above is not from the Bible* \*\*\*\*\*

