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"The Churches of God Outreach Ministries provides leadership, information, and biblical teaching in spreading the Gospel of Jesus Christ. Matthew 28:19-20"

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Mini Study

Sabbath—a day to remember

Remember the sabbath day, to keep it holy. Six days shall you labour, and do all your work; but the seventh day is a sabbath unto the LORD thy God, in it you shall not do any manner of work, you, nor thy son, nor your daughter, nor your man-servant, nor your maid-servant, nor your cattle, nor the stranger that is within your gates; for in six days the LORD made heaven and earth, the sea, and all that in them is, and rested on the seventh day; wherefore the LORD blessed the sabbath day, and hallowed it (Exodus 20:8-11)

Any Bible scholar worth his salt knows that the weekly Sabbath of the Christian Scriptures is not Sunday but Saturday. Even Roman Catholic scholars will agree, though claiming that the Roman Church had, contrary to Scripture, divine authority to change it. So how should we observe the day?

- First, the 'day' itself is observed from sundown on Friday to sundown Saturday. This is, in Bible terms, the *seventh* day of the week. It is a day that has remained in unbroken sequence since the beginning of time
- Sabbath is a time designated by the Creator as 'holy'. That is, it is a day to be carefully distinguished from the other six days
- It is a day for physical joy and refreshment. We 'rest from our labours', our regular day-to-day business activity. It is well-known that mankind needs this regular recurring pause in our busy schedule. The Sabbath puts our acquisitive lives in perspective
- But Sabbath is especially a time for refreshment of the human spirit. It is a time to burnish our relationship with our heavenly Father and our Saviour through prayer and meditation on His Word. And a time to cement our relationships with our families and our brothers and sisters in Christ. It is also a time to assemble for instruction from competent teachers
- The seventh-day Sabbath is a sign of our covenant, made at our baptism, with our God. It is a perpetual sign given by the LORD at creation to identify the people of God—a sign that has defined, and on occasion cost the lives of, obedient saints down the ages
- The *weekly Sabbath* and the *Day of Atonement* were, at their inception, the only holy days designated in Scripture as full 'Sabbaths'. That is, no secular work not of a humanitarian nature should be done, and chores minimized. The other holy days are also for fellowship, instruction and physical enjoyment but without the physical strictures of the Sabbaths

In sum, the seventh-day Sabbath, for Christians, is not a burdensome chore but a welcome break from the daily grind, a pause in our daily lives that brings rich reward. It is not a complex system of 'dos and don'ts' but a willing personal expression of our submission to our Creator God and our Saviour, and of our liberty in Christ. Each of us is free to observe it within the principles of the Scriptures

Request the free articles: The Day to Remember, Delight in the Sabbath

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