

Sealing Time Ministries

# Sabbath Answers

*Facts, Questions & Answers*

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Questions about the Sabbath? Get Bible based answers here.



“Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that *you* may know that I *am* the LORD who sanctifies you.” -Exodus 31:13

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*Facts, Questions & Answers*  
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### **Introduction**

This document is designed to be a Bible based study about the Sabbath day, which day of the week it is, and whether or not its claims are still binding today. We hope that you find it to be informative, as well as a useful study guide to this very important part of God's law.

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### Facts

1. Merriam-Webster's definition of "Sabbath"
  - a. Etymology: Middle English *sabat*, from Old French & Old English, from Latin *sabbatum*, from Greek *sabbaton*, from Hebrew *shabbAth*, literally, rest
    - i. 1 a : the seventh day of the week observed from Friday evening to Saturday evening as a day of rest and worship by Jews and some Christians
    - ii. 2 : a time of rest
2. Word "Sabbath" found in the Bible
  - a. Old Testament - 59 times
  - b. New Testament - 53 times
  - c. Total - 112 times
3. The fourth commandment is the only commandment that points to God as the creator.
4. The only commandment that contains the seal of God. (Name, title, domain.)
5. The fourth commandment is the most widely ignored commandment.
6. The fourth commandment is the only commandment that includes the word "remember."
7. It is the longest of the commandments. (98 words. The next longest is the second commandment at 89 words.)

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### The Sabbath Time Line (under construction)

1. Creation
  - a. He rested on the seventh day from all His work... -Genesis 2:2
2. Abraham
  - a. "Abraham obeyed My voice and kept My charge, My commandments, My statutes, and My laws." -Genesis 26:5
3. Moses
  - a. God asks why the Israel is not keeping the Sabbath after their deliverance from Egypt. -Exodus 16:28-30 (This is prior to the giving of the Law at Sinai in Exodus 20)
4. Joshua
5. David
  - a. "So shall I keep Your law continually, forever and ever." -Psalm 119:44
6. Solomon
  - a. "Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this *is* the whole *duty* of man." - Ecclesiastes 12:13
7. Elijah
8. Elisha
9. Daniel
10. Jeremiah
11. Isaiah
12. The Jews - Israel
13. Jesus
  - a. he reasoned in the synagogue every Sabbath... -[Acts 18:4](#)
  - b. Rested in the tomb -Matthew 27:59 - 28:1
14. Matthew
15. Mark
16. James
17. Mary Magdalene
18. Paul
  - a. "And he reasoned in the synagogue every Sabbath, and persuaded both Jews and Greeks." -[Acts 18:4](#)
19. John
  - a. Lord's Day
20. Gentiles
  - a. "So when the Jews went out of the synagogue, the Gentiles begged that these words might be preached to them the next Sabbath." - [Acts 13:42](#)
21. New Heaven/New Earth

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- a. “<sup>22</sup>For as the new heavens and the new earth which I will make shall remain before Me,” says the LORD, “So shall your descendants and your name remain. <sup>23</sup>And it shall come to pass *that* from one New Moon to another, and from one Sabbath to another, all flesh shall come to worship before Me,” says the LORD.” -Isaiah 66:22-23

## Questions & Answers

Blue text = New Testament

1. **What is the Sabbath commandment?**
  - a. “<sup>8</sup>Remember the Sabbath day, to keep it holy. <sup>9</sup>Six days you shall labor and do all your work, <sup>10</sup>but the seventh day *is* the Sabbath of the LORD your God. *In it* you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who *is* within your gates. <sup>11</sup>For *in* six days the LORD made the heavens and the earth, the sea, and all that *is* in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.” -Exodus 20:8-11
2. **What is the Sabbath?**
  - a. “the seventh day is a Sabbath of solemn rest, a holy convocation” - Leviticus 23:3
3. **When was the first known observation of Sabbath?**
  - a. The creation. -Genesis 2:2-4
4. **What day of the week was set aside at creation?**
  - a. the seventh day... -Genesis 2:2
5. **What day of the week is Sabbath?**
  - a. the seventh day, the Sabbath -Exodus 12:26
  - b. the seventh is the Sabbath of rest -Exodus 31:15
  - c. the seventh day is the Sabbath of the LORD your God - Deuteronomy 5:14
  - d. the seventh day is the Sabbath of the LORD your God... -Exodus 20:10
6. **When does the Sabbath begin and end?**
  - a. from evening to evening, you shall celebrate your Sabbath - Leviticus 23:32
  - b. as it began to be dark before the Sabbath -Nehemiah 13:19
  - c. the evening and the morning were the first day -Genesis 1:5
  - d. That day was the Preparation, and the Sabbath drew near. -Luke 23:54
7. **The Sabbath follows Friday according to the Bible**
  - a. Now when evening had come, because it was the Preparation Day, that is, the day before the Sabbath, ... -[Mark 15:42](#)

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- b. On the next day, which followed the Day of Preparation, the chief priests and Pharisees gathered together to Pilate, -[Matthew 27:62](#)
- c. That day was the Preparation, and the Sabbath drew near. -[Luke 23:54](#)

### 8. Was there to be an end to the Sabbath Commandment?

- a. throughout your generations... -Exodus 31:12
- b. perpetual covenant... -Exodus 31:16
- c. everlasting ordinance... -Exodus 12:17
- d. It is a statute forever. -Leviticus 16:31
- e. pray that your flight may not be in winter or on the Sabbath. -[Matthew 24:20](#)
- f. therefore it remains -[Hebrews 4:6](#)
- g. a sign between Me and the children of Israel forever -Exodus 31:17

### 9. Broken Sabbaths

- a. How long do you refuse to keep My commandments and My laws? (before the Law was re-stated at Sinai) -Exodus 16:28
- b. to whom it was first preached did not enter because of disobedience -[Hebrews 4:6](#)
- c. a man gathering sticks on the Sabbath day -Numbers 15:32
- d. people in Judah treading wine presses on the Sabbath -Nehemiah 13:15
- e. So I swore in My wrath, 'They shall not enter My rest.' -Psalm 95:11

### 10. Sabbaths Kept/Observed

- a. Then they returned and prepared spices and fragrant oils. And they rested on the Sabbath according to the commandment. -[Luke 23:56](#)

### 11. What does God/Jesus do on Sabbath?

- a. He rested on the seventh day from all His work... -Genesis 2:2
- b. rested the seventh day -Exodus 20:11
- c. on the seventh day He rested and was refreshed -Exodus 31:17
- d. he reasoned in the synagogue every Sabbath... -[Acts 18:4](#)
- e. God rested on the seventh day from all His works -[Hebrews 4:4](#)
- f. Rested in the tomb -[Matthew 27:59](#) - [28:1](#)

### 12. What makes the Sabbath special?

- a. God blessed the seventh day and sanctified it... -Genesis 2:3
- b. it is holy -Exodus 31:14
- c. holy to the LORD -Exodus 31:15
- d. the LORD blessed the Sabbath day and hallowed it... -Exodus 20:11

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### 13. What does God say is ok to do on Sabbath?

- a. He shall purify himself with the water...on the seventh day - Numbers 19:12
- b. keeping watch over the king's house -2 Kings 11:5
- c. "Of how much more value then is a man than a sheep? Therefore it is lawful to do good on the Sabbath." -Matthew 12:12

### 14. What is God's direction for the Sabbath day?

- a. let no man go out of his place (concerning collection of manna)... - Exodus 16:29
- b. the people rested on the seventh day... -Exodus 16:30
- c. You shall keep the Sabbath, therefore, for it is holy to you. -Exodus 31:14
- d. come to worship before Me -Isaiah 66:23
- e. do no work: you, nor your son, daughter, male servant, female servant, cattle, stranger who is within your gates -Exodus 20:10
- f. on the seventh day you shall rest; in plowing time and in harvest you shall rest -Exodus 34:21
- g. Remember the Sabbath day, to keep it holy. -Exodus 20:8
- h. the seventh day shall be a holy day for you, a Sabbath of rest to the LORD -Exodus 35:2
- i. on the seventh day you shall rest, that your ox and donkey may rest, the son of your female servant and the stranger -Exodus 23:12
- j. You shall do no work on it -Leviticus 23:3
- k. a Sabbath of rest to the LORD -Exodus 35:3
- l. do no customary work on it -Leviticus 23:8
- m. on the seventh day you shall have a holy convocation -Numbers 28:25
- n. do no customary work -Numbers 28:25
- o. Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. -Deuteronomy 5:12
- p. you shall do no work: you, your son, your daughter, your male servant, your female servant, your ox, your donkey, any of your cattle, your stranger who is within your gates, your male and female servant may rest as well -Deuteronomy 5:14
- q. Who keeps from defiling the Sabbath -Isaiah 56:2
- r. "Today, if you will hear His voice, Do not harden your hearts. - [Hebrews 4:7](#)
- s. the LORD your God commanded you to keep the Sabbath day - Deuteronomy 5:15
- t. on the seventh day there shall be a sacred assembly to the LORD your God -Deuteronomy 16:8

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- u. bear no burden on the Sabbath day, nor bring it in by the gates of Jerusalem; 22nor carry a burden out of your houses on the Sabbath day, nor do any work -Jeremiah 17:21-22
- v. hallow the Sabbath day, as I commanded your fathers -Jeremiah 17:22
- w. hallow the Sabbath day, to do no work in it -Jeremiah 17:24
- x. You shall kindle no fire throughout your dwellings on the Sabbath day -Exodus 35:2
  - i. **“During the sojourn in the wilderness the kindling of fires upon the seventh day had been strictly prohibited. *The prohibition was not to extend to the land of Canaan, where the severity of the climate would often render fires a necessity; but in the wilderness, fire was not needed for warmth.*”** {Patriarchs and Prophets 408.4}
- y. There remains therefore a rest for the people of God. v10 For he who has entered His rest has himself also ceased from his works as God did from His. -[Hebrews 4:9-10](#)
- z. therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience -[Hebrews 4:11](#)
- aa. remember and do all My commandments -Numbers 15:40
- bb. You shall do no work on it... -Deuteronomy 16:8

### 15. Who is the author of the Sabbath?

- a. the Sabbath of the LORD your God... -Exodus 20:10
- b. the LORD made the heavens and the earth, the sea, and all that is in them... -Exodus 20:11
- c. written with the finger of God... -Exodus 31:18
- d. the Sabbath of the LORD... -Leviticus 23:3
- e. the Son of Man is Lord even of the Sabbath. -[Matthew 12:8](#)

### 16. What days did God say to get all your work done on?

- a. Six days you shall gather it... -Exodus 16:26
- b. in six days the LORD made... -Exodus 20:11
- c. Six days you shall do your work... -Exodus 23:12
- d. Work shall be done for six days -Exodus 31:15
- e. Six days you shall work... -Exodus 34:21
- f. Work shall be done for six days... -Exodus 35:2
- g. Six days shall work be done... -Leviticus 23:3
- h. Six days you shall labor and do all your work -Deuteronomy 5:13

### 17. How should we prepare for Sabbath?

- a. He gives you on the sixth day bread for two days... -Exodus 16:29

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- b. 'Tomorrow is a Sabbath rest, a holy Sabbath to the LORD. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.' -Exodus 16:23

### 18. What other titles does the Bible give the Sabbath?

- a. a holy day... -Exodus 35:2
- b. a holy convocation -Leviticus 23:8

### 19. What is the eventual and final punishment for disregarding the Sabbath?

- a. shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. -Exodus 31:14
- b. Death -Exodus 35:2
- c. the LORD said to Moses, "The man must surely be put to death; - Numbers 15:35
- d. if you will not heed Me to hallow the Sabbath day, such as not carrying a burden when entering the gates of Jerusalem on the Sabbath day, then I will kindle a fire in its gates, and it shall devour the palaces of Jerusalem, and it shall not be quenched -Jeremiah 17:27
- e. So we see that they could not enter in because of unbelief. - [Hebrews 3:19](#)

### 20. Was the Sabbath changed to Sunday?

- a. "For if Jesus (Joshua in some translations) had given them rest, then would he not afterward have spoken of another day." -[Hebrews 4:8](#)
  - a. The word Jesus and Joshua are the same in the Greek.
- b. "For I am the LORD, I change not." -Malachi 3:6
- c. "My covenant will I not break, nor alter the thing that is gone out of my lips." -Psalm 89:34 (in reference to the ten commandments)

### 21. Is there Old Testament evidence for the 1,000 years of rest for the Earth after Jesus comes?

- a. When you come into the land which I give you, then the land shall keep a sabbath to the LORD. Six years you shall sow your field, and six years you shall prune your vineyard, and gather its fruit; 4but in the seventh year there shall be a sabbath of solemn rest for the land, a sabbath to the LORD. -Leviticus 25:2-3

### 22. What about buying and selling on Sabbath?

- a. would not buy it from them on the Sabbath -Nehemiah 10:31

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- b. What evil thing is this that you do, by which you profane the Sabbath day? -Nehemiah 13:17
- c. sanctify the Sabbath day -Nehemiah 13:22

### 23. Is there is a song for the Sabbath day?

- a. A PSALM. A SONG FOR THE SABBATH DAY. -Psalm 92

### 24. Is the Sabbath a day for personal pleasure?

- a. turn away your foot from the Sabbath, From doing your pleasure on My holy day... -Isaiah 58:13

### 25. What does God say about disregarding his words?

- a. But to the wicked God says: "What right have you to declare My statutes, Or take My covenant in your mouth, Seeing you hate instruction And cast My words behind you?..." -Psalm 50:16-17

### 26. What does the Lord say about Christians who don't keep the commandments?

- a. "Therefore the Lord said: "Inasmuch as these people draw near with their mouths and honor Me with their lips, but have removed their hearts far from Me, and their fear toward Me is taught by the commandment of men," -Isaiah 29:13
- b. "<sup>7</sup>And in vain they worship Me, teaching as doctrines the commandments of men." <sup>8</sup>For laying aside the commandment of God, you hold the tradition of men – the washing of pitchers and cups, and many other such things you do." <sup>9</sup>He said to them, "All too well you reject the commandment of God, that you may keep your tradition. <sup>10</sup>For Moses said, 'Honor your father and your mother'; and, 'He who curses father or mother, let him be put to death.' <sup>11</sup>But you say, 'If a man says to his father or mother, "Whatever profit you might have received from me is Corban" –' (that is, a gift to God), <sup>12</sup>then you no longer let him do anything for his father or his mother, <sup>13</sup>making the word of God of no effect through your tradition which you have handed down. And many such things you do." -Mark 7:7-13
- c. "<sup>17</sup>Therefore, to him who knows to do good and does not do it, to him it is sin." -James 4:17

### 27. Did Jesus change the Sabbath?

- a. "<sup>18</sup>For assuredly, I say to you, till heaven and earth pass away, one jot or one tittle will by no means pass from the law till all is fulfilled." -Matthew 5:18
  - a. Has heaven and earth passed away yet?

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### 28. Did the disciples change the Sabbath?

- a. went into the synagogue on the Sabbath day and sat down – [Acts 13:14](#)
- b. So when the Jews went out of the synagogue, the Gentiles begged that these words might be preached to them the next Sabbath. – [Acts 13:42](#)
- c. On the next Sabbath almost the whole city came together to hear the word of God. – [Acts 13:44](#)
- d. For Moses has had throughout many generations those who preach him in every city, being read in the synagogues every Sabbath.” – [Acts 15:21](#)
- e. And he reasoned in the synagogue every Sabbath, and persuaded both Jews and Greeks. – [Acts 18:4](#)

### 29. Is it acceptable to teach any other day instead of the seventh-day Sabbath?

- a. **“<sup>19</sup>Whoever therefore breaks one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but whoever does and teaches *them*, he shall be called great in the kingdom of heaven.”** – [Matthew 5:19](#)

### 30. Who was the Sabbath for? Wasn't the Sabbath only for the Jews?

- a. “you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates” – Exodus 20:10 (Note: It was even for the animals.)
- b. And He said to them, **“The Sabbath was made for man, and not man for the Sabbath.”** – [Mark 2:27](#) (He could have easily said “the Jews.”)

### 31. Isn't keeping the Sabbath bondage?

- a. **“<sup>6</sup>I am the LORD your God who brought you out of the land of Egypt, out of the house of bondage.” ... “<sup>12</sup>Observe the Sabbath day, to keep it holy, as the LORD your God commanded you.” ... “<sup>15</sup>And remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to keep the Sabbath day.”** – Deuteronomy 5:6,12,15 (Is it bondage to take a day off to worship God?)

### 32. How can we keep the law?

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- a. "Only may the LORD give you wisdom and understanding, and give you charge concerning Israel, that you may keep the law of the LORD your God." -1 Chronicles 22:12

### **33. Are there any promises for those that keep the Sabbath?**

- a. "I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father" -Isaiah 58:14

### **34. Wasn't the calendar changed?**

- a. "The calendar has not been changed so as to confuse the days of the week. We can be positive that our seventh day is the same day Jesus observed when He was here. Pope Gregory XIII did make a calendar change in 1582, but it did not interfere with the weekly cycle. Our present Gregorian calendar was named after him when he made that small change in 1582.

What did Pope Gregory do to the calendar? Before 1582 the Julian calendar had been in effect, instituted by Julius Ceasar about 46 B.C. and named after him. But the Julian calendar had calculated the length of the year as 365 1/4 days, and the year is actually eleven minutes less than 365 1/4 days. Those eleven minutes accumulated, and by 1582 the numbering of the calendar was ten days out of harmony with the solar system. Gregory simply dropped those ten days out of the numbering of the calendar. It was Thursday, October 4, 1582, and the next day, Friday, should have been October 5. But Gregory made it October 15 instead, dropping exactly ten days to bring the calendar back into harmony with the heavenly bodies.

Were the days of the week confused? No. Friday still followed Thursday, and Saturday still followed Friday. The same seventh day remained, and the weekly cycle was not disturbed in the least. When we keep the seventh day on Saturday, we are observing the same day Jesus kept, and He did it every week according to Luke 4:16." -SabbathTruth.com

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### Conclusion & Call

We hope that you have found Bible answers to your questions about the Sabbath. It can be seen that this subject is a common thread that you can find anywhere in scripture, as well as anywhere in time, even in the future in the new earth. Jesus is calling you to spend 24 hours of time just with Him, and when better to do it than the Holy, one on one time that He created just for that purpose. Would you like to spend some special, dedicated time with Jesus this next Sabbath?