



## Are the Christian and Jewish Sabbath the Same?

Exodus 20:9-10: (NASB) <sup>9</sup>*Six days you shall labor and do all your work,* <sup>10</sup>*but the seventh day is a Sabbath of the LORD your God...*

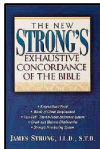


The Sabbath day was put in place by God in a very unusual way - He demonstrated it. He proclaimed it as a way for his children to stop - to stop their lives for a day and be able to look up, look around, appreciate, gain perspective and then once again move forward. In the Ten Commandments, the Sabbath is clearly on Saturday. Why then do most Christians not observe it that way? Has Christianity changed the rules God himself put in place? Stay with us as we look into rest, the Sabbath, the Bible and the role we are called upon to play.

### Was the Sabbath established because God got tired and needed to rest?

Genesis 1:31: (NASB) *God saw all that He had made, and behold, it was very good. And there was evening and there was morning, the sixth day.* Genesis 2:1-3: (NASB) <sup>1</sup>*Thus the heavens and the earth were completed, and all their hosts.* <sup>2</sup>*By the seventh day God completed His work which He had done, and He **rested <7673>** on the seventh day from all His work which He had done.* <sup>3</sup>*Then God blessed the seventh day and **sanctified <6942>** it, because in it He **rested <7673>** from all His work which God had created and made.*

So God rested:



**Rest**: Strong's #7673 shabath shaw-bath' 1) to cease, desist, rest  
2) to keep or observe the sabbath

And God sanctified the seventh day:

**Sanctified**: Strong's #6942 qadash (kaw-dash'); to be  
(causatively, make, pronounce or observe as) clean (ceremonially or morally)

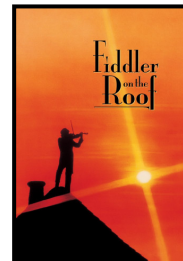
Another example of the word for sanctify:

Leviticus 11:44: (KJV) *For I am the LORD your God: ye shall therefore **sanctify yourselves**, and ye shall be holy; for I am holy: neither shall ye defile yourselves with any manner of creeping thing that creepeth upon the earth.*

))) **Preparing for the Sabbath, Fiddler on the Roof (movie)**

- *Hurry children, hurry, it's almost the Sabbath!*

The clearing up of all matters before Sabbath was important. Everybody was to be ready for that moment - preparing to just stop.



**Moses up on Mount Sinai:**

Exodus 31:16-17: (NASB) <sup>16</sup>*So the sons of Israel shall observe the sabbath, to celebrate the sabbath throughout their generations as a perpetual covenant.* <sup>17</sup>*It is a sign between Me and the sons of Israel forever; for in six days the LORD made heaven and earth, but on the seventh day He ceased from labor, and was refreshed.*

Here again, we see the same term - God rested. Yet there is an added description of God's activity - He was "refreshed." This word can literally mean



"to take a breath" and is not necessarily used when someone is tired, but also when someone sits back and looks at their work with satisfaction, such as with someone who has just built a piece of fine piece of furniture. It is a sense of exhilaration, not exhaustion, because of completion of the task.

Genesis 1:31: (NASB) *God saw all that He had made, and behold, it was very good. And there was evening and there was morning, the sixth day.*

### What was the purpose of the Sabbath for Israel?

Back to Exodus 31 - this time let's fill in the previous context:

Exodus 31:12-17: (NASB) <sup>12</sup>*The LORD spoke to Moses, saying, <sup>13</sup>But as for you, speak to the sons of Israel, saying, You shall surely observe My sabbaths; for this is a sign between Me and you throughout your generations, that you may know that I am the LORD who sanctifies you.*



#### Observations:

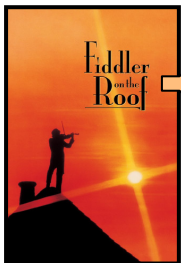
- The Sabbath was for the sons of Israel to identify them with their God.
- The Sabbath was a generational arrangement - for your children's children and so on.
- The Sabbath was evidencing the fact of God setting them apart.

<sup>14</sup>*Therefore you are to observe the sabbath, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. <sup>15</sup>For six days work may be done, but on the seventh day there is a sabbath of complete rest, holy to the LORD; whoever does any work on the sabbath day shall surely be put to death.*

- There were severe penalties for not keeping the Sabbath.

<sup>16</sup>*So the sons of Israel shall observe the sabbath, to celebrate the sabbath throughout their generations as a perpetual covenant. <sup>17</sup>It is a sign between Me and the sons of Israel forever; for in six days the LORD made heaven and earth, but on the seventh day He ceased from labor, and was refreshed.*

- If something is perpetual, it does not go away.
- It is a constant reminder of the pattern that God Himself had set.



#### ))) Preparing for the Sabbath Part 2, *Fiddler on the Roof* (movie)

- *(Tevye finishes praying) It's getting late! Where is everybody? Children? We are lighting the candles! The sun is almost down.*
- *(Motel wants to marry Tevye's oldest daughter and is trying to get Tevye's attention right before the Sabbath begins.)*



Ever wonder what "Selah" means at the end of many Psalms? It literally means to pause and consider what was just said. It's kind of like a mini-Sabbath - to just stop and reflect.



When was the Sabbath given to Israel by God? The fourth commandment is, "Remember the Sabbath and keep it holy." But what about before that?

**Here they are, wandering in the wilderness - as vulnerable as can be and entirely reliant upon God's miraculous care for them:**

Exodus 16:22-30: (NIV) <sup>22</sup>On the sixth day, they gathered twice as much--two omers for each person--and the leaders of the community came and reported this to Moses. <sup>23</sup>He said to them, This is what the LORD commanded: Tomorrow is to be a day of rest, a holy Sabbath to the LORD. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning. <sup>24</sup>So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. <sup>25</sup>Eat it today, Moses said, because today is a Sabbath to the LORD. You will not find any of it on the ground today.

Every day they were to collect manna, but only enough for that day or else it would spoil. However, on the sixth day they were to collect two days' worth because no manna would be on the ground on the seventh. So their very sustenance was dependent upon acting in accordance with the Sabbath.

<sup>26</sup>Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any. <sup>27</sup>Nevertheless, some of the people went out on the seventh day to gather it, but they found none. <sup>28</sup>Then the LORD said to Moses, How long will you refuse to keep my commands and my instructions? <sup>29</sup>Bear in mind that the LORD has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where he is on the seventh day; no one is to go out. <sup>30</sup>So the people rested on the seventh day.

The first human Sabbath institution was a clear and miraculous connection to God, for the purpose of giving them complete rest AND complete appreciation for their deliverance, right down to the very food they ate.

### Were there "other" Sabbaths for Israel?

The Jews were given a system of Sabbath Days and Sabbath Years--the Seventh Day Sabbath and the (7 x 7 + 1 = 50) Fiftieth Day Sabbath, or Day of Pentecost. They had a system of Sabbaths measured by years, the Seventh Year Sabbath and the (7 x 7 + 1 = 50) Fiftieth Year Sabbath, or Year of Jubilee. (For a detailed look at these, see the Bonus Material in this Full Edition of CQ Rewind.)

**The Ten Commandments' Sabbath proclamation - notice that this commandment is more fully explained than any other:**

Exodus 20:8-11: (NASB) <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 a sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. <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 on the seventh day; therefore the LORD blessed the sabbath day and made it holy.



**Islam Friday Rest, Sabbath and Jumuah, Khalid Yasin, 1islam.net**

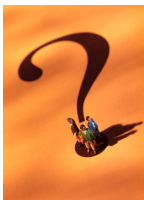
- Muslims are given the order to worship on Friday, in Arabic it is called "Jumuah." It means "the day of gathering." So what we are ordered to do is at noontime on Friday, the Muslim men especially are ordered to stop their work and go and pray in congregation. This takes only 30-45 minutes and after that we can eat, drink, work, earn money, there are no restrictions.





### The Day of Pentecost instituted as a Sabbath by God:

Leviticus 23:16-21: (NIV) <sup>16</sup>Count off fifty days up to the day after the seventh Sabbath, and then present an offering of new grain to the LORD. <sup>17</sup>From wherever you live, bring two loaves made of two-tenths of an ephah of fine flour, baked with yeast, as a wave offering of firstfruits to the LORD. <sup>18</sup>Present with this bread seven male lambs, each a year old and without defect, one young bull and two rams. They will be a burnt offering to the LORD, together with their grain offerings and drink offerings--an offering made by fire, an aroma pleasing to the LORD. <sup>19</sup>Then sacrifice one male goat for a sin offering and two lambs, each a year old, for a fellowship offering.....<sup>21</sup>On that same day you are to proclaim a sacred assembly and do no regular work. This is to be a lasting ordinance for the generations to come, wherever you live.



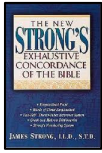
**Thought Question:** If we, as Christians, are celebrating the seventh day Sabbath, are we also to celebrate the 50th year? Why do one and not the other?



"Sabbath Prayer Song," Fiddler on the Roof

### The Day of Atonement was a Sabbath, instituted on a once a year basis:

Leviticus 16:29-34: (NRSV) <sup>29</sup>This shall be a statute to you forever: In the seventh month, on the tenth day of the month, you shall deny yourselves, and shall do no work, neither the citizen nor the alien who resides among you. <sup>30</sup>For on this day **atonement <3722>** shall be made for you, to cleanse you; from all your sins you shall be clean before the LORD. <sup>31</sup>It is a sabbath of complete rest to you, and you shall deny yourselves; it is a statute forever. <sup>32</sup>The priest who is anointed and consecrated as priest in his father's place shall make atonement,



wearing the linen vestments, the holy vestments. <sup>33</sup>He shall make atonement for the sanctuary, and he shall make atonement for the tent of meeting and for the altar, and he shall make atonement for the priests and for all the people of the assembly. <sup>34</sup>This shall be an everlasting statute for you, to make atonement for the people of Israel once in the year for all their sins. And Moses did as the LORD had commanded him.

**Atonement:** Strong's #3722 kaphar (kaw-far'); to cover (specifically with bitumen); figuratively, to expiate or condone, to placate or cancel:

During every Sabbath, however, the priesthood had work responsibilities. How does this play into our understanding as Christians?

### Do we, as Christians, throw out one Commandment?

This next text is right on the heels of the Beatitudes. These were teachings that magnified what the Law was designed to bring to the people once Messiah was there.

**Matthew 5:17-19:** (NASB) <sup>17</sup>Do not think that I came to abolish the Law or the Prophets; I did not come to abolish but to fulfill. <sup>18</sup>For truly I say to you, until heaven and earth pass away, not the smallest letter or stroke shall pass from the Law until all is accomplished. <sup>19</sup>Whoever then annuls one of the least of these commandments, and teaches others to do the same, shall be called least in the kingdom of heaven; but whoever keeps and teaches them, he shall be called great in the kingdom of heaven.

At some point, following after the Law so specifically would end. "Until all is accomplished."

### Intro - Did Constantine change the Sabbath, Got Questions Ministries

- In 321AD, Constantine decreed: "On the venerable day of the sun, let the magistrates and people residing in cities rest and let all workshops be closed."
- Constantine seems to have made this change on his own and not through the Papacy, as it had not yet come into being at that time. Constantine was not changing the Sabbath; he was merely making Sunday the official day of rest for the Roman Empire.

**Matthew 12:1-8:** (NIV) <sup>1</sup>At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. <sup>2</sup>When the Pharisees saw this, they said to him, Look! Your disciples are doing what is unlawful on the Sabbath. <sup>3</sup>He answered, Haven't you read what David did when he and his companions were hungry? <sup>4</sup>He entered the house of God, and he and his companions ate the consecrated bread-- which was not lawful for them to do, but only for the priests. <sup>5</sup>Or haven't you read in the Law that on the Sabbath the priests in the temple desecrate the day and yet are innocent? <sup>6</sup>I tell you that one greater than the temple is here. <sup>7</sup>If you had known what these words mean, I desire mercy, not sacrifice, you would not have condemned the innocent. <sup>8</sup>For the Son of Man is Lord of the Sabbath.

Jesus poses questions based on historical scriptural examples and then proclaims himself "Lord of the Sabbath." Is it that God doesn't care about keeping the Sabbath anymore?

### God doesn't care, Why some reject the Sabbath truth, Gary C. Michael

- The 4th Commandment is found in Exodus 20:8-11. It is clear that the seventh day of the week - the day we call Saturday - is the Sabbath. There is no doubt about that. Some of the people that keep the Sabbath on Sunday admit that



*it is really Saturday, but they think God doesn't care which day you worship and you should worship God everyday.*

Mark 12:28-31: (NASB) <sup>28</sup>One of the scribes came and heard them arguing, and recognizing that he had answered them well, asked him, What commandment is the foremost of all? <sup>29</sup>Jesus answered, The foremost is, Hear, O Israel! The Lord our God is one Lord; <sup>30</sup>and you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. <sup>31</sup>The second is this, You shall love your neighbor as yourself. There is no other commandment greater than these.

Jesus is showing that **as Lord of the Sabbath**, he can put it and the entire Law in perspective so as to truly focus on the most important things and no longer on the cumbersome details of counting this and that and doing this but not that.

**If Jesus kept the Sabbath, then why did he always heal on that day?**

Luke 13:10-17: (NIV) <sup>10</sup>On a Sabbath Jesus was teaching in one of the synagogues, <sup>11</sup>and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. <sup>12</sup>When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." <sup>13</sup>Then he put his hands on her, and immediately she straightened up and praised God. <sup>14</sup>Indignant because Jesus had healed on the Sabbath, the synagogue ruler said to the people, "There are six days for work. So come and be healed on those days, not on the Sabbath." <sup>15</sup>The Lord answered him, "You hypocrites! Doesn't each of you on the Sabbath untie his ox or donkey from the stall and lead it out to give it water? <sup>16</sup>Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?" <sup>17</sup>When he said this, all his opponents were humiliated, but the people were delighted with all the wonderful things he was doing.

Jesus' point was that one still takes care of the necessities of life. Man wasn't made for the Sabbath, the Sabbath was made for man. So, perhaps Jesus was showing the fulfillment of what the Sabbath would ultimately represent -a true resting in the comprehensive power of the living God!

 **Can we make a day holy? Why some reject the Sabbath truth, Gary C. Michael**

- *Do we have power to actually made a day holy? Can we place God's presence on a day other than the day He said He would specially be with us? Can we change the birthday of the world, (the 7th day)? After God created the world, He rested! We can pretend, which would be a lie, that Sunday replaced the Sabbath, but how can you replace your birthday?*

Is that what we are called upon to follow? Jesus is our example, so we need to understand his teachings to understand the application of Sabbath rest.

Galatians 3:19-23: (ASV) <sup>19</sup>What then is the law? It was added because of transgressions, till the seed should come to whom the promise hath been made; and it was ordained through angels by the hand of a mediator. <sup>20</sup>Now a mediator is not a mediator of one; but God is one. <sup>21</sup>Is the law then against the promises of God? God forbid: for if there had been a law given which could make alive, verily righteousness would have been of the law. <sup>22</sup>But the scriptures shut up all things under sin, that the promise by faith in Jesus Christ might be given to them that believe. <sup>23</sup>But before faith came, we were kept in ward under the law, shut up unto the faith which should afterwards be revealed.

The Law was added because of transgressions. Because sin was in place, we needed to identify it - until the promised seed would come. The Law was not





able to bring mankind into perfect harmony with God again. It was put in place as an identifier. Righteousness doesn't come through the Law, it comes through the sacrifice of Jesus. There is nothing you or I could ever do to earn that righteousness because we all fall short. We are able to stand before God at this time only because of Jesus.

There is a profound blessing to just stop what we are doing and appreciate God throughout our lives.

1 Timothy 2:4-6: (ASV) <sup>4</sup>who would have all men to be saved, and come to the knowledge of the truth. <sup>5</sup>For there is one God, one mediator also between God and men, himself man, Christ Jesus, <sup>6</sup>who gave himself a ransom for all; the testimony to be borne in its own times;

The centerpiece of the plan of God is Jesus, not the Sabbath.



### Observations:

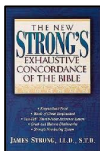
- The Law was put in place to identify sin.
- The Law was not a replacement to faith, but to lead men to faith.
- Until Jesus, there was no other way - all activities were earthly and carefully laid out.
- The Law was a DISPENSATIONAL TOOL.

 **The Rest of the Sabbath, Stress Part 1, [bibleuniverse.com](http://bibleuniverse.com), Doug Betchelor**

- *A Cornell University study of working couples: Married couples with children burdened by long hours of paid work report the lowest quality of life among working couples. Additionally, 43% of all adults suffer adverse health effects from stress.*

Sounds like we could use the principles of Sabbath and have an end to the work! Then going back to the work becomes a privilege and not a chore.

Ephesians 1:9-10: (ASV) <sup>9</sup>making known unto us the mystery of his will, according to his good pleasure which he purposed in him <sup>10</sup>unto a **dispensation <3622>** of the fullness of the times, to sum up all things in Christ, the things in the heavens, and the things upon the earth; in him, I say...



**Dispensation:** Strong's #3622 administration (of a household or estate); specifically, a (religious) "economy" - a period of time

God had the dispensation of the Law in place. Jesus came and it became a dispensation or administration of grace. The moral Law (the Ten Commandments) was meant to be followed by Christians, on even a higher level than with Israel, but now through liberty in Christ.

Matthew 5 illustrates this. The Law says "*thou shalt not kill*," but if you slander your brother, you are a murderer. The physical part is not as important to his followers as the spiritual part. Lusting after a woman is adultery. He makes the Law higher, harder in some ways. The perspective makes us think that there is much more to it than a physical day.



## So, do Christians have their own Sabbath? Yes! ...and no!

### Jesus gives us rest as our Sabbath:

Matthew 11:29-30: (NASB) <sup>29</sup>Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy and my burden is light.

Where in the Jewish Law were they given rest? It was only on the Sabbath. But Jesus is saying, if you come to me, I will give you rest. He took the Sabbath principle God put in place and tells us we will find our rest in HIM, just as God, through the Law, provided for Israel's rest on the seventh day. Jesus IS the seventh day - the day in which rest comes to the world because he is the ransom that buys the world back from sin!

Jesus IS our Sabbath. Our Sabbath comes with us whenever and wherever we go.

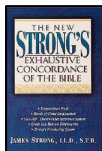
 **The rest of the Sabbath - Stress Part 2, [bibleuniverse.com](http://bibleuniverse.com), Doug Betchelor**

- 75-90% of all physician office visits are attributed to stress related ailments or complaints. Stress is linked to the six leading causes of death in the United States - cancer, heart disease, suicide... Everything from sleeping pills to antacids are related to stress...

Stress continues to build if there is no relief for it. The Sabbath was built for relief. Jesus is telling us to sit back and rest in him - that is a stress reliever! As Lord of the Sabbath, Jesus IS our Sabbath. In a sense, every day should be our Sabbath because we should be continually resting in Jesus.

### We are not bound to the Law (except by its moral standards):

Galatians 3:24-28: (ASV) <sup>24</sup>So that the law is become our **tutor <3807>** to bring us unto Christ, that we might be justified by faith. <sup>25</sup>But now that faith is come, we are no longer under a **tutor <3807>**. <sup>26</sup>For ye are all sons of God, through faith, in Christ Jesus. <sup>27</sup>For as many of you as were baptized into Christ did put on Christ. <sup>28</sup>There can be neither Jew nor Greek, there can be neither bond nor free, there can be no male and female; for ye all are one man in Christ Jesus.



**Tutor/Schoolmaster: Strong's #3807, paidagogos, a servant whose office it was to take the children to school; by implication [figuratively] a tutor**

 **Purpose of Sabbath, [waynemuller.com](http://waynemuller.com)**

- If we get quiet, the still things rise like cream to the surface of our awareness and we remember all the things we are holding. Sometimes we get frightened of Sabbath time because we are going to feel all of this. But the promise is that beneath that suffering is the grace that will bear you up. That's the faith! Sabbath practice is so much about faith. And when I lost that faith in the dark night of the soul, I needed others' faith to hold me up.

Sometimes we run away from the things with which we need to deal.

### After Jesus was resurrected...he only appeared on a Sunday:

John 20:1: (NIV) *Early on the first day of the week*, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance.

Luke 24:13-15: (NIV) <sup>13</sup>*Now that same day* two of them were going to a village called





Emmaus, about seven miles from Jerusalem. <sup>14</sup>They were talking with each other about everything that had happened. <sup>15</sup>As they talked and discussed these things with each other, Jesus himself came up and walked along with them;

**John 20:26:** (NIV) *A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!"*

We have no indication that when Jesus appeared it was ever NOT on a Sunday.

**And the Apostles traditionally gathered together on the first day of the week:**

**Acts 20:7:** *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.*

**1 Corinthians 16:2:** *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.*

For a time both days were observed by Christians, the seventh day from Jewish custom (and because it furnished the best opportunity for reaching devout Hebrews, the class most likely to be interested in the gospel) and the first day in commemoration of our Lord's resurrection. Ignatius, A.D. 75, in his writings mentions some approvingly as "no longer Sabbathizing, but living in observance of the Lord's-day, on which also our life sprang up again." The earliest record found in Scripture of the use of the name "Lord's-day" for the first day of the week is in Revelation 1:10 (A.D. 96).

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

Jesus was Lord of the Sabbath. We are told to come to him to receive rest. The Law was only able to give rest on the seventh day of the week. Jesus is where we are to get our rest, available to us every day. Sunday became a day of Christian fellowship, praise and worship. Why? To show the gloriousness of the resurrection of Jesus. Is Sunday our Sabbath? No, Jesus is our Sabbath and that travels with us every day of our lives.



*So are the Christian and Jewish Sabbath the same?  
For Jonathan and Rick and Christian Questions,  
Think about it...!*

*And now even more to think about...  
only in the **Full Edition** of CQ Rewind!*





## Details on the Jewish series of Sabbaths

### Before the Ten Commandments:

**Exodus 16:22-30:** (NIV) <sup>22</sup>On the sixth day, they gathered twice as much--two omers for each person--and the leaders of the community came and reported this to Moses. <sup>23</sup>He said to them, This is what the LORD commanded: Tomorrow is to be a day of rest, a holy Sabbath to the LORD. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning. <sup>24</sup>So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. <sup>25</sup>Eat it today, Moses said, because today is a Sabbath to the LORD. You will not find any of it on the ground today. <sup>26</sup>Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any. <sup>27</sup>Nevertheless, some of the people went out on the seventh day to gather it, but they found none. <sup>28</sup>Then the LORD said to Moses, How long will you refuse to keep my commands and my instructions? <sup>29</sup>Bear in mind that the LORD has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where he is on the seventh day; no one is to go out. <sup>30</sup>So the people rested on the seventh day.

### The Ten Commandments' Sabbath proclamation - notice that this commandment is more fully explained than any other:

**Exodus 20:8-11:** (NASB) <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 a sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. <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 on the seventh day; therefore the LORD blessed the sabbath day and made it holy.

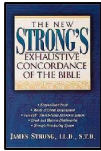
This is where most Sabbath discussions usually stop, but it is in fact where they should begin!

### The Day of Pentecost Instituted as a Sabbath by God:

**Leviticus 23:16-22:** (NIV) <sup>16</sup>Count off fifty days up to the day after the seventh Sabbath, and then present an offering of new grain to the LORD. <sup>17</sup>From wherever you live, bring two loaves made of two-tenths of an ephah of fine flour, baked with yeast, as a wave offering of firstfruits to the LORD. <sup>18</sup>Present with this bread seven male lambs, each a year old and without defect, one young bull and two rams. They will be a burnt offering to the LORD, together with their grain offerings and drink offerings--an offering made by fire, an aroma pleasing to the LORD. <sup>19</sup>Then sacrifice one male goat for a sin offering and two lambs, each a year old, for a fellowship offering. <sup>20</sup>The priest is to wave the two lambs before the LORD as a wave offering, together with the bread of the firstfruits. They are a sacred offering to the LORD for the priest. <sup>21</sup>On that same day you are to proclaim a sacred assembly and do no regular work. This is to be a lasting ordinance for the generations to come, wherever you live. <sup>22</sup>When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. Leave them for the poor and the alien. I am the LORD your God.

### The Day of Atonement was a Sabbath, instituted on a once a year basis:

**Leviticus 16:29-34:** (NRSV) <sup>29</sup>This shall be a statute to you forever: In the seventh month, on the tenth day of the month, you shall deny yourselves, and shall do no work, neither the citizen nor the alien who resides among you. <sup>30</sup>For on this day **atonement** <3722> shall be made for you, to cleanse you; from all your sins you shall be clean before the LORD. <sup>31</sup>It is a sabbath of complete rest to you, and you shall deny yourselves; it is a statute forever. <sup>32</sup>The priest who is anointed and consecrated as priest in his father's place shall make atonement, wearing the linen vestments, the holy vestments. <sup>33</sup>He shall make atonement for the sanctuary, and he shall make atonement for the tent of meeting and for the altar, and he shall make atonement for the priests and for all the people of the assembly. <sup>34</sup>This shall be an everlasting statute for you, to make atonement for the people of Israel once in the year for all their sins. And Moses did as the LORD had commanded him.



**Atonement:** Strong's #3722 kaphar (kaw-far'); a primitive root; to cover (specifically with bitumen); figuratively, to expiate or condone, to placate or cancel KJV-- appease, make (an atonement, cleanse, disannul, forgive, be merciful, pacify, pardon, purge (away), put off, (make) reconcile (-liation).

**Genesis 6:14:** *Make thee an ark of gopher wood; rooms shalt thou make in the ark, and shalt **pitch** <3722> it within and without with pitch.*

**Exodus 30:10:** *And Aaron shall make an **atonement** <3722> upon the horns of it once in a year with the blood of the sin offering of atonements: once in the year shall he make **atonement** <3722> upon it throughout your generations: it is most holy unto the LORD.*

**Exodus 30:15:** *The rich shall not give more, and the poor shall not give less than half a shekel, when they give an offering unto the LORD, to make an **atonement** <3722> for your souls.*

**Hebrews 10:4-6:** (NRSV) <sup>4</sup>For it is impossible for the blood of bulls and goats to take away sins. <sup>5</sup>Consequently, when Christ came into the world, he said, Sacrifices and offerings you have not desired, but a body you have prepared for me; <sup>6</sup>in burnt offerings and sin offerings you have taken no pleasure.

### The 7th year Sabbath instituted by God:

**Leviticus 25:1-7:** (NIV) <sup>1</sup>The LORD said to Moses on Mount Sinai, <sup>2</sup>Speak to the Israelites and say to them: 'When you enter the land I am going to give you, the land itself must observe a sabbath to the LORD. <sup>3</sup>For six years sow your fields, and for six years prune your vineyards and gather their crops. <sup>4</sup>But in the seventh year the land is to have a sabbath of rest, a sabbath to the LORD. Do not sow your fields or prune your vineyards. <sup>5</sup>Do not reap what grows of itself or harvest the grapes of your untended vines. The land is to have a year of rest. <sup>6</sup>Whatever the land yields during the sabbath year will be food for you--for yourself, your manservant and maidservant, and the hired worker and temporary resident who live among you, <sup>7</sup>as well as for your livestock and the wild animals in your land. Whatever the land produces may be eaten.

**Leviticus 25:20-22:** (NIV) <sup>20</sup>You may ask, What will we eat in the seventh year if we do not plant or harvest our crops? <sup>21</sup>I will send you such a blessing in the sixth year that the land will yield enough for three years. <sup>22</sup>While you plant during the eighth year, you will eat from the old crop and will continue to eat from it until the harvest of the ninth year comes in.

### The 50th year Jubilee instituted as a Sabbath by God:

**Leviticus 25:8-19:** (NIV) <sup>8</sup>Count off seven sabbaths of years--seven times seven years--so that the seven sabbaths of years amount to a period of forty-nine years. <sup>9</sup>Then have the trumpet sounded everywhere on the tenth day of the seventh month; on the Day of Atonement sound the trumpet throughout your land. <sup>10</sup>Consecrate the fiftieth year and proclaim liberty throughout the land to all its inhabitants. It shall be a jubilee for you; each one of you is to return to his family property and each to his own clan. <sup>11</sup>The fiftieth year shall be a jubilee for you; do not sow and do not reap what grows of itself or harvest the untended vines. <sup>12</sup>For it is a jubilee and is to be holy for you; eat only what is taken directly from the fields. <sup>13</sup>In this Year of Jubilee everyone is to return to his own property. <sup>14</sup>If you sell land to one of your countrymen or buy any from him, do not take advantage of each other. <sup>15</sup>You are to buy from your countryman on the basis of the number of years since the Jubilee. And he is to sell to you on the basis of the number of years left for harvesting crops. <sup>16</sup>When the years are many, you are to increase the price, and when the years are few, you are to decrease the price, because what he is really selling you is the number of crops. <sup>17</sup>Do not take advantage of each other, but fear your God. I am the LORD your God. <sup>18</sup>Follow my decrees and be careful to obey my laws, and you will live safely in the land. <sup>19</sup>Then the land will yield its fruit, and you will eat your fill and live there in safety.