



The Sabbath *of* The Lord

“There is a Rest”

Lesson 5

The Sabbath of The Lord

KJV Bible Lesson Series: Lesson 5

The Bible teaches that we are to keep God's moral law the Ten Commandments. Jesus Himself says in Matthew 5:17, "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil." And after Christ's death on the cross and his resurrection Paul says in Romans 3:31 "Do we then make void the law through faith? God forbid: yea, we establish the law." Love is the foundation of God's law. Romans 13:9,10 says, "For this, **Thou shalt not commit adultery, Thou shalt not kill, Thou shalt not steal, Thou shalt not bear false witness, Thou shalt not covet; and if there be any other commandment**, it is briefly comprehended in this saying, namely, Thou shalt love thy neighbour as thyself. Love worketh no ill to his neighbour: therefore **love is the fulfilling of the law.**" God's law is a law of love! Psalms 119:44, 45 says, "So shall I **keep thy law continually for ever and ever.** And I will walk at liberty: for I seek thy precepts." God's law also is everlasting!

A commandment has been forgotten or ignored by multitudes today. God, knowing that people would forget has told us "Remember". This commandment is found in God's moral law, the Ten Commandments.

What commandment begins with the word "Remember"?

Read Exodus 20:8-11.

Write the Bible Answer:

The fourth commandment is the only commandment that begins with the word "Remember." God never wanted us to forget the fourth commandment which is a Divine command to remember the seventh-day Sabbath and keep it holy.

When did God give us the seventh-day Sabbath?

Exodus 20:11 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.

Write the Bible Answer:

It goes back to creation. After God made the heavens and the earth in six literal days, He rested on the seventh day.

What does the Bible say about this in Genesis, the first book of the Bible?

Read Genesis 2:1-3.

Write the Bible Answer:

God Himself rested from His work of creation on the seventh day. The original Hebrew word for “rest” in Genesis 2:2, 3 is “shâbath” which is “sabbath” in English. God gave us the seventh-day Sabbath in the beginning, after He ended His work of Creation before sin entered the world.

What are the three main things that God did on the seventh day of Creation?

Genesis 2:3 “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.”

Write the Bible Answer:

Sanctified means to consecrate or make holy. God blessed the seventh day and consecrated that day for a holy purpose. Even though the other six days of the week are good, **the seventh day was the only day of the week God blessed and sanctified.**

What day is the seventh day of the week?

From the beginning God has given us a seven day weekly cycle. This order is still the same. In the beginning God numbered the days 1-7. The last day, being the special rest day, He called Sabbath.

Saturday is the seventh day of the week according to any standard calendar. Also, a standard dictionary such as the Webster's dictionary clearly defines Saturday as the seventh day of the week.

The death, burial, and resurrection of Jesus also give more proof that the seventh day is Saturday.**What day did Jesus die on?**

Read Mark 15:42-45.

Write the Bible Answer:

Jesus died on preparation day, Friday, which was the day before the Sabbath. Jesus rested on the seventh day, Saturday, which is the Sabbath.

What day did Jesus rise on?

Read Mark 16:2; Mark 16:9.

Write the Bible Answer:

Jesus rose early on the first day of the week, Sunday.

From the death, burial, and resurrection of Jesus, we understand from the Bible that the sixth day of the week is Friday, the seventh day of the week is Saturday, and the first day of the week is Sunday.

In over a hundred languages the word Sabbath is used to represent

the seventh day. For example, the English word Saturday in Spanish is “Sabado” which means sabbath. In French the word for the seventh day is “Samedi”, in Russian “Subbota”, and in Arabic “Assabt” which mean “the Sabbath”.

When does the sabbath officially begin?

God clearly defines a 24 hour day and when a new day begins in Genesis chapter 1.

Read Genesis 1:5.

Write the Bible Answer:

It says likewise for the second, third, fourth, fifth, and sixth day. According to the Bible, a new day begins in the evening, or in other words at sunset. The day ends at sunset the next day. There are 24 literal hours from evening to evening. A day beginning at 12 o'clock midnight is a man-made concept.

Why was the sabbath given? Is it just for the Jews?

Mark 2:27 “And he said unto them, The sabbath was made for man, and not man for the sabbath:”

Write the Bible Answer:

God gave us the seventh day as the Sabbath for the benefit of all humanity. It was not given just for the Jews and the people in the Old Testament. God gave us the Sabbath at the beginning of creation, over 2000 years before the Jews.

Whose day is the seventh-day Sabbath?

The first part of Exodus 20:10 says, “But the seventh day *is* the sabbath of the LORD thy God...”

Mark 2:28 “Therefore the Son of man is Lord also of the sabbath.”

Write the Bible Answer:

The seventh day is the Sabbath of the Lord.

What does the Sabbath commemorate?

Exodus 31:16-17 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.

Write the Bible Answer:

“The seventh day *is* the sabbath of the LORD thy God”. (Exodus 20:10)
It is the Lord’s Day. The Sabbath is a sacred time to commemorate God as our Creator and Savior. Every Sabbath is a reminder of our Wonderful, Almighty, Creator. Read John 1:1-3,14.

What is a sign of loyalty to God?

Read Ezekiel 20:12,20.

Write the Bible Answer:

Keeping the seventh-day Sabbath holy is a sign or evidence of your loyalty and love toward God.

What did Jesus do on the sabbath?

Luke 4:16 says, “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.”

Read also Luke 4:31.

Write the Bible Answer:

Jesus kept the sabbath.

During the time of Christ, the Jewish leaders misrepresented the Sabbath by making it a burden. What did Jesus teach about the Sabbath?

Read Matthew 12:10-12.

Write the Bible Answer:

Jesus taught that it was not a day that is a burden, but a delight. He ministered, healed, and did good on the Sabbath. He is Lord of the seventh-day Sabbath. Remember Mark 2:28.

The women that wanted to anoint the body of Jesus prepared the spices and ointments and rested on the seventh day.

Read Luke 23:54,56.

What did they do after the Sabbath?

Read Mark 16:1-2.

Write the Bible Answer:

The work they did not do on the seventh day of the week, Sabbath, they

were going to do on the first day of the week, Sunday. But Jesus had risen, and there was no need to anoint His body! The message was, “He is not here: for He is risen...”. Matthew 28:6

What day did the Apostles and the early church worship on?

Read Acts 13:14, 15, 42,44; Acts 16:13; Acts 17:1-3.

Write the Bible Answer:

Even after Christ’s death and resurrection the apostles and the early church also worshiped on the seventh-day sabbath.

How should we enter the Sabbath?

We should enter each Sabbath with the reading of His Words, thanksgiving, singing, praise, to our Creator and Savior every Friday evening at sunset, when Sabbath begins.

What does God command us to do on the sabbath?

Rest – Cease from your regular work or employment.

Read Exodus 20:9-11.

2 Thessalonians 3:10 says “...if any would not work, neither should he eat.” We should work hard and value work six days a week. But on the day that God blessed and sanctified, the seventh-day Sabbath, we are to rest and cease from our regular employment. God gives us Divine permission to take off! God is the boss of all bosses. Who would you rather obey? This also includes common chores or household labor such as cutting the lawn, washing the car, washing clothes. These things can wait until after the Sabbath hours.

Refrain from doing our own pleasure.

Read Isaiah 58:13,14.

On God’s holy Sabbath we should refrain from doing things just for our

pleasure such as going shopping, or having secular conversations. On the Sabbath day God wants all our attention without any worldly distractions. Watching secular things, or doing secular activities, and having secular conversations on God's holy day will distract your attention away from God.

Our conversations are to be about God and his great love for us.

The greatest conversation is found in:

John 3:14-17; 1 Peter 3:18; 1 Peter 2:24.

This is the amazing love of God!

On the Sabbath we are to fulfill His commission to bless others. This day comes at the end of a busy week – the Holy Rest Day. This is a day to look forward to and get excited about. The sabbath is to be a delight.

Not a day for buying and selling

In the time of Nehemiah what were many in Judah doing on the Sabbath?

Read Nehemiah 13:15,16.

Write the Bible Answer:

When Nehemiah saw the Sabbath was being profaned and that they were buying and selling on the holy day, what did he do?

Read Nehemiah 13:17 19,21.

The Sabbath is holy. It is not a day to buy and sell. Those who own a business that sells products or services should be closed on God's holy Sabbath. There are many examples of business owners who closed their business on the Sabbath and kept it holy as the Bible reveals. Though their faith was tested, they were blessed by God because of their faithfulness to Him and His Word.

Cooking and Food Preparations are to be done Before the Sabbath.

In Exodus chapter 16 God gave Israel specific instructions on what they were to do with the manna on the day before the Sabbath.

Read Exodus 16:26; Exodus 16:22-24.

The lesson we learn from the sixteenth chapter of Exodus, is that we should have our main cooking, baking and boiling, done before the Sabbath. On the Sabbath, God does not want our mind on getting a meal together. The Sabbath meal should be prepared before the Sabbath. Yet we are not required to eat cold food. On the Sabbath day, all you should have to do is warm your Sabbath meal and enjoy the Sabbath rest that God has given us.

Weekly Holy Assembly & Worship with God's People

Leviticus 23:3 says, "Six days shall work be done: but the seventh day is the sabbath of rest, an holy convocation [holy assembly]; ye shall do no work therein: it is the sabbath of the LORD in all your dwellings."

Read also Hebrews 10:25.

The seventh-day Sabbath, as the holy scriptures reveal, is a day for the believers of Jesus Christ to assemble "For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ:" and fellowship with like believers in our Lord. Ephesians 4:12.

What does the Bible say about those who keep the sabbath holy as the Bible says?

Read Isaiah 58:13-14.

Write the Bible Answer:

You will be blessed by God and He will take care of you, "for the mouth of the LORD hath spoken it."

Even after Christ's death and resurrection the disciples and the early church worshiped on the seventh-day sabbath. Jesus Christ, who is our example,

kept the seventh-day Sabbath; His disciples and the early Christian church kept the seventh-day Sabbath; and the Bible - the holy words of God and the rule of life- teaches only that the seventh-day is the sabbath. The Bible also reveals that we will keep the seventh-day sabbath in heaven and on the new earth. (Read Revelation 21:1-7.) Isaiah 66:22, 23 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 [new month] to another, and from one sabbath to another, shall all flesh come to worship before me, saith the LORD.” Will we do what God has commanded us or follow what a mortal man says? (Read Matthew 15:9) We must be obedient to all of God’s commands. Jesus says, “If ye love me, keep my commandments.” John 14:15

The Bible Brain Challenge

What commandment begins with the word "Remember"?

Fill in the Blank

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

According to the Bible when does the Sabbath begin?

Whose day is the Sabbath?

Fill in the Blank

Mark 2:28 "Therefore the Son of man is _____ also of the _____."

Isaiah 58:13, 14 "If thou turn away thy foot from the sabbath, *from* doing thy pleasure on my holy day; and call the sabbath a _____, the holy of the LORD, honourable; and shalt _____ him, not doing thine _____ ways, nor finding thine own pleasure, nor speaking *thine own* words: 14 Then shalt thou _____ 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."

These Bible lessons are by Pathway to Peace Ministries



Pathway to Peace Ministries

Matthew 9:35 & Revelation 14

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