

24:1,6

“When Jesus... said, It is finished: and he bowed his head, and gave up the ghost. The Jews therefore, because it was the preparation, that the bodies should not remain upon the cross on the sabbath day...” John 19:30,31

Chose ye this day - a Blessing or a Curse

“Behold, I set before you this day a blessing and a curse; A blessing, if ye obey the commandments of the Lord your God... And a curse, if ye will not obey the commandments of the Lord your God...” Deut. 11:26-28

“...on the seventh day there shall be to you an holy day, a Sabbath of rest to the Lord: whosoever doeth work therein shall be put to death.” Ex. 35:2 “Ye shall keep the Sabbath therefore; for it is holy unto you: every one that defileth it... shall be cut off from among his people.” Ex. 31:14

Sabbath-keeping - a special blessing given

“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: 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].” Isa. 58:13,14

“Blessed is the man... that keepeth the Sabbath from polluting it...” Isa.. 56:2

Published by: Advent Herald Ministry
10049 S Township Rd
Canby, OR 97013
www.adventherald.org
info@adventherald.org
503-592-0707

A day of Rest

Are you tired? Are you weary of the rat-race and busyness of life? Do you wish you could take a break from it all?

In the Bible we are told that God took a break from his work. When God created the world He worked for six days and then “...He rested on the seventh day from all his work which he had made.” Genesis 2:2

Even the God of heaven and earth stopped his work for a day of refreshment. “...for in six days the Lord made heaven and earth, and on the seventh day he rested, and was refreshed.” Exodus 31:17

A day of Rest - instituted at Creation

God understands our need to rest. He knows our need for a break. And in the very beginning (creation) He instituted a day for us to rest and be refreshed just as He was.

Exodus 20:8 “Remember the Sabbath day, to keep it holy.” When God says to “Remember the Sabbath-day” He is saying to Remember the seventh-day of creation. Because in verse 11 He points us back to creation when the Sabbath was created, his example of rest. 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.”

A day of Refreshment

The Sabbath was made for man to be a refreshment. “...for in six days the Lord made heaven and earth, and on the seventh day he rested, and was refreshed.” Ex. 31:17

God’s gift to “all mankind”

And he [Jesus] said unto them, The sabbath was made for man, and not man for the sabbath: Mark 2:27 The Sabbath was instituted after the creation of man. It is meant to be a blessing, a gift for all mankind. The Sabbath was made for man not man for the Sabbath.

A rest from Labor

“Six days shalt thou labor, and do all thy work; but the seventh day is the Sabbath of the Lord thy God; in it thou shalt not do any work... For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day...” Exodus 20:9-11

“The weekly cycle of seven literal days, six for labor and the seventh for rest, which has been preserved and brought down through Bible history, originated in the great facts of the first seven days.” by Ellen White in 1SP 85

A day of holy thoughts

This day is also given to us as a rest from all our wearisome thoughts.

“God blessed the seventh day, and sanctified it: because that in it he had rested from all

his work which God created and made.” Gen. 2:3

Sabbath is a day of Holy Worship to God

“Six days shall work be done: but the seventh day is the sabbath of rest, an holy convocation; ye shall do no work therein: it is the sabbath of the Lord in all your dwellings.” Leviticus 23:3

“Remember” the seventh-day Sabbath

The Sabbath was not instituted when God gave his law to the Jews. The Lord told the Jews to “Remember” the Sabbath. The Sabbath was not a new commandment, it had already been given, it was instituted at creation for all mankind. The Jews were told to “Remember” the Sabbath because when they were in Egypt they were slaves and had lost the importance of the Sabbath rest.

The Lord tells mankind to “Remember” because He knew this was the one commandment the world would tend to forget.

Sabbath is an everlasting covenant

“Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant.” Exodus 31:16

God’s law is for all mankind

Jesus says to us “If ye love me keep my commandments” John 14:15

“...Remember that thou wast a servant in the land of Egypt, and that the Lord thy God brought thee out thence through a mighty hand and by a stretched out arm: therefore the Lord thy God commanded thee to keep

the Sabbath day.” Deut. 5:15

God’s law was given to the Jews because He was their Saviour from bondage/Egypt. God’s law is given to us because He is our Creator and Saviour from bondage/world of sin.

Saturday - the seventh-day is the Sabbath

When Jesus died for our sins He hung on the cross and died on the sixth day of the week - Friday. He “Rested on Sabbath”, seventh day - Saturday. He was raised from the dead on the first day - Sunday. As Creator Jesus Rested on the Sabbath. As Saviour Jesus Rested on the Sabbath.

And Jesus cried with a loud voice, and gave up the ghost.... And now when the even was come, because it was the preparation, that is, the day before the Sabbath, Mark 15:37,42

And when the Sabbath was past... very early in the morning the first [day] of the week, they came unto the sepulchre at the rising of the sun. Mark 16:1,2

And he took it [Jesus body] down, and wrapped it in linen, and laid it in a sepulchre that was hewn in stone, wherein never man before was laid. And that day was the preparation [Friday], and the Sabbath [Saturday] drew on. And the women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. And they returned, and prepared spices and ointments; and rested the Sabbath day according to the commandment. 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. He is not here, but is risen...” Luke 23:53-56