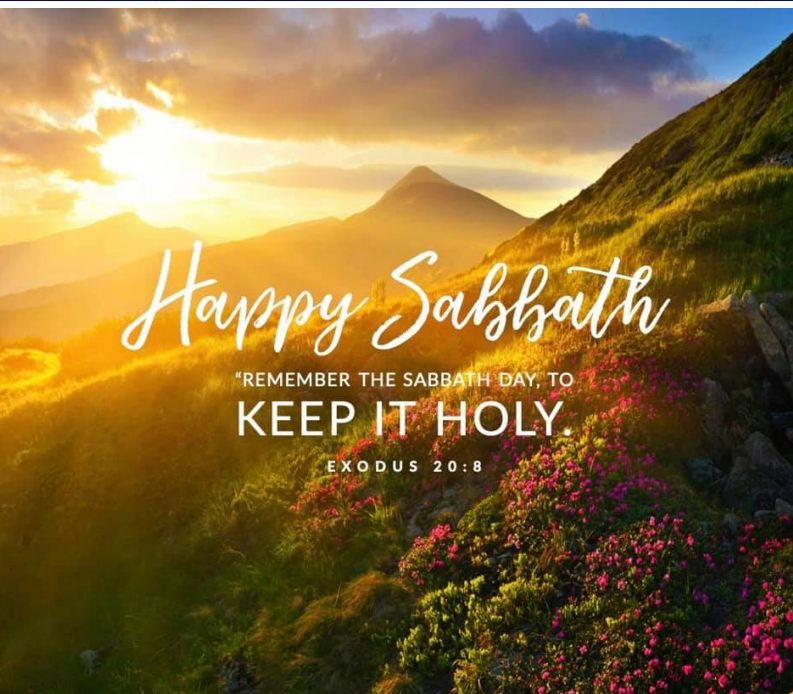




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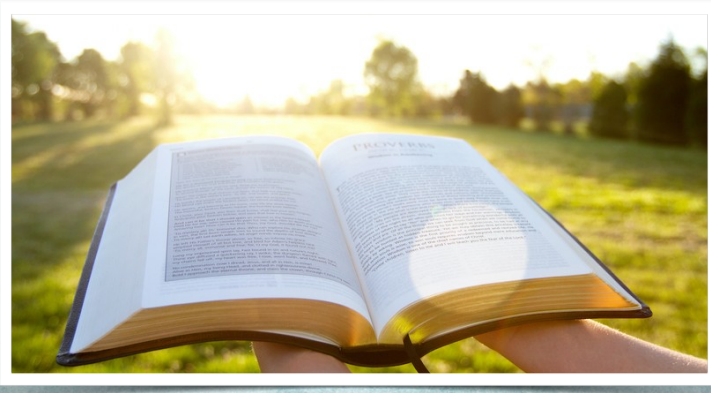
"If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the 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,

ISAIAH 58: 13-14

THE SABBATH

WRITTEN BY: EVELYN C. POINTER, ELDER

In the beginning when God created the heaven and the earth, He gave to man a day of rest. He sanctified the seventh day and made it holy. This means that it is set apart or separated from the other days of the week, for the worship and praise of God. You must not work or do routine common activities like going to movies on the Sabbath day. You must limit yourself to doing only those things allowed in the bible. The seventh day is the Sabbath of the Lord. It begins at sundown on Friday and ends at sundown on Saturday. It was God our creator, Lord and master, who determined which day that he wanted us to remember and keep holy. No man was ever given the authority to change the law of God or to make the first day of the week the Sabbath. Many of the early Christians sought to hide their beliefs by resting on the first and the seventh day because of the persecution. The Romans hated the Jews. They were sun worshippers. Christianity came from Judaism (Christ was a Jew according to the flesh). The Romans persecuted all who were Jews, or Christian or who worshipped on the Sabbath. Later, when the Romans decided to convert to Christianity, they said they would not Judaize, and continued to persecute those that kept the Sabbath. They said that the first day, or day of the Sun was the day that the true Christian was to rest on, saying that Christ rose on Sunday and therefore Sunday was the Lord's Day. It's not.



And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. 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.

GENESIS 2: 2-3

When God gave the Ten Commandments to Moses, he again commanded man to keep the Sabbath day. The Ten Commandments were not written by Moses through inspiration of the Holy Spirit. Neither did he dictate it from the mouth of God. The Ten Commandments were written by the hand of God alone, on two tables of stone. This means that this law, written by God, can never be changed by man. The Sabbath is a sign of the covenant between us and God. A covenant is an agreement between two parties. We agree to obey God, and he agrees to save us, and to give us eternal life at his coming. The Sabbath day was not given only to the children of Israel. Prior to the existence of Jacob or even Abraham, God commanded Adam, the father of us all, to keep the Sabbath day holy. Therefore the commandment was for all those who were born of Adam, Jew or Gentile. Jesus Christ kept the Sabbath. He would always go into the synagogues on the Sabbath day to worship God and preach the gospel. He gave us greater light and showed us how to keep the Sabbath, teaching us that works of healing and mercy is allowed. It is lawful to do good on the Sabbath. Certain types of work therefore fall into this category, and are lawful and necessary to be done on the Sabbath day. Jesus said that "Till heaven and earth pass, one jot and one tittle shall in no wise pass from the law, till all be fulfilled." Matthew 5:18. He said, I am the Lord and I change not. If Christ kept the Sabbath, we as Christians, the followers of Christ, ought to walk as he walked. The bible says that the earth is cursed because "they have transgressed the the laws, changed the ordinance, and broken the everlasting covenant". But the bible also promises a great blessing and salvation to all those who keep the law of God, who remember the Sabbath day and keep it holy.