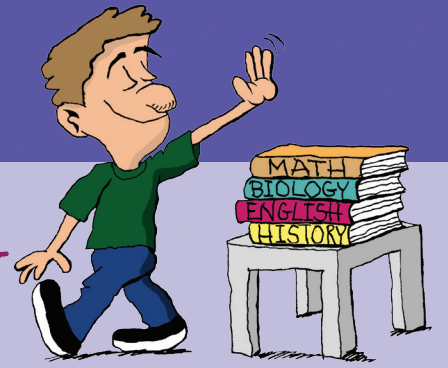


# THE SABBATH



SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SABBATH 7
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## IT STARTS WITH CREATION

	THE FIRST SABBATH (Genesis 2:2, 3)	THE SABBATH COMMANDMENT (Exodus 20:8-11)
WHO	God	everybody
WHAT	stop working	stop working
WHEN	the seventh day of Creation week	the seventh day of each week
WHERE	planet Earth	anywhere
WHY	<ul style="list-style-type: none"> <li>because His work was done</li> <li>because He wanted to set aside this day for a special purpose</li> </ul>	<ul style="list-style-type: none"> <li>because God set the example</li> <li>because He is our Creator and deserves our worship</li> </ul>

“By the seventh day God had finished the work he had been doing. So on the seventh day he rested from all of his work. God blessed the seventh day and made it holy” (Genesis 2:2, 3).

## A WEEKLY BREAK

The Sabbath is supposed to be “a day you can enjoy.” But it’s also “holy”—a day set apart for God. “Do not do just anything you want to on my holy day,” God says. Instead, “find your joy in me” (Isaiah 58:13, 14).

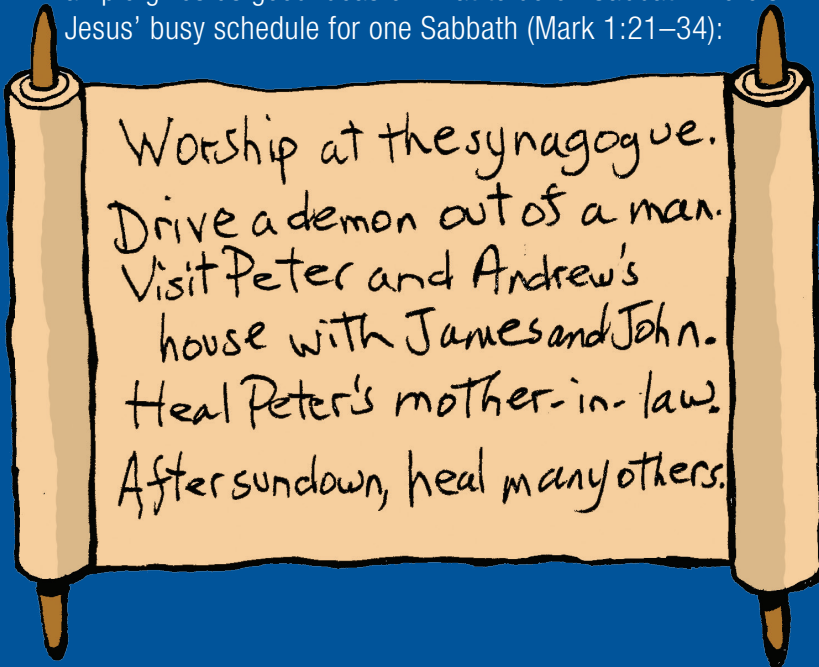
The big thing NOT to do? Work (Exodus 20:10). That means you have an entire day off from homework and chores. Can’t complain about that!



Nehemiah got so upset when people kept working on their farms and shopping during Sabbath that he shut the gates of Jerusalem to keep the salespeople out! (Read about it in Nehemiah 13:15–22.)

## WHAT DID JESUS DO?

Jesus is in charge of the Sabbath (Mark 2:28), so His example gives us good ideas of what to do on Sabbath. Here’s Jesus’ busy schedule for one Sabbath (Mark 1:21–34):



## IT'S A GOOD DAY

God created the Sabbath to help us, not make us miserable. “The Sabbath was made for the good of people” (Mark 2:27, CEV).

Some Jewish leaders got mad when Jesus healed people on the Sabbath. But Jesus told them, “The Law allows us to do good on the Sabbath day” (Matthew 12:12). It’s a day to help others.

## BONUS SABBATHS

The Israelites had seven extra sabbaths each year—religious holidays such as the Feast of Trumpets and the Day of Atonement.

These yearly sabbaths pointed forward to Jesus and His work. Now that we have the real thing—Jesus—we don’t celebrate these holidays (Colossians 2:16, 17).

## A DAY LATE

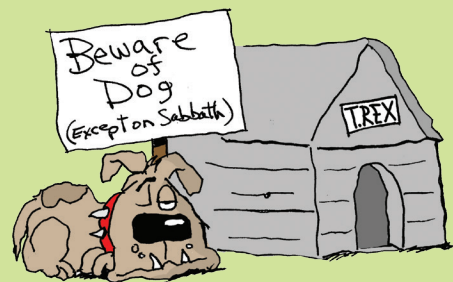
The Bible does not say that God changed His holy Sabbath from day seven to day one. So why do most Christians worship on Sunday?

More than 100 years after Jesus died, some Christians began worshipping on the first day of the week. It seemed like a good way to remember Jesus’ resurrection. Plus it was the popular thing to do, since many pagans worshipped the sun on “Sun”-day.

For years many Christians rested and worshipped on Saturday and then worshipped again on Sunday! But in AD 364, church leaders told people to stop keeping the Sabbath. “You must work on Sabbath and rest on Sunday,” they said.

The church claimed it had the power to change God’s law! The Bible had predicted this shocking rebellion (Daniel 7:25). Unfortunately, most Christians followed along, and many still do.

**“He’ll speak against the Most High God. He’ll treat God’s people badly. He will try to change the times and laws that were given by God. God’s people will be handed over to him for three and a half years” (Daniel 7:25).**



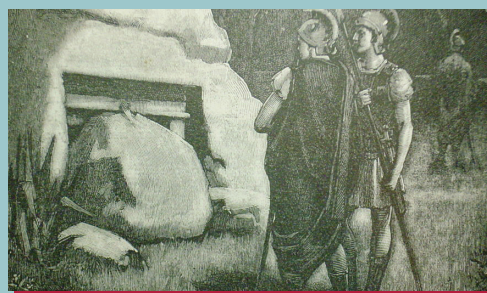
## LIBERTY AND JUSTICE FOR ALL

When God rescued the Israelites from Egypt, the Sabbath became even more significant. Besides reminding them of Creation, it reminded the people of God’s amazing deliverance. Since God had saved them from slavery, they needed to pass along that kindness to their servants (Deuteronomy 5:14, 15).

We don’t make other people work for us on Sabbath so we can rest. Everyone takes a break together. Even animals get the day off!

## NIGHT AND DAY

Just like the days of Creation, which started with “evening,” the Sabbath goes from sunset on Friday night to sunset on Saturday night. Leviticus 23:32 uses the Day of Atonement as an example: “You must keep your sabbath from the evening of the ninth day of the month until the following evening.”



## SABBATH FUN FACTS

- God reminded the Israelites about the Sabbath more than 2,000 times while they lived in the wilderness! For 40 years He sent manna every day except Sabbath (Exodus 16:22–30).
- Jesus rested in the tomb on Sabbath after finishing His mission on earth (Mark 15:42–46).
- Paul spent countless Sabbaths teaching people about Jesus (Acts 16:13; 17:1, 2).

## GOD CALLS THE SHOTS

The Sabbath isn’t based on anything in nature, like the phases of the moon or the time it takes the earth to go around the sun. It’s based on God’s Word, which tells us that God created the world in six days, rested on the seventh day, and told us to rest on that day.

Keeping the Sabbath holy shows that we trust God and obey Him because He knows what’s best for us. We follow His way, not human ideas about worship.

The Sabbath will always be a special day to spend with God. “I will make new heavens and the new earth, which will last forever,” says the Lord. . . . “All people will come to worship me every Sabbath” (Isaiah 66:22, 23, NCV).