

A Survey of the Sabbath by means of Biblical theology  
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1. First mention of the “Seventh Day” is in Genesis 2:2,3. It is not called a Sabbath but God rested from His creative work on that day.
  - A. 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.
2. First mention of the Sabbath- Exodus 16:23 And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD : bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.
3. The Sabbath is “holy”- Exodus 16:23 And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD : bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.
4. Every man was to “stay in his place” on the Sabbath- Exodus 16:29 See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.
5. It was to be “kept holy”. Exodus 20:8 Remember the sabbath day, to keep it holy.
6. No work was to be done on the Sabbath, by man or animal.
  - A. Exodus 20:10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:
  - B. Exodus 35:2 Six days shall work be done, but 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.
  - C. Leviticus 23:3 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.
  - D. Deuteronomy 5:14 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that is within thy gates; that thy manservant and thy maidservant may rest as well as thou.
  - E. Nehemiah enforced it in Nehemiah 13:15-22
  - F. Jeremiah 17:21-27
7. The Sabbath was given to Israel, not to any Gentile nation
  - A. Exodus 31:14 Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people.
  - B. Exodus 31:16 Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant.

- C. Proselytes to Judaism were to also keep it- Isaiah 56:6 Also the sons of the stranger, that join themselves to the LORD , to serve him, and to love the name of the LORD , to be his servants, every one that keepeth the sabbath from polluting it, and taketh hold of my covenant;
8. The penalty for violating the Sabbath was death and that soul being cut off from Israel
- A. Exodus 31:14,15 Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people. Six days may work be done; but in the seventh is the sabbath of rest, holy to the LORD : whosoever doeth any work in the sabbath day, he shall surely be put to death.
- B. Exodus 35:2 Six days shall work be done, but 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.
- C. Numbers 15:32ff
- D. There is no Sabbath keeper alive today who submits himself to be stoned when he violates the Sabbath, which he does every week. If he gets up on Saturday morning and drives 10 miles to church and back, he has broken the Sabbath as he is supposed to stay in his own place. If he turns his furnace up and cooks breakfast or lunch on the Sabbath, he has again violated the Sabbath as he has “kindled a fire”.
9. The Sabbath will be observed forever. Exodus 31:16 Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant.
10. No fire was to be kindled on the Sabbath Exodus 35:3 Ye shall kindle no fire throughout your habitations upon the sabbath day.
11. The Sabbath was to be sanctified Deuteronomy 5:12 Keep the sabbath day to sanctify it, as the LORD thy God hath commanded thee.
12. The Sabbath was to be called a delight- Isaiah 58:13 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:
13. The Sabbath will be observed in the Millennium.
- A. Isaiah 66:23 And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the LORD .
- B. Ezekiel 44-46
14. It is lawful to do well and to serve God on the Sabbath
- A. Matthew 12:2-12
15. The Sabbath was made for the benefit of man, not the other way around- Mark2:27 And he said unto them, The sabbath was made for man, and not man for the sabbath:
16. Jesus is the Lord of the Sabbath. Mark2:28 Therefore the Son of man is Lord also of the sabbath.
17. It was the Lord’s custom to go to the synagogue on the Sabbath- Luke 4:16 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.

18. The Jews would do circumcisions on the Sabbath. John 7:22 Moses therefore gave unto you circumcision; (not because it is of Moses, but of the fathers;) and ye on the sabbath day circumcise a man.

19. Sabbath Day Journey- Acts 1:12. This was about 3/4th of a mile or 2000 paces.

20. No Christian is to be judged or allow others to judge him as to whether he keeps the Sabbath or not. Colossians 2:16 Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days:

21. Cattle get rest also on the seventh day, since God's care for the brute creation is manifest many times in the Old Testament (Genesis 8:1, 9:9-11; Exodus 23:5,12; Deuteronomy 25:4; Jonah 4:11).

22. Nine of the Ten Commandments are repeated by Paul in his epistles. The missing one is the Fourth Commandment. Paul never refers to it as still binding on Christians in the New Testament. In fact, Paul tells us to allow no one to judge us with respect to whether we worship on the Sabbath or not (Colossians 2:16). Nowhere in the New Testament are Christians commanded to keep the Sabbath.

A. If a Christian did go back under the law to observe the Sabbath, he then obligates himself to keep the whole law (Galatians 3:10-14; 5:3,9-11; James 2:10). This included suffering the penalty for failure to observe the law.

23. The early church did not observe the Sabbath. In Acts, the only example we have of a church service is in Acts 20 and they met on the "first day of the week" (Acts 20:7). Paul also assumes the Corinthian church was meeting on the "first day of the week" in 1 Corinthians 16:2).

A. There is no New Testament record of any church meeting on the Sabbath.

24. Even today, the Sabbath is not Sunday. The Sabbath is sundown Friday to sundown Saturday. Sunday is Sunday. Therefore, Sabbath regulations are not binding on the Church. The Sabbath was given to Israel as a covenant sign but the Sabbath was not given to any Gentile nation as God never entered into covenant with any Gentile nation (and that includes the United States) as He did with Israel. Is it unfortunate that many good Christian writers referred to Sunday as a "Christian Sabbath" or tried to bring Sabbath regulations over to Sunday. Robert Murray McCheyne did this but he was not the only one.

25. The weekly Sabbath could fall on different days:

A. 1st day- Leviticus 23:29

B. 7th day- Exodus 20:10

C. 8th day- Leviticus 23:29