

Questions asked by Christians

The Sabbath and Day of Worship.

The most important point about the Sabbath, according to the Word of God, is that it belongs to the Lord himself, it was a gift from the Lord he made for Mankind, [Exodus 16:29](#). The basic idea of the day which the Scriptures refers too as "the Sabbath" is that one day in seven will be observed as an holy day, having been set apart and blessed by God, see [Deuteronomy 5:12-15](#). The reason given for a Sabbath Day is given in the Ten Commandment's, it is to be a day of rest for Mankind. A "day of rest" was originally created by God Himself during His acts of creation, [Genesis 2:1-3](#). The instruction to keep the Sabbath is therefore by the instruction of God and is related to His creation of the universe, [Exodus 20:8-11](#).

Additional instructions about the Sabbath.

Israel spent a very long time as slaves in Egypt, so they are told to make sure that any slaves they now have are looked after and allowed to have a "day of rest" like them. See [Exodus 31:13-16](#); [Exodus 34:21](#); [Exodus 35:2ff](#); [Leviticus 19:3,30](#); [Leviticus 23:3,38](#).

The importance of keeping the Sabbath is shown by the punishments given for failing to keep it in [Numbers 15:32-36](#).

Today our lives are very busy, though we have many labour saving gadgets, we now spend time doing more things and creating more noise and pollution.

The prophets of the Old Testaments promised that all who obey the rules of the Sabbath will be blessed by God, see [Isaiah 56:2-4](#); [Isaiah 58:13,14](#)

The Day of Rest.

The Scriptures indicate that there are three different "Days of rest":-

According to the Old Testament:

The gift of the "Sabbath Day of Rest."

The word "Sabbath" has the meaning of "Rest," it is a direct transfer from the Hebrew language.

"Creation Rest" [Genesis 2:1-3](#), God created the universe in six days then rested.

"The Covenant Rest."

[Exodus 31:13, 16-17](#). The words given in the instructions indicates that this applies only to a specific people, Israel, it is given as a sign. This is a Covenant only between God and Israel.

According to the New Testament

Calvary Rest.

1) The Old Testament is written as a "Shadow of the future," The coming Messiah, Jesus Christ, is indicated throughout. [Heb 10:7-14](#).

2) As a result of the sacrifice of Christ on the cross, a new creation has been introduced. [2 Cor 5:17](#).

3) Jesus was given a specific and new task, "the work of God," [John 9:4](#)

"I must work the works of him that sent me, while it is day: the night cometh, when no man can work."

4) [John 19:30](#),

"It is finished: and he bowed his head, and gave up the ghost."

[Heb 10:10-12](#).

"By the which will we are sanctified through the offering of the body of Jesus Christ once for all.

And every priest standeth daily ministering and offering oftentimes the same sacrifices, which can never take away sins:

But this man, after he had offered one sacrifice for sins for ever, sat down on the right hand of God; "

The work set by God the Father has been completed, "It Is Finished" He can now rest..

The Result of the Work Finished.

Col 2:13,14. When Jesus rose from the dead, we were able to rise from our dead in sin lives and rose with Him, our sins forgiven, the debt paid in full.

Because of this action, we are not judged about various situations, [Col 2:16,17](#).

"16 Let no man therefore judge you in meat, or in drink, or in respect of an holy day, or of the new moon, or of the sabbath days: 17 Which are a shadow of things to come; but the body is of Christ. "

Including the keeping of a Sabbath day of worship and of rest, a shadow of the future.

Jesus is the Head of the Body, the Church, and therefore the New testament Sabbath is now the Sunday, the day he arose, His work finished. The day to worship God is now the first day of the week.

There are nine incidents or facts about the Lord's Day according to the Scriptures.

Jesus appears to Mary Magdalene

[Mark 16:9](#), [Matt 28:1](#), Jesus appears to Mary Magdalene on the first day of the week.

Jesus appears to two on the way to Emmaus.

[Luke 24:13-32](#); [Mark 16:12,13](#), As two disciples went that same day to a village called Emmaus, on the first day of the week Jesus appears with them.

[John 20:19](#), The Disciples

Jesus appears after His resurrection to the Disciple's, except Thomas, on the first day of the week.

Disciples Commissioned.

[John 20:21](#), commissioned on the first day of the week.

Jesus appears to all the Disciples.

[John 20:26-29](#). Eight days later all the disciples meet Jesus.

Disciples given the Holy Spirit.

[John 20:22](#). Jesus breathed the Holy Spirit on to the Disciple's on the first day of the week.

The Church is born.

[Acts 1:1-4](#). On the Day of Pentecost, Holy Spirit given to the Church, first Day of the week.

The Church meets.

[Acts 20:7](#). The Church worshiped on the first Day of the Week.

Offerings.

[1 Cor. 16:2](#).

The Sabbath occurred at the end of the week, on Saturday, but the Lord's Day occurs on the First Day of the Week, Sunday.

The "Day of Worship" and rest is now as a result of the action on Calvary Jesus Christ at the command of God.

The Calvary Rest.

1) Take time out for God - to be Holy.

[Heb. 10:25](#).

"Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as you see the day approaching."

2) When to worship?

[Acts 20:7](#).

"And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight."

The early church came together to worship on the first day of the week.

3) Why do we worship?

[Psalm 145:1-7](#).

" 1 I will extol thee, my God, O king; and I will bless thy name for ever and ever.

2 Every day will I bless thee; and I will praise thy name for ever and ever.

3 Great is the LORD, and greatly to be praised; and his greatness is unsearchable.

4 One generation shall praise thy works to another, and shall declare thy mighty acts.

5 I will speak of the glorious honour of thy majesty, and of thy wondrous works.

6 And men shall speak of the might of thy terrible acts: and I will declare thy greatness.

7 They shall abundantly utter the memory of thy great goodness, and shall sing of thy righteousness."

Why did God introduce a "Day of Rest" originally? [Exodus 20:8-11](#),

"8 Remember the sabbath day, to keep it holy.

9 Six days shalt thou labour, and do all thy work:

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:

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."

God does not need a rest from His labours but He knew that His creation, Mankind does, so has introduced a "Day of Rest" for our health.

There are some people who still feel that we should keep Saturday, the end of the week, as a rest day, but the death of Jesus on the cross has introduced another factor, [Matt 11:28-30](#),

" Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

Jesus is now the way of resting,