

What You Need To Know About The Biblical Sabbath

- ✓ Though often used to refer to the holy day celebrated every Saturday, Sabbath means seven and cease and refers to the 7th of anything, i.e. day of the week, week of the year, month of the year, year. It also refers any holy or feast day that requires the people to cease doing their normal activities.
- ✓ Most people keep it from Friday at sunset to Saturday at sunset, because it is understood that this is how a day was recognized in biblical times. However, the evening was just that, the evening. It was the close of a day and the morning was the start of a day. In other words, a day was literally a day, the period of roughly 12 daylight hours. The night was a natural time of rest and ceasing since no one was able to work during the night because it was dark. Thus, Sabbath is commanded to be kept during the 12 daylight hours on Saturday, assuming everyone will rest on Friday night and Saturday night, because that how it was and should be. (Gen 1:5, 2:2, John 9:4, Mat 28:1, Mark 15:42, Mark 16:1, Luke 23:54 – 24:1)
- ✓ It's a day of rest. (Exo 16:23)
- ✓ Observers are supposed to eat leftovers from Friday to avoid the need to purchase, gather, or prepare food. (Exo 16:23-26)
- ✓ It is a gift to us from Yahuwah (God). (Exo 16:29)
- ✓ Observers should not leave their homes on the Sabbath. (Exo 16:29)
- ✓ It should be kept set-apart from the rest of the week, meaning there shall be no work (business conducted). (Exo 20:8-10, 31:16, 35:2, Lev 23:3, Deut 5:14)
- ✓ There should not be so much as a fire burned on the Sabbath. Most likely refers to cooking food and the labor required at that time to burn a fire, such as cutting, gathering, and hauling wood. (Exodus 35:3)
- ✓ No one under your control, watch, guardianship, or guidance should conduct business including, children, servants, employees, any family members. (Exo 20:10, Deut 5:14)
- ✓ One purpose for this day of rest and be refreshed is to mimic our God, as he also rested from his work on the Sabbath when he created the world. (Exo 20:11, 31:17)
- ✓ Another purpose is to give rest to all who serve others. (Deut 5:15)
- ✓ There were stiff penalties for doing business on the Sabbath, including death and having your soul cut off from the family. (Exo 31:14, 31:16, 35:2, Jer 17:27)
- ✓ It was given as a “perpetual covenant” (a never ending contractual obligation) to be kept throughout the generations of Israel and those who sojourned among them. (Exo 31:16)

- ✓ It is a set-apart meeting and a ceasing of all things, for Yahuwah (God), in all who are in your dwelling. (Lev 23:3)
- ✓ We should not be burdened or a burden on the Sabbath. (Neh 13:19, Jer 17:21-24)
- ✓ Those who keep the sabbath AND do no evil is blessed. (Isa 56:2)
- ✓ Covenanted Non-Israelites were also to keep the Sabbath holy. (Isa 56:6)
- ✓ We should cease doing what pleases us and do only what honors Yahuwah (God). Isa 58:13
- ✓ The gates of the inner courts are opened on the sabbath. (Eze 46:1) (Symbolic of direct access to Yahuwah (God). See Rev 21 and 22:14)
- ✓ Yahushua (Jesus) taught us that we have to use God-given sense in observance of the Sabbath. (Mat 12, Luke 6, 13,14, John 5., John 7:22-23, John 9:14-16)
 - ✓ The Sabbath is not meant to burden, but to bless us. This is what Yahushua (Jesus) taught. (Mat 12:8, Mar 2:27-28)
 - ✓ If you must gather to eat when you or others are hungry, then gather. (Mat 12)
 - ✓ If someone needs a healing and you can heal them, then heal them. Don't let someone die, suffer, or go hungry because it's Sabbath. (Mat 12:10-11, Mark 2, 3)
 - ✓ It is lawful to do good on the Sabbath. (Mat 12:12)