

# Sabbath – God’s Plan for Health

THE CONCEPT AND PRACTICE OF SABBATH IS ONE OF THE TEN COMMANDMENTS...

REVIEW: The Ten Commandments

1. You shall have no other gods before Me.
2. You shall make no idols.
3. You shall not take the name of the Lord your God in vain.
4. Keep the Sabbath day holy.
5. Honor your father and your mother.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet.

## What is the Sabbath?

(Exo 20:8-11 NIV) "**Remember the Sabbath day by keeping it holy.** {9} Six days you shall labor and do all your work, {10} but the seventh day is a Sabbath **to the LORD your God. On it you shall not do any work,** neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. {11} **For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.**"

### PRINCIPLE#1: SET APART - TO THE LORD - ONE DAY IN SEVEN

The word “holy” means “set apart.” It is important that one day in seven be “set apart” unto the Lord. This command is from God. It is not a man’s idea but a divine command.

- Sabbath is not “A FRAME OF MIND”
- Sabbath is not a Vacation
- Sabbath is a day is set apart for the Lord – a day of rest

### PRINCIPLE#2: NO WORK SHALL BE DONE ON THIS SABBATH DAY

The specific day is not given by the Sabbath Commandment. But the pattern is clear “IN SIX DAYS YOU SHALL DO ALL YOUR LABOR... ON THE SEVENTH DAY YOU SHALL DO NO WORK.

### PRINCIPLE#3: GOD OBSERVED THE SABBATH BEFORE HE GAVE IT TO US

This pattern of work and rest was so important to God that He Himself demonstrated it in the process of creation by creating the world in 6 days and resting on the seventh day even though he has no need of rest!

## How will I provide for my family if I only work 6 days?

(Exo 16:23-30 NIV) "He said to them, "**This is what the LORD commanded: 'Tomorrow is to be a day of rest, a holy Sabbath to the LORD.** So bake what you want to bake and boil what you want to boil. **Save whatever is left and keep it until morning.**" {24} So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. {25} "Eat it today," Moses said, "because today is a Sabbath to the LORD. You will not find any of it on the ground today. {26} **Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.**" {27} Nevertheless, **some of the people went out on the seventh day to gather it, but they found none.** {28} Then the LORD said to Moses, "How long will you refuse to keep my commands and my instructions? {29} **Bear in mind that the LORD has given you the Sabbath; that is why on the sixth day he**

**gives you bread for two days.** Everyone is to stay where he is on the seventh day; no one is to go out." {30} So the people rested on the seventh day."

#### **PRINCIPLE #4: GOD WILL BLESS THOSE WHO WILL REST ONE DAY IN SEVEN**

The plan of God is to bless us with **"enough time"** and **"good health"** when we take one day in seven to rest. God will take control of your time if you obey the Sabbath.

#### **PRINCIPLE #5: GOD WILL MEET THE PHYSICAL NEEDS FOR THOSE WHO WILL REST ON DAY IN SEVEN**

God provides the needs of His people so that don't have to work seven days each week.

The promise of God is that he will provide our needs if we agree to be obedient to set apart FOR HIM and rest one day in seven.

What an amazing principle: God provides for us so that we don't have to work on the Sabbath!"

#### **SABBATH IS LIKE TITHING**

**TITHING** – Tithing is God's partnership plan for **RESOURCE MANAGEMENT & PROTECTION**

- We set apart TEN PERCENT for the Lord – He takes care of providing enough RESOURCES
- When we obey the Lord to tithe – (setting apart resources) He BLESSES our resources..

**SABBATH** – Sabbath is God's partnership plan for **TIME MANAGEMENT & HEALTH**

- We set apart ONE DAY IN SEVEN for the Lord – He takes care of providing enough TIME
- When we obey the Lord to SABBATH –(set apart time) He blesses our Schedule/Time

#### **IS SABBATH NECESSARY?**

**(Ezek 20:12-13 NIV)** "Also I gave them my Sabbaths as a sign between us, so they would know that I the LORD made them holy. {13} "Yet the people of Israel rebelled against me in the desert. They did not follow my decrees but rejected my laws--although the man who obeys them will live by them--and they utterly desecrated my Sabbaths. So I said I would pour out my wrath on them and destroy them in the desert."

**(Exo 31:12-17 NIV)** "Then the LORD said to Moses, {13} "Say to the Israelites, '**You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy.**

#### **PRINCIPLE #6: THE SABBATH IS A "SIGN" TO THE NATIONS , IT SHOWS THAT WE ARE A HIS PEOPLE**

When the people of God set apart one day in seven ("**consecrate**" on day to the Lord) it is a sign of his ownership. It shows the nations that we are His "**set apart**" people. It is a sign that we Honor Him above all other things and follow His time schedule.

#### **WHAT HAPPENS WHEN WE DON'T OBEY THE SABBATH?**

**(Exo 31:12-17 NIV)** "Then the LORD said to Moses, {13} "Say to the Israelites, '**You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy. {14} "Observe the Sabbath, because it is holy to you. Anyone who desecrates it must be put to death; whoever does any work on that day must be cut off from his people.** {15} For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the LORD. **Whoever does any work on the Sabbath day must be put to death.**

- THE SABBATH IN AMERICA – American Law used to enforce the Sabbath
  - o Early – NO WORK COULD BE DONE ON SUNDAY
    - Virginia used to punish "sabbath breakers" with jail time.

- BLUE LAWS – State and National Law Restricted ALL business activity on Sunday
  - Exceptions: Essential businesses (Gas Stations – Convenience stores)
- Presently – Laws still exist that restrict work on the Sunday but NONE are enforced

### **PRINCIPLE #7: WHEN WE DO NOT OBEY THE SABBATH GOD BRINGS HIS JUDGEMENT**

**God is so serious about this plan to give us rest that he punishes individuals and nations who do not take one day in seven to rest.**

- **Could it be that one of Judgements against America is that we no longer OBEY the Sabbath?**

### **IS IT EASY TO TAKE ONE DAY IN SEVEN TO REST?**

(Lev 16:29-31 NIV) ""This is to be a lasting ordinance for you: On the tenth day of the seventh month you must deny yourselves and not do any work--whether native-born or an alien living among you-- {30} because on this day atonement will be made for you, to cleanse you. Then, before the LORD, you will be clean from all your sins. {31} **It is a sabbath of rest, and you must deny yourselves; it is a lasting ordinance.**"

### **PRINCIPLE #8: YOU MUST “DENY YOURSELF” TO TAKE A DAY OF REST EACH WEEK**

**God knows that we are tempted to keep on working all seven days! It’s Human nature!**

**It takes spiritual discipline to walk in the blessing of setting apart a Sabbath day each week.**

**If we are to follow God’s divine plan we must deny our flesh learn to rest.**

**Working 7 days a is motivated from a fearful & disobedient heart “God will not provide for me.. I need to work 7 days a week to make ends meet!”**

### **WHAT HAPPENS WHEN WE WORK SEVEN DAYS EACH WEEK?**

(Deu 5:12-15 NIV) ""Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. {13} Six days you shall labor and do all your work, {14} but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do. {15} **Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.**"

### **PRINCIPLE #9: DISOBEDIENCE TO THE SABBATH COMMANDMENT IS SLAVERY**

**Slaves work 7 days a week! Observing the Sabbath confirms that we are free men under God’s plan.**

**Since we are free from slavery, we can now enjoy celebrating the Sabbath by resting from OUR**

**WORK to enter into HIS REST. The Lord gave this commandment to a people who were once slaves.**

**He still gives this commandment to a people who are enslaved. (by endless work schedules etc..)**

### **IS GOD HONORED BY WORKING ALL THE TIME?**

(Ezek 20:15-16 NIV) "Also with uplifted hand I swore to them in the desert that I would not bring them into the land I had given them--a land flowing with milk and honey, most beautiful of all lands-- {16} **because they rejected my laws and did not follow my decrees and desecrated my Sabbaths. For their hearts were devoted to their idols.**"

### **PRINCIPLE #10: DISOBEDIENCE TO THE SABBATH COMMANDMENT IS IDOLATRY**

**Working seven days a week is idolatry because God is a God of love and balance.**

**God knows that we need to work and we need to rest. Sabbath Honors God**

**Working Seven days each week does not honor God – Honors materialism (greed etc..)**

## **IF I OBEY THE SABBATH WILL IT AFFECT MY HEALTH?**

(Isa 58:13-14 NIV) **""If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, {14} then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob." The mouth of the LORD has spoken.**"

### **PRINCIPLE #11: GOD RESTORES THE JOY OF THOSE WHO OBEY THE SABBATH COMMAND**

**PROMISE: OBEY THE SABBATH = FIND YOUR JOY IN THE LORD.**

### **PRINCIPLE#12: GOD INTENDS FOR US TO EXPERIENCE THE "SHABBOT PHENOMENON"**

**"RIDE ON THE HEIGHTS ON THE LAND" – this is a description of the "Shabbot" phenomenon.**

**"Shabbot" occurs when you complete a project (a good labor of any type) and sit down and look at the work of your hands and say: "It is good!" It is a celebration - and God did this first!**

**God created the earth in 6 days. On the seventh he stopped working, looked at what he accomplished and said "It is good." (Gen 1:31)**

**"Riding on the heights of the land" refers to a king or a conqueror riding in his chariot with great awe and joy over the vastnesses and bounty of his newly acquired land – something he worked hard to obtain.**

## **SHOULD WE RITUALIZE THE SABBATH?**

(Isa 1:13-20 NIV) **Stop bringing meaningless offerings! Your incense is detestable to me. New Moons, Sabbaths and convocations-- I cannot bear your evil assemblies..... Your hands are full of blood; {16} wash and make yourselves clean. Take your evil deeds out of my sight! Stop doing wrong, learn to do right! Seek justice, encourage the oppressed. Defend the cause of the fatherless, plead the case of the widow. {18} "Come now, let us reason together," says the LORD.**

### **PRINCIPLE#13: THE SABBATH IS NOT A RITUAL (GOD HATES RITUALS!)**

**It appears that God is not interested in "observing the Sabbath" as a ritual. He tells his people in this verse that He wants them to "stop bringing meaningless offerings.." He tells them that he cannot stand their "sabbaths and convocations = evil assemblies" It appears that since the beginning of time, the primary reason for celebration of the Sabbath has been for the benefit of man rather than God.**

## **NEW COVENANT SABBATH – CHANGES TO THE SABBATH LAW**

(Mat 12:1-8 NIV) **"At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. {2} When the Pharisees saw this, they said to him, "Look! Your disciples are doing what is unlawful on the Sabbath." {3} He answered, "Haven't you read what David did when he and his companions were hungry? {4} He entered the house of God, and he and his companions ate the consecrated bread--which was not lawful for them to do, but only for the priests. {5} Or haven't you read in the Law that on the Sabbath the priests in the temple desecrate the day and yet are innocent? {6} I tell you that one greater than the temple is here. {7} If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. {8} For the Son of Man is Lord of the Sabbath."**

#### **PRINCIPLE #14: JESUS IS LORD OF THE SABBATH! (A KEY PRINCIPLE)**

Jesus declares that He is Master of the Sabbath.

Jesus is replaces the Rabbinical code (FORTY prohibitions) with His authority.

NOTE: Jesus does not repeal or alter the biblical commandment, He does now retain the right to be the **ONLY ONE** to describe what the Sabbath is...

**WE SHOULD ASK JESUS (lord of the sabbath) How we should practice our sabbath.**

#### **PRINCIPLE #15: THE SABBATH IS NOT A RIGID LAW – BUT IS BUILT ON MERCY**

Jesus is using this verse (well known the religious people) to tell the the pharasees to “lighten up.”

By quoting this verse, Jesus is saying that people obeying the sabbath must operate in good intention rather than using the law to “condemn” others. They sabbath should operate under mercy not condemnation.

#### **WHY DID GOD GIVE THE SABBATH COMMANDMENT?**

(Mark 2:24-28 NIV) "The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?" {25} He answered, "Have you never read what David did when he and his companions were hungry and in need? {26} In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions." {27} **Then he said to them, "The Sabbath was made for man, not man for the Sabbath. {28} So the Son of Man is Lord even of the Sabbath."**

#### **PRINCIPLE#16: THE PURPOSE: MAN’S SPIRITUAL, EMOTIONAL & PHYSICAL WELLBEING!**

**Obeying the law is not the point! God created us to benefit from the Sabbath!**

#### **WHAT CAN WE DO ON OUR SABBATH DAY? (according to the New Covenant)**

(Mat 12:10-13 NIV) " Looking for a reason to accuse Jesus, they asked him, "Is it lawful to heal on the Sabbath?" {11} He said to them, "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? {12} How much more valuable is a man than a sheep! Therefore it is lawful to do good on the Sabbath."

#### **PRINCIPLE #17: IT IS LAWFUL TO DO GOOD ON THE SABBATH**

“Doing good” on the Sabbath is OK. Dealing with immediate needs or doing good for others is not “work” under the New Covenant. This teaching conflicts with portions of the Levitical code.

Some people shut down all contact with everybody and refuse to leave the house on their Sabbath.

This is actually taking the Sabbath commandment to the extreme.

It is important to **NOT BE RELIGIOUS** with the sabbath... You must sabbath with a good sprit.

#### **Should we gather for worship on the Sabbath day?**

(Acts 16:13 NIV) "On the Sabbath we went outside the city gate to the river, where we expected to find a place of prayer. We sat down and began to speak to the women who had gathered there."

(Acts 13:44 NIV) "On the next Sabbath almost the whole city gathered to hear the word of the Lord."

(Acts 17:2 NIV) "As his custom was, Paul went into the synagogue, and on three Sabbath days he reasoned with them from the Scriptures,"

- Sabbath day (in the Old Covenant was from SUNDAY FRIDAY – SUNDOWN SATURDAY
  - NOT SUNDAY

#### **PRINCIPLE #18: THE SABBATH IS A DAY TO GATHER FOR PRAYER, WORSHIP & PREACHING**

It seems that the followers of Jesus met on the day of rest to worship, preach & pray.  
It is not necessary however to gather for worship on the Sabbath

## **IS'NT THE SABBATH DAY JUST AN OLD TESTAMENT THING?**

(Luke 4:16 NIV) "He went to Nazareth, where he had been brought up, and **on the Sabbath day he went into the synagogue, as was his custom.** And he stood up to read."

(John 9:16 NIV) "Some of the Pharisees said, "**This man is not from God, for he does not keep the Sabbath.**" But others asked, "How can a sinner do such miraculous signs?" So they were divided."

(Luke 23:55-56 NIV) "The women who had come with Jesus from Galilee followed Joseph and saw the tomb and how his body was laid in it. {56} Then they went home and prepared spices and perfumes. **But they rested on the Sabbath in obedience to the commandment.**"

**PRINCIPLE #19: THE SABBATH COMMAND HAS NOT BEEN REPEALED BECAUSE JESUS OBEYED IT**  
Jesus was obedient to the Sabbath command during his whole ministry. He did, however, disobey and then repeal the Levitical Code. Jesus was accused of being a Sabbath breaker, but was never convicted of this. If he had actually been a Sabbath breaker, he would have been punished or put to death for this crime.

**PRINCIPLE: #20: SABBATH COMMAND HAS NOT BEEN REPEALED BECAUSE THE DISCIPLES OBEYED IT**  
It seems that the followers of Jesus also were consistently compliant and obedient to the Sabbath command & customs during the early church period.

## **SHOULD WE OBEY THE RABBINICAL 40 PROHIBITIONS FOR THE SABBATH?**

(Col 2:15-17 NIV) "And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross. {16} **Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.** {17} These are a shadow of the things that were to come; the reality, however, is found in Christ."

**PRINCIPLE #21: THE SABBATH COMMAND HAS NOT BEEN REPEALED: ONLY A REPEAL OF THE LEVITICAL CODE DESCRIBING "WHAT CONSTITUTES WORK"- JESUS IS NOW LORD OF THE SABBATH.**  
Some people believe that this scripture is a basis for the repeal of not only the Levitical Code but even the Sabbath commandment (one of the ten!) itself. Instead, it is simply an exhortation to the Colossian believers instructing them not to respond to those who judge them for not observing the Levitical code (Special festivals, New Moon Celebrations and Sabbath day regulations.) He goes on to say that these stipulations are "a shadow" of New Covenant found in Christ, the Master of the Sabbath.

## **IS THERE JUST ONE DAY EACH WEEK THAT WE SHOULD CELEBRATE THE SABBATH?**

- THE EARLY BELIEVERS DID SET APART SATURDAY FOR THE SABBATH
- SHOULD WE? (See the promise of rest scripture below)
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## **THE PROMISE OF A SPECIAL "SABBATH REST" FOR THE PEOPLE OF GOD**

(Heb 4:1-11 NIV) "Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. {2} For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. {3} Now we who have believed enter that rest, just as God has said, "So I declared on oath in my anger, 'They shall

never enter my rest.'" And yet his work has been finished since the creation of the world. {4} For somewhere he has spoken about the seventh day in these words: "**And on the seventh day God rested from all his work.**" {5} And again in the passage above he says, "They shall never enter my rest." {6} **It still remains that some will enter that rest,** and those who formerly had the gospel preached to them did not go in, because of their disobedience. {7} Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before: "Today, if you hear his voice, do not harden your hearts." {8} For if Joshua had given them rest, God would not have spoken later about another day. {9} **There remains, then, a Sabbath-rest for the people of God; {10} for anyone who enters God's rest also rests from his own work, just as God did from his. {11} Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience."**

#### **RESPONSE:**

**Are you experiencing the benefits of Sabbath?**

**Are you willing to "Deny yourself" and trust God to obey the Sabbath?**

**Just respond to the Lord about it.. What is God calling you to do related to what He is saying?**

#### **RABBINICAL INTERPRETATION:**

The Rabbis of the Old covenant interpreted the word "Work" or melakha, to apply to the following activities.

**A) Rabbinical Prohibitions: On the Sabbath, there shall be no**

1. Carrying
2. Burning
3. Extinguishing
4. Finishing
5. Writing
6. Erasing
7. Cooking
8. Washing
9. Sewing
10. Tearing
11. Knotting
12. Untying
13. Shaping
14. Plowing
15. Planting
16. Reaping
17. Harvesting
18. Threshing
19. Winnowing
20. Selecting
21. Sifting
22. Grinding
23. Kneading
24. Combing
25. Spinning
26. Dyeing
27. Chain-stitching
28. Warping
29. Weaving
30. Unraveling
31. Building
32. Demolishing

- 33. Trapping**
- 34. Shearing**
- 35. Slaughtering**
- 36. Skinning**
- 37. Tanning**
- 38. Smoothing**
- 39. Marking**
- 40. Creative expression**