

THE TRUE SABBATH OF GOD, Part 3

Scriptures explained; Catholic Church and Sunday worship

Light on the Rock

by Philip Shields

SUMMARY: This final message in the 3 part series on the Sabbath explores various scriptures some try to use to explain away sabbath-keeping and to follow church tradition, which many use to justify annulling God's Sabbath commandment. Jesus accuses mankind of circumventing God's commandments with our traditions (Mark 7:7-13). Learn how an emperor who claimed conversion to the Roman Catholic version of Christianity made Sunday worship the law of the land. Did he have God's authority to annul God's commandment? Which will you obey – God's clear command, or traditions of the early Catholic fathers? This message will make you think and ponder.

Good day, brothers and sisters in God and our Lord Yeshua, Jesus of Nazareth. I sometimes say “Yeshua” because that is probably the name He actually heard, growing up as a boy and young man in Nazareth. “Jesus” is an Anglicized version of the Greek “Iesous”, and I’m sure He never heard himself called “Jesus” when He walked the earth. So you’ll hear me say “Jesus” and sometimes hear me say “Yeshua” or even “Yehushua”.

We’re wrapping up our discussion today on the true Sabbath Day of God – and we’ve had 2 sermons so far. It is clear from Scripture, that we should obey Scripture – and not traditions of men. This message is an appeal to follow God's word and not tradition – no matter how far back that tradition goes, if it doesn’t square with scripture. I pray God will use this message to open a few more eyes to see the Sabbath.

I will usually avoid the word “Saturday”, as we talk about the Sabbath, as “Saturday” comes from a pagan god Saturn – hence “Saturn’s day”. Scripture calls it “7th day” or “Sabbath”. Many western cultures accept that the 7th day IS Sabbath, so their name for their 7th day of the week is “Sabbath”: “Sabado” in Spanish, or Sabato in Italian. But in the USA we chose to name the pagan god Saturn! How abhorrent to God, that we call His Sabbath after a pagan god.

In today’s final sermon, I want to

- delve deeper in Hebrews 3 and 4, where the writer brings up the “rest of God” several times, and even mentions the 7th Day in that context, and how there remains even yet a coming rest for God's people. As we go through that, I want to compare once more what the Scriptures say about Sabbath to what we’re traditionally told.
- look at other scriptures some wrestle into meaning that God has somehow cancelled out one of His own 4th commandment. We’ll specifically look at Col 2, Gal 4 and Romans 14:5-6.
- Then we’ll end with the history of the Christian church late in the 1st century and into the middle of the 2nd Century – and see how the day of worship was changed over time among the early Catholic Church fathers and nominal Christians from Sabbath to Sunday and then later made official by the Roman Empire. But we’ll have to square all of that with what scripture says – and then you decide. Keep in mind that in the first 3 centuries after Christ’s resurrection, there were many forms of Christianity, even more diverse than today.

Don't just believe me or take my word for it on this or any other subject – unless you first prove it for yourself out of the pages of Scripture. Even theologians have to end up appealing to the traditions of what early Christians did to support their claim of Sunday worship, rather than the clear word of Scripture.

We mock the Pharisees and even Orthodox Jews, for their many traditions that have made a mockery of God's loving laws, and then we find ourselves in the Christian world doing the very same thing.

Let's start with the warning in Mark 7:6-13 from our very Savior:

Mark 7:6-9, 13

"He answered and said to them, "Well did Isaiah prophesy of you hypocrites, as it is written: 'This people honors Me with their lips, But their heart is far from Me.

7 And in vain they worship Me, Teaching as doctrines the commandments of men.'

8 For laying aside the commandment of God, you hold the tradition of men -- the washing of pitchers and cups, and many other such things you do."

[Brethren, the Sabbath is one of God's commandments. It is NOT a tradition of men. SUNDAY worship is one of the traditions of men that CANNOT be proven by using Scripture.]

9 He said to them, "All too well you reject the commandment of God, that you may keep your tradition.... 13 making the word of God of no effect through your tradition which you have handed down. And many such things you do."

Charles Stanley is a well known author and televangelist with a large congregation. Quoting one of his books "Glorious Journey", pages 32-34, he makes these statements:

"Sabbath keeping in the new covenant is on the first day of the week because that is when Christ rested from his labor." Page 32

"We still have a moral obligation to observe the Sabbath. The Christian Sabbath, the Christian Sabbath, through the New covenant is Lord's Day" – p. 33

The only scripture he uses is Hebrews 4:1-10 and so let's look at these claims and let's look at scripture carefully. Then you ask God to open your mind to see clearly what is the truth of scripture, and then do what scripture says.

But first let's remember what we've already seen:

- GOD instituted His Sabbath at Creation (Genesis 2:1-2) and gifted it to mankind, the father and mother of us all – long before there were Jews or Gentiles per se. Adam and Eve's first full day as a married couple was enjoying the 7th day Sabbath of the Lord, which is the TRUE Sabbath of God (Ex. 20:10) in a garden of Delights, where there was no sin so far, and they didn't have to labor and toil for their food, and they were enjoying the rest of the Eternal.

Until they decided to disobey and choose for themselves, that is. So they did not stay in the rest they were offered by God – but now had to work for their food amidst thistles and weeds. God

Himself rested on that 7th day from his works of creation, though God continues to have other work to do (John 5:17), and continues to work.

- “The LORD’S DAY”. The ONLY place that term is used is in Rev. 1:10, when John said he was in vision projected into the Lord’s Day or “day of the Lord”. Nothing is stated there about which day of the week it was. To say he meant Sunday is to ignore the dozens of places in the Old Testament where “day of the Lord” is clearly defined. The Lord’s Day, or Day of the Lord, is the time depicting the final year or so leading up to the return of our Lord and Savior and probably technically covers all the time period until He hands over all the kingdoms to Abba, His Father and our Father, God the Father. There is no way he could have seen and written all that is in the book in one day. He wasn’t talking about having a vision on one particular day of the week, but about being transported in a vision through time to our day.

Did God change our worship from Sabbath to Sunday? Scripture makes things so clear for us when God wants our understanding of other topics to change – like on circumcision, or who the High Priest in the new covenant is now, and so on. But where’s the scripture that clearly nullifies the Sabbath? Where does it say we don’t have to rest on the 7th day anymore? Where is *THAT* scripture? No, we just have tradition.

In fact, we’re told the Sabbath will be kept, even by Gentiles in the millennial reign of the Messiah. Read it for yourself. Are you ready to write the scripture down: Isaiah 56:6-7. Read it yourself.

There are weekly Sabbaths, and there are annual Sabbaths – holydays which can fall on any day of the week, including Sunday. Every Pentecost will fall on Sunday for example.

The main argument people make for not resting on Sabbath is the claim that Jesus was resurrected on Sunday and so we now worship on Sunday to celebrate Christ’s resurrection.

I challenge anyone to show one single verse that says, “Since Christ was resurrected on the first day of the week, God has shown us that He wants us to cancel one of His commandments and worship now on the day of the sun from now on.” We’ll see in fact, that though the tomb was found empty on the first day of the week, that Christ’s resurrection was many hours before that.

We know the *tomb* was found *already* empty on the first day of the week, but is there a single scripture that says the resurrection was on the first day of the week? We’ll explore that too.

But there’s a lot of Catholic *tradition* that says so – but no scripture.

Sure, you can show me that they found *an empty tomb* early morning of the first day of the week, but that doesn’t tell you when the resurrection *itself* took place. That simply tells you it took place sometime before they found it empty! If I found out that my car was missing at a certain time, that’s not to say that it went missing when I realized it was gone. It only means that’s when I found it missing. Likewise, some women disciples found the body of Jesus missing early Sunday morning.

So when *did* the resurrection take place? Some time before that! When? If Jesus was true to His word that he would be exactly 3 days and 3 nights in the tomb (Matt. 12:39-40). We know He was placed in the tomb just before sunset (Mark 15:42-43; Luke 23:54). So if He was the promised Messiah, He *had* to be resurrected just before sunset at the end of Sabbath. Have you ever thought of that? So by dawn Sunday the tomb was empty!

Now that He was resurrected, of course He presented Himself to the disciples and rose to His father in heaven, as He was the reality of what the Wavesheaf of firstfruit barley depicted! Wavesheaf day will ALWAYS be on Sunday, and what's more, will always be "on the 1st of the weeks" – plural – as John 20:1 and other Scriptures should be translated. That's what it is in the Greek. That Sunday was the beginning of the countdown to Pentecost 7 weeks later. *It was the "first of the weeks" for Jesus was the firstfruit before the barley harvest could be harvested.* Yes, it was a Sunday, but it was a particular festival – Wavesheaf Sunday. That's not every Sunday, but once a year. Check out my sermon on the website that goes into far more detail. The countdown to Pentecost always starts on a Sunday, or 1st day of the week. It always had, even before the crucifixion, and always will. That fact doesn't change the Sabbath. He ascended on our behalf to heaven on that particular Sunday because it was Wavesheaf day. But how does that change or eliminate the weekly Sabbath? It simply doesn't.

So Charles Stanley on page 32 of his book quotes a Mark D. Taylor: "Sunday replaces Saturday as the Sabbath because Jesus' resurrection occurred on a Sunday. It is sometimes called The Lord's Day."

But *no scripture* is given to prove it! And we know the resurrection was at the end of the 7th day – or else the only sign Jesus gave that would prove He was the Messiah, 3 days and 3 nights in the earth – would not have been fulfilled and He would not have been the Messiah. He was resurrected sometime BEFORE the empty tomb was discovered at dawn on the 1st day. He HAD to be, in order to be our Messiah.

In ANY case, exactly *when* he was resurrected is never given in scripture as a *reason* to throw away one of God's commandments or to change it! And neither do I know many Christians who actually rest on Sunday anyway!

True Christians do remember the resurrection and celebrate it each year as we recall the Wavesheaf festival – - and not the pagan Easter.

One more thought: I'm sure **we should worship God some how, some way, every day**. All the time. 24/7 if we could. There's nothing wrong with worshiping on Monday, Wednesday or Sunday. But when the 7th day of the week comes, not just 1 day in 7 but on the 7th day itself, do what God commands: stop, rest and worship as we come together in a holy convocation (Lev. 23:1-3).

I showed you quite a few places last time that indicated the early believers – including Gentiles – did keep Sabbath. Jesus and Paul assembled with others on the Sabbath. Plus, nowhere does it say "there are now just 9 commandments to keep". Nor is there a verse that says, "instead of obeying the 4th commandment on the 7th day, we now understand it to mean resting in Christ every day".

No – all the scriptures I've been giving which say we are to keep the commandments, must include all ten. Scripture says we have confidence before God because we keep His commandments (1 John 3:22, 24), that HAS to mean all 10, because if you keep most of them but break one, you've broken them all (James 2:10-11).

You can't claim to honor your parents, for example, and claim you therefore keep the commandments, but callously break the Sabbath – and still claim to be an obedient child of God. God's people in the end time, persecuted by Satan, will be commandment-keeping children of God, and that has to include the commandment about the Sabbath! (Rev. 12:17; 14:12).

Last time we also carefully covered the verses about the few times it is mentioned that they met on the first day of the week. One such place, in John 20:19, was not to worship and celebrate the resurrection as many claim, but they were gathered behind locked doors “*for fear of the Jews*” (John 20:19). Another time it was to work to get their foodstuffs and monies together for a famine relief, and so on. We covered all that last time.

We don't keep Sabbath the same way Orthodox Jews do

One more thought: please, if you're going to start keeping the 7th day as a time of rest, holy to God, not doing your own work and pleasures on that day, ***please do not think you should observe it the way so-called “orthodox” Jews do!*** They won't turn on a light bulb or drive their car – because that is somehow “lighting a fire”, which is forbidden in the Law of Moses. They won't walk through a field, lest they knock off some grain and be “harvesting” on the Sabbath. They won't travel or walk beyond ¼ mile – and yet there is no such limitation in the Scriptures. The way Orthodox Jews keep the Sabbath today is the very thing Jesus of Nazareth sought to end while He was on earth. The Sabbath was made FOR man, to serve us. We are not made to serve the Sabbath! So it is a gift, a pleasure, a time to stop working, but certainly a time we can be having delightful time with God and our family.

Isn't that exactly what so many church-going Christians do? They lay aside the clear commandment of God in order to keep the tradition of folks around them! So they lay aside the 7th Day to keep Sunday!

Turn with me now to Hebrews 3 and 4, and we'll carefully go through all this.

IS Jesus OUR REST NOW SO THAT WE DON'T HAVE TO KEEP A 7TH DAY ANY LONGER?

I'm basing this next section on Hebrews 3 and 4. Let's now explore in more depth the popular concept that in the New Covenant we don't even have to keep any particular day as the Sabbath anymore, since we have achieved our rest in Christ – who is, they say, what they Sabbath Day pictures. Some will say that Sunday is now the Christian Sabbath. MOST seem to say, however, that NO day nowadays has to be a physical rest day as our rest is in Christ. They base that on Hebrews 4 and Colossians 2 mostly, so we'll examine those scriptures. They want to believe these passages say the Sabbath is just a shadow of Christ the reality, and since the Reality (Christ) has come, we no longer need to keep one of God's commandments. Then they say that since our rest is now in Christ, we don't have to rest on any given day any longer, even though – again – God commands rest on the 7th day every week. These claim we now have already entered into God's eternal rest in Christ and we're fulfilling the meaning of the Sabbath as we rest in Christ.

So there, I ask those who wish to do away with the Sabbath – have I not explained your view correctly? I think I have. But now let's see what Scripture says about the rest of God. Is it something we're already in, or in the process of entering?

Heb 3-4 DOES talk about rest and it mentions, by the way, the 7th day. This book is written to the Jews and Hebrews, people who were Sabbath keepers.. This would have been a perfect opportunity to say clearly, “we don't have to keep a Sabbath day anymore”, OR, “it's now the first day of the week” or “every day is now the Sabbath and we don't have to physically rest anymore”. Why beat around the bush, if that is what Paul meant to say? Paul was so clear about circumcision – why not be as clear

about the Sabbath? (Assuming Paul wrote the book to the Hebrews; I realize there’s some debate about that. I personally believe Paul is the writer).

Question: if Paul’s Sabbath-keeping Hebrew readers have already entered His rest either with their 7th day sabbath keeping or by accepting Jesus as their Savior, why would they have to still be diligent to yet enter it (Heb 4:11)?

So let’s start in Hebrews 3:7 and read through Hebrews 4:11.

Hebrews 3:7-4:11

“Therefore, as the Holy Spirit says:

‘Today, if you will hear His voice, 8 Do not harden your hearts as in the *rebellion* [KJV: provocation], In the day of trial [KJV: temptation] in the wilderness, 9 Where your fathers tested Me, tried Me, And saw My works forty years.

Comment: The KJV words “provocation” and “temptation”, or NKJV “rebellion” and “trial” – are translations of 2 Hebrew words which are place names: Massah and Meribah. The author is referring to that story in Ex 17:1-7 and Num. 20:1-13. In Ex 17, Moses was told to strike the Rock, just as we must accept the Stricken Messiah before we can receive the Holy Spirit – the living waters. Remember that huge rock pictured the Christ (1 Cor. 10:4), stricken for us. In Num 20, the 2nd time, Moses is told to just speak to the Rock. Once we have accepted the Stricken Messiah, we are to simply ask for more of God’s Spirit (Luke 11:13). We are not to strike presumptuously again – which pictures us continuing to willfully sin. Such people will not be allowed to enter the Promised Land – as you can read in Heb. 6 and 10. Moses was not allowed to lead them into the land either because he did not obey God’s command to just speak to the Rock the 2nd time. You can read that in Numbers 20. Let’s continue with Heb. 3:10.

10 “Therefore I was angry with that generation, And said, ‘They always go astray in their heart, And they have not known My ways.’ **11 So I swore in My wrath, ‘They shall not enter My rest.’”**

My comment: The Promised Land was called “the Rest” – as you can read in **Deut. 12:9**.

Also cross reference Numbers 14:20-30; Deut 1:34-35. You’ll see it was due to the combination of unbelief coupled by refusal to obey (verse 18), which is a natural result of unbelief – next verse! The “rest” spoken of in context of that Israelite generation coming out of Egypt had to be referring to the Promised land. All those over age 20 did not enter that rest. Num 14:22-23 makes that clear. I hope you’ll actually study all these cross references I’m giving.

The “REST” can be the 7th day Sabbath itself, and then it was used in allegory or type, for the Promised Land, and I believe Sabbath also pictures the coming literal kingdom of God when it is established on earth. Ultimately, the “rest” that is described in Hebrews 3-4 will refer to the complete peace and rest we will finally all have when Satan is banished, when there are new heavens and new earth, and a universe in which there is no sin, no death, no crying, no wars, no sorrow. That is the *ultimate* meaning of the rest – and that is yet to come. But we can be entering it – progressive tense – starting now, if we *believe* and *obey*. Everything Paul says in Heb 3 and 4 is about believing and obeying. They go hand in hand.

Heb 3:12: “Beware, brethren, lest there be in any of you an evil heart of **unbelief** in departing from the living God; 13 but exhort one another daily, while it is called “Today,” lest any of you be hardened

through the deceitfulness of sin. 14 For we have become partakers of Christ if we hold the beginning of our confidence steadfast to the end, 15 while it is said:

"Today, if you will hear His voice, Do not harden your hearts as in the rebellion."

16 For who, having heard, rebelled? Indeed, was it not all who came out of Egypt, led by Moses? 17 Now with whom was He angry forty years? Was it not with those who sinned, whose corpses fell in the wilderness? 18 **And to whom did He swear that they would not enter His rest, but to those who did not obey?** 19 **So we see that they could not enter in because of unbelief.**

The very context of this whole passage is the need to obey God if we hope to enter into His rest. Why then would some use this very passage to teach we can disobey the 4th commandment? It's one enchilada short of a combo meal! Something's missing in their reasoning.

I need to note one other thing: the Greek for "rest" is *katapausin*, meaning to rest. It is a different word than the Greek word used in Hebrews 4:9 – which is "*sabbatismos*", meaning "a keeping of the sabbath", in Heb 4:9.

Hebrews 4:1-11

"Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. 2 For indeed the gospel was preached to us *as well as to them*; but the word which they heard did not profit them, not being mixed with faith in those who heard it. 3 ***For we who have believed do enter that rest***, as He has said:

"So I swore in My wrath, 'They shall not enter My rest,'"

although the works were finished from the foundation of the world.

My comment: Remember the author is speaking to Hebrews *who were already resting every 7th day*. Now he says a promise still *remains* that we can enter it, and he says we can come SHORT of it. He is obviously not *just* referring to a day of the week here. The Sabbath rest obviously is going to be used as a type of a fuller, eternal rest yet to come – but neither does that negate or cancel the weekly sabbath. Nothing here says it cancels it.

The word "rest" literally is "stopping" in the Greek. ***Verse 3 in the Greek is in the progressive tense.*** I'm referring to the phrase in verse 3 "do enter that rest". Please have your Bible open. This is to important to just be listening to as you do dishes or fight traffic on your way home.

It is literally "*And we who have believed are entering into His stopping*" – or "rest". It's an ongoing thing. We're in the process of it. Even in NKJV, "do enter" does not literally mean "have entered". ***It's an ongoing process of believing, and then ultimately entering into HIS rest.*** But if you just read carefully what is being said here, there is nothing here that says we should throw out the 7th day Sabbath. In fact, quite the contrary. You'll see that the Sabbath – as it reminds us of the Creator, of Creation and not evolution, and of being freed from spiritual slavery as I pointed out before – *also* should be reminding us that just as God stopped His works, we need to stop, be finished with doing our own ineffective works – and rest, stop in God. I'm taking this beyond just physical activity – to our own efforts to be righteous and live righteously. We shouldn't worry anymore. We rest in Him. We don't rely on our own strength and ability anymore – we are freed from being slaves of sin in Him. I see nothing here that says we therefore throw out the literal meaning of Sabbath and we don't need to rest on the 7th day anymore. Rather, BY resting on Sabbath, we are reminded of its meaning: that ***as we believe, we are in the ongoing process of entering His rest.***

Now notice that we are about to read about the seventh day again, not the first day of the week. Notice which day of the week he equates with “rest”.

4 “For He has spoken in a certain place of the seventh day in this way: "And God rested [stopped] on the seventh day from all His works"; 5 and again in this place: "They shall not enter My rest." 6 Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of **disobedience**, 7 again He designates a certain day, saying in David, "Today," after such a long time, as it has been said: "Today, if you will hear His voice, Do not harden your hearts." [Psalm 95:7-11]

Comment: God stopped his work of creating on the 7th day, and rested. But God of course has other work. Jesus even said, on a Sabbath day at that, “I work, and my Father works” (John 5:17), indicating God has other things He works on at various times in history. Anyway, God stopped, He “sabbathed” His creative work on the 7th day as an example for us. The work of ministry, the work of healing, and the work of salvation is permissible work on the Sabbath. That is why the priests were allowed to bake and replace the shewbread, or offer sacrifices and do the work of ministry on the Sabbaths.

Anyway, WE have the opportunity to receive this rest that they rejected. He’s using the 7th day rest to picture that eternal spiritual rest we can have in Christ. It IS interesting, that he’s referring still to the 7th day, and this is at least 30-35 years after the resurrection of Jesus Christ. This spiritual rest is one we must ACCEPT by trusting, and then obeying and resting in our Lord and Master. Those God has called must accept His offer, right now – and give up our lack of trust, but start living in obedient trust of God, His word, His will. That trust and obedience must be given to God today, for we are not assured of having another opportunity; or we may not have a tomorrow, right?

Also, there was no END given to the 7th day Sabbath in Gen 2 creation story. All the other days of creation week ended with “and the evening and the morning were the 1st, or 4th, or 6th day” – but not the 7th. No such language. Why? Because the rest of God for his people goes on forever. It does not have an ending point, at least not in this set of heaven and earth. I do believe that the ultimate point of the weekly Sabbath is the rest we have in Christ, especially pictured in the resurrection and the coming Kingdom of God, but a rest that we can be entering – ongoing tense – now. We are now citizens of that Kingdom. We are now children of God. We can now begin experiencing that rest, but must remain faithful, as you’ll see in a few verses. He’s saying you’ll have this rest if you live by faith. Let’s continue:

8 “For if Joshua [NOT Jesus, incorrectly in the KJV] had given them rest, then He would not afterward have spoken of another day.”

God referred to inheriting the land of Canaan after the wars, as the “rest” – but they never quite achieved the “rest” as God would have had it. See Deut 12:9; 25:19; Josh 1:15; 22:1-4; 23:1. The 7th Day Sabbath in a way pictured the rest they were supposed to enjoy in the Promised Land. If they only would have believed and obeyed consistently they would have enjoyed peace and rest all around, but they kept losing faith and disobeying so they had war and no rest instead.

Again, he can’t be referring ultimately to the weekly Sabbath, as his readers were Hebrews and were enjoying the weekly Sabbath rest already. The rest that was yet to come has to be referring

to the rest that is ultimately in Christ when we cease from our labors of worry, sin, works of the flesh, striving to work things out ourselves, and so on.

The real meaning of the weekly Sabbath, which I still believe still has to be obeyed, is to point to the complete rest we will have when the Heavenly Jerusalem descends from heaven in the new heavens and new earth. We have a foretaste of that rest even now, as we live our lives “in Christ”. But it happens for everyone, fully in the world to come. This will be the time of no more sorrow, no more death, and no more sin. Total rest. In the meantime, God’s people continue to obey God and rest and worship every 7th day (not just 1 in 7, but the 7th).

If we refuse to obey the 4th commandment, we fall into the very warning that Paul (or whoever wrote Hebrews) is giving: that if we sin by not keeping *any* of the commandments and by not obeying God, we may not enter the eternal rest at all! Remember the whole POINT of much of Hebrews 3 and 4 is to warn us that we CAN miss out on the eternal rest we hoped for if we give up now, or if we start falling into disobedience and unbelief as they did. Hebrews 3 and 4 show the fallacy of the Eternal Security doctrine (the “Once saved, always saved” belief).

9 “*There remains therefore a rest [NIV: a Sabbath-rest] for the people of God.*”

Comment:

RSV, NASV, ASV, NIV all point to the fact that the Greek here uses a different word for rest than the word that has been used in Hebrews 3-4 until now. Here it is *Sabbatismos* – which literally means “a keeping of the Sabbath”, or a “Sabbath rest”. TEV says “there remains a rest like God’s resting on the Sabbath day”. This is clearly teaching the Hebrews, 30+ years after the resurrection, that the full meaning of the Sabbath day is yet ahead of us, presumably in God’s kingdom. Does this verse do away with the 4th commandment? Hardly! Quite the opposite!!

One more thing: the “People of God” are not just Hebrews or Jews – but any – Jew or Gentile – who are Abraham’s seed by faith. There remains, there is still left, a Sabbath-keeping rest, as the Greek clearly states or implies – for God’s people – whether they be Jew or Gentile!

Continuing Heb 4:10 “For he who has entered *His* rest has himself also ceased from his works as God did from His. **11 Let us therefore be diligent [NIV: make every effort] to enter that rest**, lest anyone fall according to the same example of disobedience.”

If you’ve already entered that rest, why do we still need to be diligent to enter it? If you’ve already entered a room, it would be strange for me to say “Be diligent to enter that room”. So obviously we still sometimes do our own works, we still at times disobey, and we still sin – and therefore we have not stopped doing our own works at times and need to be diligent to enter the rest in Christ from doing our own works.

In any case, the author’s emphasis is not teaching for or against the 7th Day sabbath here per se, as I see it, but IS using the Sabbath rest as a model, as an analogy that we must stop our works of the flesh (Gal. 5:19-21), the works of sin, the works of worry, the works of the flesh – and now trust and obey God so we do enter the kingdom of God, and into HIS Rest fully at that time – and begin to enter it even now, in this life! Those who want to do away with the Sabbath say the works we have to stop include resting on the Sabbath or obeying the 10 commandments. Where

do they get that from? His whole context has been how the ancient Israelites paid dearly for not obeying! So the works he says we have to quit are not works of obedience, but works of SIN, works of the flesh, works of No-law or lawlessness, works of disobedience!

When we read scripture carefully, we see that God demands good works, in fact. Not *for* salvation, but as proof that we have *accepted* His salvation. Let me give you a few examples:

- We are told to repent and then “do works befitting repentance” (Acts 26:20; Matthew 3:7-9).
- We are saved by grace, but we are rewarded by our works – over and over the Bible says that (Matthew 16:27; Rev. 2:23; 20:12-13). So how can some believe this is saying we have no works to do? And though we’re not saved by works, we are created *for* good works (Eph 2:10).
- Jesus Himself commanded us to let our light shine that men may see your good *works* and glorify Father (Matt. 5:16; I Pet 2:12).
- We prove our faith by our works of obedience and trusting in God (James 2:17,26). Faith without works is dead, in fact (James 2:17, 26).
- Rev 14:12-13 “Here is the patience of the saints; here are those *who keep the commandments* of God and the faith of Jesus. 13 Then I heard a voice from heaven saying to me, “Write: ‘Blessed are the dead who die in the Lord from now on.’” ‘Yes,’ says the Spirit, ‘*that they may rest from their labors, and their works follow them.*’. Now isn’t THAT interesting?

I gave a series on the Righteousness of God. In it I showed how Scripture shows us we must have *God's* righteousness now, not our own (Phil 3:9) and that God's righteousness is gifted to His believing children. But remember: when Christ comes to live in us by His Spirit, He will do the same works in and through us that He did before, while on the earth. In fact, He clearly said we would do even greater works than He did, if we would trust Him.

So the ONLY works that we must stop are the works of sin, the works of the flesh, the works of worry, the works of doubting—and any works that make us feel we are the ones creating the “new creation”. No, brethren. GOD is the sole creator of the new creation that we are to be. As we rest in Him, we have peace, we have refreshment, we have a new life – but now the energy and mindset to do His works, God's works, righteous faithful works. We stop our own works but now let *Him* live in us by peaceful faith.

Paul was clear he trusted in God's salvation, but wasn't taking it for granted (1 Cor. 9:26-27).

Heb 4:11 makes it clear that we can't yet say we have fully entered into the rest of Christ, and v. 9 makes it clear “there *remains* therefore a keeping of the sabbath rest” as the Greek clearly has it.

What certainly IS interesting is that Paul mentions the rest, the Sabbath, and “stopping” (Sabbath) and ***the 7th day*** all in the same passage, and this – 30+ years after Christ's death and resurrection! Paul equates rest, with the 7th day Sabbath, not Sunday. Nowhere is the first day of the week mentioned here. Nowhere.

Paul kept the Sabbath, the early believers kept the Sabbath, we've just read that “there remains a Sabbath-rest, or a keeping of the sabbath, for the people of God” – and that has to include Gentiles.

Now let's look at another verse commonly used to try to throw out God's command to remember the 7th Day and keep it holy unto Him:

Col. 2:16-17

With everything we've already said in mind, and knowing Paul went to the synagogues on Sabbath and considered his law-keeping "blameless" (Phil 3:6), and taught there still remains a keeping of the Sabbath rest, let's read Colossians 2:16-17. Whatever we read has to make sense in context with other very clear scriptures.

Colossians 2:16-17

"So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, 17 which are a shadow of things to come, but the substance [KJV: body] [is] of Christ."

Almost everything in the worship service pictures Jesus Christ – or if you prefer, Yeshua Messiah. In the Tabernacle, for example, the altar, the sacrifice, the priests, even what they wore – all represented Christ. Actually I would agree that the festivals and Sabbaths are also "a shadow of things to come", and I would agree that the core meaning behind these days is to be identified in Christ.

If you read this in the Greek interlinear, you'll see the word "is", in verse 17, is not in the original. In the original Paul is saying, "don't let people condemn or judge you for what you eat or drink or regarding a feast day, new moon or sabbaths, which are a shadow of things to come, but the body of Christ".

I believe there is no problem understanding that the weekly Sabbath does picture the ultimate rest we will have, and can have now, in Christ, as Hebrews 4 clearly shows – there yet remains another kind of sabbath-rest ahead of us, he said to people (Hebrews) who were already keeping the physical weekly Sabbath. So Christ is the reality.

But it can also be read: "let the body of Christ be the one judging (explaining, teaching) you about these things". What is "the body of Christ"? The church (1 Cor. 12:27)! Many have explained it that way, and looking into the Greek, that is certainly plausible. And combined with the scripture in Rom. 14 we're about to read, Paul here is also saying that he realizes that people will continue to have disagreements over what could be eaten or not, and exactly how to keep the Sabbath. Let the body of Christ teach you these things. But then again, we have to quit condemning each other if some keep the Sabbath not as strictly, or more strictly, than someone else might.

In any case, some choose to read into this verse all kinds of things and even imagine it says that the Sabbath is done away. It says no such thing.

I personally do accept that the holydays, Sabbath and clean foods all picture Christ as well. But does acknowledging that mean we don't have to keep them? If that is so, then why did the apostles continue to keep the Sabbath, as they did?

When Christ lives in me, He is not going to live differently in me than He lived when He walked perfectly on earth, if I would perfectly submit to Him and seek Him. He kept the weekly sabbath, as did Paul. God is the One who made the Sabbath, God is the one who decreed certain meat to be unclean, and God is the only one who could change that. On the other hand, this same God teaches us through Paul not to make church a constant battle zone over particulars about food and Sabbath observance.

God says the kingdom of God – and church services for that matter – are not about food and drink! (Romans 14:15-17).

Romans 14:1-7

Now turn to Romans 14:1, where we get the context, the topic at hand: how to work with a brother or sister who is “weak in the faith” – and to work with such a one without big disputes. The word “Sabbath” is never mentioned in this passage and it is not the topic. ***Nor can it be something of “dispute over doubtful things”. The Sabbath day is clear. It is set in stone by God Himself. There’s no dispute about that. In fact there’s never a time in the New Testament that the 7th Day Sabbath ever becomes an issue of debate or contention. Think about that. Why? Because it never was an issue!***

We worship all 7 days a week, but we rest on the day GOD commanded it – on the 7th day. Anyone want to argue that last point? So the day we rest be a day one man can arbitrarily decide to assign to another day of the week. So verses 5-6 can’t be discussing the sabbath either. But we can each decide when would be our own best day to fast or do extra worship on.

His main topic is to work things out, don’t be fighting over words all the time, but remember the big picture. Verse 1 – “Sabbath” is not “a doubtful thing”. God created it, and set it in motion at creation week and it was never officially cancelled by God, only by man’s tradition later on.

Romans 14:1-7, especially verses 5-6

“Receive one who is weak in the faith, but *not to disputes over doubtful things*. 2 For one believes he may eat all things, but he who is weak eats only vegetables. 3 Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. 4 Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand. 5 **One person esteems one day above another; another esteems every day alike. Let each be fully convinced in his own mind.** 6 He who observes the day, observes it to the Lord; and he who does not observe the day, to the Lord he does not observe it. He who eats, eats to the Lord, for he gives God thanks; and he who does not eat, to the Lord he does not eat, and gives God thanks. 7 For none of us lives to himself, and no one dies to himself.”

This passage in Romans is actually very instructive. I’ve heard arguments over this passage and we end up missing its point: quit condemning one another when we see others not believing exactly like we do on any particular issue. If some don’t believe in eating meat, let them alone. That’s OK. GOD has accepted, or received, that person!! The kingdom is not about what we eat and drink (Romans 14:17). The whole context of Romans 14 is about eating, fasting, and whether to eat meat or not – and the point is to show loving concern for God's people. He’s not even talking about the Sabbath.

Paul is probably addressing arguments on which days were best to fast – and some also were arguing over which foods to eat, or whether they could eat meat at all. Jews fasted Mondays and Thursdays. The early Christians also fasted on certain days. This could have been the issue. But the Sabbath is not mentioned, and it’s not even the topic.

Galatians 4:9-11 another scriptures some use to try to cancel Sabbath-keeping

Galatia was the area that would today be right smack dab in the middle of mainland Turkey. We know them in the book of Acts as the churches of Lystra, Iconium and Derbe. The Galatians were a hybrid people of Greek-Celtic intermarriage, and generally considered Gentile. There were also some Jews who lived there in this primarily Gentile area.

Paul elsewhere had given the Gentile Corinthians, in what is now Greece, instructions on how to keep the Passover (1 Cor. 11:17-29) and he mentions the days of Unleavened Bread and even talks about them “being unleavened” (1 Cor. 5:7-8; Acts 12:1-4 – Passover, not Easter as the KJV incorrectly has it; Acts 20:6). Paul kept the holydays, as did the 12 apostles. So would Paul really be contradicting his own practice of keeping God’s holydays in *this* passage in Galatians 4, or any other passage? ***

How could that be, when the new covenant-era church of God started on a holyday—on the day of Pentecost? Think about this: had they *not* been *keeping* the holydays of God after Christ’s resurrection, they would not have gathered together on the holyday of Pentecost to receive the Holy Spirit! Think about that. After that, how could one say anyone in the true Church of God could possibly teach against the holydays? Scripture cannot contradict itself when properly understood. So let’s read it now. Remember this is primarily a Gentile church, as he so often talks to them about being sons of Abraham *by faith*. Jews were sons of Abraham by *birth*! And Jews would have already been circumcised – a topic that is often brought up in the book of Galatians. So Paul’s obviously primarily addressing Gentiles.

It’s also true that some Jewish ministers had come in after Paul trying to persuade the Galatian males that they needed to be shortened a little bit, circumcised! SO Paul certainly addresses that quite a bit in his letter, but remember these were formerly pagan Gentiles and so he’s addressing more than 1 way they were getting confused and starting to go back to their old ways. Gal 4:8 – which is the immediate context, makes this abundantly clear: they were ex-pagans.

Galatians 4:8-11

“But then, indeed, when you did not know God, you served those which by nature are not gods. 9 But now after you have known God, or rather are known by God, how is it that you turn again to the weak and beggarly elements, to which you desire again to be in bondage? 10 You observe days and months and seasons and years. 11 I am afraid for you, lest I have labored for you in vain.

Since these are Gentiles he’s talking to, whatever they’re turning back to has to refer to the pagan background they had come out of! He’s not primarily talking to Jews in Galatia here who were trying to go back to Judaism, though some of the brethren in Galatia included several Jews. He IS addressing circumcision, but more than that.

Gal. 4:8 shows their pagan origins. Before they came to know the true God, they once “served by nature those things which were not god”. He’s talking to Gentiles here about their pagan past now. That’s the immediate context. No doubt they were also being influenced to go back to their pagan roots and pagan gods and goddesses. Those pagan roots could take the course of lecherous hedonism – no holds barred – or the opposite: ascetic stoicism, very austere living. Even Zeus was known as a lecherous chief god who would come to earth and have sex with numerous pretty maidens. So this was the milieu into which Paul was preaching. These false gods were not even existing gods, and they certainly had none of the wisdom, power or morals of the true God. Neither were they creators!

When they were pagans, they worshiped many gods. There were gods of the wind, the sky, the earth, the pantry, the hearth, rivers, trees, harvest, agriculture, gods and goddesses of love, sex, livestock, the underworld, death, the seas ... you had hundreds of gods, all of which had their requirements and special days. The Greek Olympian gods and Titans were strange, very immoral, conniving, vengeful, uncaring, and incestuous – having children from sex with your goddess mother or sister in several cases, and they were mean and odds. And they weren’t even real gods in the first place!

So remember these are primarily Gentiles, being pulled into their former ways – whether out of Jewish legalism or the old beliefs of polytheistic paganism. Paul mentions “days, months, seasons and years”.

Gentiles also had an incredible array of special days and feasts to Diana, to the Greek and Roman gods, national holidays, and so on. April and October, for example, were dedicated to Apollo. Custom and superstition abounded. In any case, since it is obvious to me that Paul kept the weekly Sabbath and the annual Sabbaths or holydays as we showed last time, he was obviously *not* referring to his own practice. He couldn’t be! In the book of Galatians, Paul is dealing both with legalistic Judaizers coming in as well as to those who wanted to keep observing their pagan roots. Even today, many of our Months are named after pagan gods: Janus – January, Mars – March, Juno – June, etc. Every day of our week is named after pagan gods. The Israelites just called it “first day, 2nd day, 3rd day, 6th day, 7th day” and so on.

So Paul, in Galatians 4:10 says they would be heading back into bondage to start observing their former days, months, seasons and years. It is clear he kept the Sabbath himself (Acts 17:2) and claimed to be blameless about the law, which had to include the Sabbath (Phil. 3:6), so why would he, *how* could he, be teaching otherwise here? He *had* to be referring to the *pagan* days, months and years.

He is *not* teaching them to annul a commandment of God. That is not his point. The New Testament church in fact started on an annual Sabbath called Pentecost, and even the Gentile Corinthians kept Passover, Days of Unleavened Bread, the Feast of Tabernacles and so on – because these were not just JEWISH feasts, but were “the FEASTS OF THE LORD” (Lev 23:1-3).

I’ve talked before about the many, many New Testament scriptures that teach obedience to all of God’s commandments, so this verse is simply NOT doing away with the Sabbath – or Paul would have been contradicting his own practice. Paul himself kept the Sabbath, and as far as the law went, he said he was blameless. (Phil 3).

SO LET’S SWITCH GEARS NOW....

So how on earth did the 7th Day Sabbath worship get changed to Sunday Worship? Why is it that 95% or more nominally Christian churches worship on Sunday and don’t keep the 7th Day rest? How did that happen? We’ll cover that next. Be aware that astute theologians freely admit the Sabbath is the 7th day, but then they say but now we keep Sunday as a way to honor the Resurrection. We can rest on Saturday, they say, and praise God on Sunday – all the while ignorant that nowhere does it say he was resurrected on Sunday.

HOW THE 7TH DAY SABBATH WORSHIP GOT CHANGED TO SUNDAY WORSHIP BY THE ROMAN CATHOLIC CHURCH AND THE EMPEROR CONSTANTINE

In the nutshell, the 7th Day Sabbath got changed over time by “Christians” especially in the 2nd and 3rd centuries, but even as early as the end of the 1st century. Remember in the first 3 centuries after Christ,

there were MANY forms and kinds of “Christianity” out there. Just because some Christians started worshiping on Sunday in the late 1st century and into the 2nd century, doesn’t mean they had authority to change Scripture and the 10 commandments – OR that they were true believers practicing what Jesus and Paul taught! These Sunday-keeping “Christians” started a new tradition, but had no Scriptural authority to do so. We’ve already shown that Paul and the early Christians up to 30-40 years after the resurrection still kept the 7th Day Sabbath and kept the commandments. How did all this get changed?

The earliest references to nominal Christians *preferring* Sunday over the 7th Day can be found as early as AD 70 or 80 in *apocryphal or pseudonymous* books like “Letter of Barnabas”, but not really strongly so until mid 2nd century. By then we have early Catholic Christian leaders worshiping on Sunday – priests and leaders like Ignatius, Justin Martyr, Dionysius, Clement of Alexandria, Tertullian of Africa, Iraneus later on, and others.

But since neither Jesus, Paul, the other apostles, nor the earliest believers keep Sunday over Sabbath—but kept God's commandment to rest on the 7th day – when many nominal Christians started turning against the covenant people, the Jews, and started keeping Sunday instead of Saturday, they were doing so without scriptural authority and did not have that precedent from Jesus, Paul or the apostles or the Christians who went before them, whom we read about in the book of Acts and in the New Testament. These later so-called Christians were frankly the beginnings of the Roman church, the Catholic church. They were forming new traditions, and discarding the commandment of God, and had NO authority to do so. In fact Eusebius, the church historians, says that the church 150 years after Christ was night and day different from the church we read about in the book of Acts.

These later Christians also spoke *against* God's commandments. John says “he who says ‘I know Him’ but doesn’t keep the commandments is a liar, and *the truth is not in him*” (1 John 2:4). They spoke against the Sabbath. Justin Martyr was an outright Jew-hater. For example he wrote in his famous debate with Trypho the Jew, that God gave the Jews circumcision to easily mark them, identify them, as the ones who should be punished. GOD says that whoever curses Abraham’s and Israel’s seed would also be accursed. His anti-Semitism marks Justin as someone who was NOT a converted Christian, in my view at least. Clement of Alexandria had some really unscriptural views about the nature of Christ. These were people using the name of Jesus, but who were not doing the things HE SAID, and Jesus had a strong warning about this: “I never knew you, you workers of lawlessness”.

Any man’s opinions mean nothing to me if they don’t square with Scripture. I don’t care what title they have, what their name is, or how holy they sound. Ditto to Augustine, Tertullian and Origen. So there you have it. Either get in line with what God says, or I won’t listen to you or to the ones who preach in the name of God, when God is saying “I didn’t send you!”

The Catholic Church said they had the authority to change the day of worship. I’ll give you quotes in a minute. Finally Emperor Constantine, the first pagan emperor to claim conversion to Christianity, made it official and ordered everyone to worship on “the venerable day of the sun”, rather than on the Jewish Sabbath. That was in 321 AD. Constantine’s evil life after his conversion to Christianity proved that he never really understood conversion at all and was NOT a converted child of God. And he had NO authority to do what he did. Then in 364 AD the Council of Laodecia

A Catholic website I’ve just checked – for their ‘proof’ that we should keep Sunday – simply quote a series of “Church Fathers” as their authority, but not one scripture! They like to quote Justin Martyr’s debate with Trypho written in 155 AD where he shows utter ignorance by saying God imposed the

Sabbath on the Jews for the hardness of their hearts! Has he not read Gen 2, that it was set apart by GOD, 2,000+ years before there was a Jew on this earth!? Has He not read that we will be keeping a 7th Day Sabbath in the Millennium? (*Dialogue with Trypho the Jew* 18, 21 [A.D. 155] and *First Apology* 67, AD 155.)

Then this site quotes Tertullian, around 203 AD, who puts down the Sabbath and claims Adam, Enoch and Noah did not keep the Sabbath. But clearly in the Old Covenant, Abraham, Enoch, and Noah were called righteous because God himself says they kept God's commandments, all of them (Gen. 26:4-5). Sin is not imputed where there is no law. Our righteous forefathers clearly knew about God's commandments and kept them. I reject Tertullian's claim as being totally false and unfounded –and he still offers no clear scripture to support Sunday keeping. (An Answer to the Jews 2, c. 203 AD)

This site goes on to quote Augustine, Pope Gregory 1, Chrysostom and other *Catholic* fathers – but never once does it offer any *scripture* to show that God threw out the Sabbath that GOD had made holy, and ONLY God had the right to remove what He had set up. Are we getting the point? Later so-called Christians changed – without scriptural authority – the day of worship from Saturday to Sunday. And it became a tradition of men and eventually was used, just as Jesus said, to do away with the commandments of God.

Worship can occur on any day but we're commanded to worship and rest on the Sabbath (Lev. 23:3). But one website says, "The Sabbath commandment does not require worship, it prohibits work". That writer errs, not knowing Scripture like Lev. 23:3. That is why Jesus went to the synagogue on the Sabbath as his custom was (Luke 4:16), and so did Paul, even among the Gentiles (Acts 17:2). That same writer later admits: "Sunday is not and it never has been the Sabbath" and "The Sabbath is, of course, Saturday".

When the Catholic Church grew big and was made the state religion eventually, they imposed their will, often on pain of death.

In 321 CE, the previously well known Pagan sun-worshiper, the Emperor Constantine now declares that Sunday was to be a day of rest throughout the Roman Empire. He continued to mint coins that glorified the sun-god even after his so-called conversion. His life did not change. Here's his ruling:

"On the venerable day of the Sun let the magistrates and people residing in cities rest, and let all workshops be closed. In the country however persons engaged in agriculture may freely and lawfully continue their pursuits because it often happens that another day is not suitable for gain-sowing or vine planting; lest by neglecting the proper moment for such operations the bounty of heaven should be lost."

The *Church Council of Laodicea* circa 364 [CE](#) ordered that religious observances were to be conducted on Sunday, not on the 7th day. Sunday became the new Sabbath. They ruled: :

"Christians shall not Judaize and be idle on the Sabbath, but shall work on that day; but the Lord's Day they shall especially honour, and as being Christians, shall, if possible, do no work on that day. If, however, they are found Judaizing, they shall be shut out ['anathema,'--excommunicated] from Christ."

By the 12th – 13th centuries the Catholic Church was telling Catholics they could kill "heretics" and keep their land and houses – with the blessing of the church! Brethren, that's NOT the actions of the true Church of God. This went hand in hand with violent Anti-Semitism. They hated anything Jewish, so the "Jewish sabbath" was one of the targets.

So that's how it got changed by man, without God's permission or blessing or pleasure!! You can check that out yourself.

Here's what the Catholic Church itself wrote:

"The [Catholic] Church took the pagan buckler of faith against the heathen. She took the pagan Roman Pantheon, [the Roman] temple to all the gods, and made it sacred to all the martyrs; so it stands to this day. She took the pagan Sunday and made it the Christian Sunday . . . The Sun was a foremost god with heathendom. Balder the beautiful: the White God, the old Scandinavians called him. The sun has worshipers at this very hour in Persia and other lands . . . Hence the Church would seem to have said, 'Keep that old, pagan name. It shall remain consecrated, sanctified.' And thus the pagan Sunday, dedicated to Balder, became the Christian Sunday, sacred to Jesus. The sun is a fitting emblem of Jesus. The Fathers often compared Jesus to the sun; as they compared Mary to the moon."--William L. Gildea, "Paschale Gaudium," in "The Catholic World," 58, March, 1894.

The Roman Catholic Church holds that edicts and traditions of the church hold as much – or greater – weight as Scripture itself. Remember Jesus' words about man's traditions undermining His Commandments?

"Like two sacred rivers flowing from paradise, the Bible and divine Tradition contain the Word of God, the precious gems of revealed truth. *Though these two divine streams are in themselves, on account of their divine origin, of equal sacredness, and are both full of revealed truths, still, of the two, Tradition [the sayings of popes and councils] is to us more clear and safe [than the Word of God].*"--Di Bruno, "Catholic Belief," p. 33.

I started this 3 part series asking if you wanted to follow the traditions and excuses and reasonings of Man – or the clear, direct words of God as given in His own commands, in His own scripture. The choice will be yours. And you will be blessed --or have to give an account – based on your decision.

As for me and my house, we are 7th Day Sabbath keepers. On the 7th day we rest. We sleep in. We do a lot of extra Bible study and prayer. We participate in sabbath services as much as we can. It is a peaceful day, a delight, a day to recharge and rest up. On the Sabbath, we do not go shopping, we do not mow the lawn or do garden chores or work. We don't do any of our business that we do each day otherwise. It's a quiet day to remember and praise GOD as the creator and the awesome Being who freed me from spiritual slavery by the life, death and resurrection of my Lord and Savior.

It's very easy to get careless with God's sabbath – so we try to find the balance of remembering it was made for man, and not the other way around – but it is still God's day, HIS sabbath. A day we are not to pursue our own thoughts and business. So we sometimes watch the news on TV but avoid other TV. We read the Bible and do Studies and spend time with family. It's quite the blessing. And it certainly is not a burden. Frankly we look forward to the Sabbath of God, the 7th Day, after working so hard all week long.

I hope I've covered the subject well – and I hope more of you will help spread the word about the wonderful true Sabbath of God on the 7th Day. Until next time – This is your brother, Philip Shields.