

Keeping God's sabbath holy, part 1



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Philip Shields

www.LightontheRock.org

All scriptures are NKJV unless noted otherwise.

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Summary: End-time believers are described as keeping God's commandments (Rev. 12:17; 14:12). And yet the last church of Rev 3 is lukewarm about everything of God. Let's not be lukewarm about keeping sabbath holy. It's our DATE with our King! In part 1 we lay the foundation of the origin of the 7th day sabbath, How IMPORTANT this day is to God. God's laws about it, and meaning of the Hebrew words in the 4th commandment and much more.

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When I was a child growing up in the Philippines, my dad – an evangelical missionary - made sure we all went to church on Sunday. But later my mom taught us about the 7th day sabbath. So on Saturdays, as a child, I would try to disappear into the woods, the jungles behind our home so I couldn't be pressed into work by my dad -- but I'd try to rest, keep sabbath best I could.

Later when we came to the USA, parents divorced, and now sabbath was attending church services to our assigned church at first in L.A. and later in Pasadena. We were not well off, had a small apartment for 4 kids (2 girls, 2 boys), just one bathroom – and can you imagine what it was like getting showered, dressed and ready for church, rushing to the hall, smile real big and sit through 2 or more hours of sermons and sermonettes – then fellowship afterwards. But overall it was fun and uplifting.

If we love the sabbath and prepare to keep it set apart, dedicate it as holy to God, our children will too.

The END TIME believers are described several times as ones who KEEP God's commandments. Not just 9 commandments – skipping the sabbath, -but all 10! (Revelation 12:17; 14:12). We have no authority to change, cancel, or reword God's commandments especially. True believers KEEP commandments.

As we'll see in the 4th commandment, the whole family – the children, the grandparents, everyone – are all supposed to keep the sabbath. And certainly Jesus/Yeshua showed us what good things WE CAN DO on the sabbath.

Let's start by reading the 4th commandment and then lay the foundation for this 2 part sermon on Keeping God's sabbath day holy.

Exodus 20:8-11

"Remember the Sabbath day, to keep it holy. 9 Six days you shall labor and do all your work, 10 but *the seventh day is the Sabbath of YHVH* your God. In it you shall **do NO work:** you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. 11 For in six days YHVH made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. **Therefore YHVH blessed the Sabbath day and hallowed it.**"

One reason we still know the identity of the JEWS is that the house of Judah continued to keep the sabbath, an identifying sign of God's people, including circumcision in the Old Testament. In the new covenant, there are several signs – that we LOVE one another as Christ loves us, and I believe keeping the true 7th day sabbath is STILL a sign (Exodus 31:12-13, 17). In this passage God focused on RESTING on His sabbath. (Post below as I speak of a SIGN)

Exodus 31:12-13, also 17

And YHVH spoke to Moses, saying, 13 "Speak also to the children of Israel, saying: '**Surely My Sabbaths you shall keep, for it is a SIGN** between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you.'

I gave 3 sermons a few years ago proving which day is the New Testament sabbath and showing we are to keep keeping it! Look up "Sabbath" in the Search bar and you'll see the series. I prove there's no scripture cancelling the longest commandment in the 10 Commandments! So check it out. In this sermon and the next, let's focus on the foundational verses about the sabbath and what it means to remember it, to keep it holy, and special to God.

But are we zealous in keeping the sabbath holy? **The Laodicean end-time church at Revelation 3:14-22** – remember Christ says he's here, knocking on their/our door – is depicted as lukewarm. Jesus asked if he'd find faith on the earth when he returns. I began to see that I needed a tune-up on the sabbath, so as always, I preach to myself first. I think we're good at REMEMBERING the sabbath – but not so good on keeping it holy.

It's a DIVINE APPOINTMENT – a MOED, our appointment with the Eternal.

Do you realize the sabbath is a DATE with your future husband and with God the father? Are you READY for that weekly date with our master?

Let me state: don't take your cues for how to keep sabbath from orthodox Jews, the descendants of the Pharisees. It should be a GREAT DELIGHTFUL day! Not a burden. **NOR do we take cues from those who teach it's one day, any day, in seven.** That's so blatantly ignoring the clear scriptures that it's the SEVENTH day of the week.

My first question: where do we find the WORD "Sabbath" for the first time in the Bible? Trick first question. The sabbath day was created by God resting in Genesis 2, but the word "sabbath" is nowhere in that passage. The first time the WORD is used is Exodus 16, in relation to manna and how God gave 2x as much on 6th day.

Cite show Ex 16

Exodus 16:22-24

And so it was, on the sixth day, that they gathered twice as much bread, two omers for each one. And all the rulers of the congregation came and told Moses. 23 Then he said to them, "This is what the Lord has said: **'Tomorrow is a Sabbath REST, a HOLY Sabbath to the Lord.** Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.'"

V. 23 – "Tomorrow is a shabbat sabbaton" – or literally, tomorrow is the day we STOP (shabbat) and REST (sabbaton).

Already known: *The sabbath is brought up in Exodus 16 as a commandment already known.* Of course, God gave it at Creation. Ex 16 is before Ex.20 – the voicing of the 10 Commandments. But in Ex 16, the sabbath is mentioned as if everyone already knew about a sabbath. And remember the commandment says to REMEMBER the sabbath. *We remember only things that have already happened or already existing.*

GOD'S GIFT for a day of REST

The **Sabbath is a GIFT FROM GOD.**

Notice in **Ex. 16:29** – "See *YHVH has GIVEN you the sabbath...*".

*Do you FEEL like sabbath is a personal GIFT to you from your Maker? ** If you truly don't, you're missing out on something big!*

The NEXT time "sabbath" is mentioned, is as the 4th commandment, spoken by God from Mt. Sinai in **Exodus 20:8.** It's actually *the LONGEST of all the commandments of God.*

“Sabbath” means to CEASE, to STOP. But notice that **the focus of the sabbath in Exodus 16 was to REST from work.** Sometimes I have to talk to pastors who work with me, who zealously put on all-day sabbath services. I tell them that’s too much! Where’s the time to REST? The congregation will need another day to REST up from the DAY of REST at that rate!

IS your sabbath day, a day of REST?* RESTING, FEELING rested, should be a PRIMARY focus for the day. Yes, we go to church too because it IS a “holy convocation” – a time to come together and learn of God and sing to him and worship him. But the predominant FOCUS in most scriptures about sabbath is --- TO REST.

We know scientifically today that people who do rest on weekly basis remain healthier and have more energy to get more done.

So GUESS WHAT? Even GOD ceased working on the sabbath and God declared it to be holy, separate. Though the word “sabbath” is not in Genesis 2, THIS WAS the time the sabbath began. Let’s read it.

I want you to notice that the holy sabbath is declared to be the 7th day, THREE TIMES in verses 2-3. **Not “one in seven”, not “just pick a day”** – but “THIS is the day I, Almighty God, your Creator said is the holy sabbath”.

Genesis 2:1-3 NIV

“Thus the heavens and the earth were finished, and all the host of them. 2 And on the **seventh** day God finished his work that he had done, and he rested on the **seventh** day from all his work that he had done.

3 So **God blessed the seventh** day and **made it holy**, because on it God **RESTED** from all his work that he had done in creation.”

CJB – “God blessed the seventh day and separated it as holy;”

Remember Genesis 1 also makes it clear that the days were from sundown to sundown. MANY other verses also do – and you can look these up. **Nehemiah 13:19** – “as it began to be dark before the sabbath”.

So don’t play games with God. HE chose the 7th day to set apart as HOLY and for us to rest. His GIFT to us. I hope and pray that any of you hearing this, who have been deceived into believing that the Day of the Sun, Sunday, is God’s sabbath, will decide to believe God’s word and what GOD did.

Jesus did the creating under his Father: The one who set the 7th day apart was the Word of God – through whom God Most High created all things (**Ephesians 3:9; John 1:1-3; Heb. 1:1-3**). Remember NO man, no human, has ever seen the Father (John 6:46) The One who formed Adam from the dirt of the ground and blew into his nostrils the

breath of life was the One who became Jesus Christ. The one who walked and talked with him was Jesus Christ.

For ALL MANKIND

No WONDER Jesus said HE is LORD of the SABBATH! Now you see it. HE was the one who MADE the sabbath, gave it as a gift to Adam and Eve – **ANCESTORS of us all**. The sabbath was made for Man (mankind) – all of us (Mark 2:27-28)! This was around 2,000 years before Abraham or Isaac and Jacob and Judah ever came into being! We've all come through Adam and Eve.

Sure, it was given to Israel because at that time that was the only nation God had separated out to be his people. But even WITHIN Israel, any Gentile living among them all had to keep Israel's laws. ALL OF THEM. One law for all.

Mark 2:27-28

And He said to them, "**The Sabbath was made for man, and not man for the Sabbath. 28 Therefore the Son of Man is also Lord of the Sabbath.**"

In Isaiah 56 – please write this down and read it on your own – God *commends GENTILES for keeping sabbath (Isaiah 56:6-7)*.

In fact, in Genesis 2:2-3, there are 2 words here: "**shabbat**" – or Sabbath, meaning STOP, CEASE. The 2nd word is "**sabbaton**" – a time to rest. The focus of the word *sabbaton* is REST (Ex. 31:15). This noun is also used for **very special rest times** – Day of Atonement (Lev 16:31), Feast of trumpets and First day of Feast of Tabernacles and 8th day after the Feast. It's also the word used – **sabbaton** – for the sabbatical LAND REST (Lev. 25:4).

So let's break down the words in the 4th commandment:

Exodus 20:8-11

8 "Remember the Sabbath day, to keep it holy [qadosh]."

"Keep" in Holman Bible: "to dedicate it to God as holy"

CJB: "Remember the day Shabbat, *to set it apart* for God." **

NIV, NLT: "Remember the sabbath day by keeping it holy."

"Holy" from qadosh -- OT:6942, meaning to set apart, to dedicate, consecrate. We are to consciously SET APART the 7th day as a very special holy day. Do we? *It's NOT to be like the other days.*

"Remember!" Don't forget it. Be very aware of it. Don't let it sneak up on you. I set alarms on my watch 3-4 hours before sundown Friday night to be ready. I don't want to be doing last-minute work or business, forbidden by the sabbath. Set it apart. Be ready for sabbath to set it apart as a SPECIAL day to joyfully worship.

GET The CHILDREN involved in preparation. Be sure THEY clean up their room, get their sabbath bags ready for church and help out around the house. *Ask them what they'd like to do in God's creation on sabbath.*

*WE like to have sabbath-type music playing quietly in the last couple hours before sabbath begins; Beautiful hymns about the sabbath, or our savior and his cross and salvation. Remember Paul said he would be content to spend all his time talking about Jesus and his cross. THAT'S what he says! Can YOU and I say that *or have we been so indoctrinated against the cross on which our Savior poured out his blood for you and me --as we've been persuaded it's a pagan symbol.* But here are the clear words of scripture! Check out my sermons on The Cross.*

1 Corinthians 2:2

“For I determined not to know anything among you except Jesus Christ and Him crucified.”

Galatians 6:14

“But **God forbid that I should boast except in the cross** of our Lord Jesus Christ, by whom the world has been crucified to me, and I to the world.”

So we play quiet background music, and special sacred songs, sabbath music type a bit before sabbath begins and into the sabbath itself -- to help us remember and be in the mood of praising, enjoying and worshipping. Your children and grandchildren will see this too and GROW UP enjoying God and his way! We play NO RAP, no LOUD music *or music we'd play all the other days.*

WE keep sabbath not JUST because we're told to – but **it's a TOTAL JOY** to have a whole day to remember creation, our Creator, to slam evolution!, and use the time to praise, to rest, catch up on sleep, and WORSHIP our God also.

The concept of “Preparation Day”. The only place it is used is in Mark 15:42 and John 19:14, 42, referring to the day before the annual sabbath, not the weekly sabbath. It's called the “Preparation day of the Jews” in v 42. THAT sabbath the next day was a “high day” – an annual holyday; the first day of Unleavened Bread. Nor was The Sabbath mentioned in Mark 15 was not a regular weekly sabbath.

John 19:42

So there they laid Jesus, because of **the Jews' Preparation Day**, for the tomb was nearby.

Don't get me wrong. The sabbath should not catch us unprepared or surprised. Israel was told to gather twice as much manna the day before the sabbath, *to be prepared* in Exodus 16. The point is: prepare for sabbath, so you're ready to set it apart as holy time to rest and commune more with God.

But spread out the tasks that need to get done before sabbath during ALL the days of the week, not just on Friday. So we ourselves do NOT use Friday as laundry day, shopping day, or lawn mowing day. To me, that's packing too much into Friday. We do all that on other days so we're not too worn out by sundown end of 6th day.

But by the time sundown 6th day – Friday sunset – comes around, you should be ready to enjoy, relax, stop, cease, rest and praise God. Don't be still driving in your tractor or pickup truck minutes before or after sundown.

So we get whole family involved in making sure the home is clean, neat, tidy and presentable. So it's the day of vacuuming. The day before sabbath is also a day to be sure any major cooking you want – church potluck and so on – is all done and prepared on Friday and not Sabbath.

So – don't get me wrong – the concept of Preparation Day is only briefly brought up, and it was called a part of Judaism. WE should be prepared for sabbath, but that preparation is not all tied up in one day. *Some even teach Prep Day is as important as the sabbath itself. I say nonsense to that.* TOO many rules – which Jesus assailed against!

KEEP it holy/set-apart for holy use: “Keep” in Hebrew can be translated various ways and one way is to “GUARD it,” like we put sheep in a “keep” – a place that's guarded and is safe for them. Adam was placed in the Garden to KEEP it (Genesis 2:15) He was to work the garden and keep it – several translations say “to watch over it”, “guard it” (Holman Bible, Christian Standard Bible). He should have ordered the serpent OUT of there!

DO we GUARD the sabbath – to keep it from being profaned and treated like any other day?*** “KEEP” it has that meaning included in it. Let's move on.

Exodus 20:9-10

9 “Six days you shall labor and do all your work, 10 but the seventh day is the **Sabbath of the LORD** your God. In it you shall do **NO WORK**: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates”.

Verse 9 – the SEVENTH day is the Sabbath. “Of the Jews”? No – “of the LORD your God” – or YHVH your Elohim. ***It's our SABBATH DATE*** with our Messiah and our Father.

2 commands in verse 9: 6 days you are to be busy and working. But the seventh (NOT “one in seven”) we are to STOP (Sabbath) and do NO WORK.

Hebrew primarily means “work, occupation, business, making something, human labor, craftsmanship”. God is NOT using the scientific definition of “work” here that you may have learned in 3rd or 4th grade, which was that anytime work was done, energy was transferred. So moving your hand up could be work by scientific definition. But that's NOT the case here.

“DO NO WORK” primarily means activities related to your business, occupation, or anything to do with human labor. So we don't have our business open on the sabbath. We must not! We don't order employees to keep working while we take the day off. NOPE! And if YOU are the employee, you'll have to tell your boss you can't and don't work on Saturdays. And working on my business proposal is work. Doing school work is work. Mowing the lawn, vacuuming the home, weeding the garden, is work – as it is human labor.

What about jobs of “doing good on the sabbath”? We'll cover that next time. God wants you to REST and remember HIM and CREATION on that day.

Jesus later showed us that HE – who CREATED the Sabbath – did not mean to be ridiculous. OF COURSE, he said, you can give water to your animals or be sure they are fed. That's being kind. **And of course you can be healed** on the sabbath. It's OK to do good on the sabbath. I'll explore all these much more in part 2 including having marital sex on the sabbath.

Let's finish the wording in the 4th commandment. Remember it. Keep it holy. Make it a set-apart day (a meaning of “holy”). Work 6 days, rest on 7th day.

Exodus 20:11

“For in six days YHVH made the heavens and the earth, the sea, and all that is in them, **and rested the seventh day.** Therefore the **Lord blessed the Sabbath day** and hallowed it.”

He did not bless Sunday. He did not bless Friday. He blessed the sabbath day.

In this next reading I want to focus on the phrase that the sabbath is also a commanded assembly to meet with other believers one way or another and worship God.

Leviticus 23:1-3

And YHVH spoke to Moses, saying, 2 "Speak to the children of Israel, and say to them: 'The feasts of YHVH which you shall **proclaim to be holy convocations, these are My feasts.**

3 'Six days shall work be done, but the seventh day is a Sabbath of solemn rest, **a holy convocation.** You shall do **no work on it;** it is the Sabbath of YHVH in all your dwellings.”

V 3 – NCV “...It shall be a day for a holy meeting...”
NET: “a holy assembly”

Good News trans: "On that way do not work but gather for worship"

So yes, we are to worship – but again: it does not say we must be at church services for many, many hours! Or all day! We are also to REST, to STOP, to call it a delightful day. Shabbat means STOP. *Sabbaton* means REST.

And please, **DRESS respectfully** before the Highest when we come to holy assemblies. Clean clothes. Not sexually revealing short skirts or low cut blouses. Dress like you're remembering before whom you're coming!

Let's finish with Isaiah 58. NEXT TIME we'll explore what Yeshua/Jesus said TO DO on the sabbath! **He did not change anything.** If anything, he came to bring to us what was HIS original intent of the sabbath in Genesis 2 when he created it, and no doubt spent some wonderful time with his new created beings Adam and Eve. **When he came, Jesus never broke God's law** – or we could not have him as our Saviour. He simply was saying the Pharisees had made it a burden and that was never the intent from the beginning. He broke THEIR explanation of sabbath, but not the way GOD wanted it kept.

Isaiah 58:13-14 NKJV

"If you turn away your foot from the Sabbath,
From doing your pleasure on My holy day,
And call **the Sabbath a delight**, The holy day of YHVH honorable,
And shall honor Him, not doing your own ways,
Nor finding your own pleasure, Nor speaking your own words,
14 Then you shall delight yourself in YHVH;
And I will cause you to ride on the high hills of the earth,
And feed you with the heritage of Jacob your father.
The mouth of YHVH has spoken."

Isaiah 58:13-14 New Century Version

"You must obey God's law about the Sabbath
and not do what pleases yourselves on that holy day.

You should call the Sabbath a joyful day and honor it as YHVH's holy day.
You should honor it by not doing whatever you please
nor saying whatever you please on that day.
14 Then you will **find joy in YHVH**,
and I will carry you to the high places above the earth.
I will let you eat the crops of the land your ancestor Jacob had."
YHVH has said these things.

We'll dive much deeper into Isaiah 58 next time. Be sure to tell others so we can wake up lots of God's children about the sabbath.

Next time I want to hammer home this point of getting very zealous about the sabbath commandment of God. Remember it's clearly the 7th day – not just “one day in seven” as the majority of pastors who don't keep 7th day sabbath say.

- Is the sabbath to be kept by Gentiles?
- How to make sabbath a delight as Isaiah 58 says.
- Can married couples have delightful sex on sabbath? Or is that work?(ha, ha)
- Can we shop on the sabbath or buy and sell on sabbath? What are the clear scriptures on this?
- What do we do about emergencies? What was the Ox in the ditch?
- Employment as an RN, doctor, Police officer, fire fighter on the sabbath
- How to make sabbath services more enjoyable for the children too

If you find this to be an important subject – please spread the word and tell others about this website and this sermon.

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