

**Lesson Book:**

***The Sabbath –  
Saturday Sabbath in the NT***

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## **INTRODUCTION**

The purpose of this text is to aid the reader in a better understanding of various truths found in the Holy Scriptures and discovering for themselves how the Scriptures apply to their lives. It is the desire of this work that through this study of the Scriptures each learner will be brought closer in their relationship to their Creator as a result of these lessons.

Presented on the following pages is a series of one page lessons associated with the topic of “*The Sabbath – Saturday Sabbath in the NT*”. Each lesson has been optimized to work best for use in a small group, but is also appropriate for individual review. In fact, if you plan to meet with others to work through this lesson book, it is highly recommend that you work through the lessons ahead of time to find answers in Scripture, as most lessons welcome discussion. When prompted for discussion, *opinions* should be heard and discussed, of course. However, a Scripture verse or passage should accompany discussions as the foundation for what the belief or opinion is based on. Study tools, such as a printed concordance or searchable Bible software to help you find the location of a Scripture that you may be having a hard time remembering, are encouraged for use with these lessons. Please remember always to study the Scriptures in context of the full passage to ensure that it properly accompanies the topic being discussed.

Concerning the source used for these lessons, please note that all Scripture quotations in this book are taken from the Modern King James Version of the Bible. The purpose in using this particular English translation is simply because of its wide acceptance and the fact that it is public domain in the United States, allowing the text to be freely quoted without copyright restriction. From the start, readers are encouraged to have his or her preferred translation of their Bible alongside for reference while reading along.

In addition, traditional Christian terms and names are *intentionally* used throughout this lesson book to reach a larger scope of readers and help those who may be beginners in this knowledge learn with ease. Occasionally, the need to employ the use of a Hebrew term or phrase may present itself for a clearer understanding of Scripture; when this occurs, the corresponding English meaning is always supplied.

# Jesus Kept the Saturday Sabbath

## Scripture Highlights

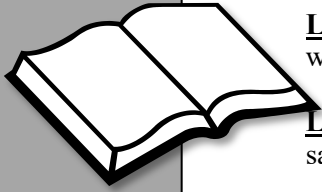
**Luke 4:16** And He came to Nazareth, where He had been brought up. And, as His custom was, He went in to the synagogue on the Sabbath day and stood up to read.

**Luke 23:56** And they returned and they prepared spices and ointment. And they rested on the sabbath day according to the commandment.

**Mark 2:28** Therefore the Son of Man is also Lord of the sabbath.

**Matthew 12:11-12** And He said to them, What man among you will be, who will have one sheep, and if it falls into a pit on the sabbaths, will he not lay hold on it and lift it out? How much better is a man then than a sheep? Therefore it is lawful to do well on the sabbath days

**John 7:23** If a man receives circumcision on the sabbath day so that the Law of Moses should not be broken, are you angry at Me because I have made a man entirely sound on the sabbath day?



## Group Discussion and Questions

1) According to Luke 4:16, Jesus did what?

Does this sound like he rebuked the Saturday Sabbath or continued to do as His custom? No where in all of Scripture does Jesus teach anything but the same Sabbath since creation to all people, Jew and Gentile.

2) Do the women who had followed after Jesus continue to keep the Sabbath after His Death? See Luke 23:56

3) Please read Mark 2:23-28. Jesus and his disciples were accused of doing something unlawful on the Sabbath. Jesus explained it was a need to allow His disciples to eat of the grain just as David had a need to eat the forbidden shewbread during the time he and his men were fleeing from Saul's army. It was not possible for them to prepare their food on the 6<sup>th</sup> day. This does not give us license to make excuses about being too busy to prepare. We do not see Jesus himself eating the grain, but he gave approval to his hungry disciples who were away from home and still a journey ahead of them. He still honored the Sabbath, but also showed compassion.

4) The word "Lord" means Master. What does Mark 2:28 say? Would He be Master of a day appointed by man? Which day did He bless and sanctify?

5) We see Jesus healed a man on the Sabbath in John 7:23 and Matthew 12:11-12 shows we don't allow animals to suffer harm. He does not want people or animals to suffer any day. If someone is in need this day, we are to help them

## Sabbath Review

Do you teach your children to keep all the ten commandments, including the Sabbath? You learned in "The Sabbath – What is it?" this day is Friday sundown to Saturday sundown. It has been this way since creation and no one, except man-made laws and tradition, changed it to Sunday. Not Jesus. Not Paul.

This was spoken by Jesus and He makes it very clear not one commandment is to be changed or done away with:

**Matthew 5:17-19** Do not think that I have come to destroy the Law or the Prophets. I have not come to destroy but to fulfill. For truly I say to you, Till the heaven and the earth pass away, not one jot or one tittle shall in any way pass from the Law until all is fulfilled. Therefore whoever shall relax one of these commandments, the least, and shall teach men so, he shall be called the least in the kingdom of Heaven. But whoever shall do and teach them, the same shall be called great in the kingdom of Heaven.

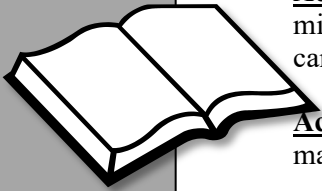
**Deuteronomy 6:6-7** And these words which I command you this day shall be in your heart. And you shall carefully teach them to your sons...

**1 Peter 1:25** but the Word of the Lord endures forever. And this is the Word preached as gospel to you.

**Psalms 119:89** Forever, O Jehovah, Your Word is settled in the heavens.

# Paul Kept the Saturday Sabbath

## ***Scripture Highlights***



**Acts 13:42-44** And the Jews having gone out of the synagogue, the nations begged that these words might be preached to them the next sabbath. ... And on the coming sabbath day almost all the city came together to hear the Word of God.

**Acts 16:13** And on the sabbath we went out of the city by a river side, where prayer was usually made. And we sat down and spoke to the women who came together there.

**Acts 15:21** For Moses from ages past has those in every city proclaiming him, being read in the synagogues every sabbath day.

**Acts 17:2** And according to Paul's custom, he went in to them and reasoned with them out of the Scriptures on three sabbaths.

**Acts 18:4** And he reasoned in the synagogue on every sabbath, persuading both Jews and Greeks.

## ***Sabbath Wisdom from Paul***

**Romans 7:22** For I delight in the Law of God according to the inward man;

Forty years after the death and resurrection of Jesus, Paul was still preaching weekly on the Sabbath day. Does this sound like Jesus or Paul changed the Sabbath to Sunday? Read the above verses.

Never in the Scriptures was Paul accused of teaching against Sabbath observance.

The Sabbath is mentioned over fifty times in the New Testament alone with no indication of it being any day other than Friday sundown to Saturday sundown. Never is the first day of the week, Sunday, called the Sabbath.

The Bible records no disputes between the Gentiles, the Pharisees, or the followers of Jesus, Paul, and the disciples concerning the observance of the Sabbath day. Everyone knew it was Saturday (the 7<sup>th</sup> day) and not Sunday (the 1<sup>st</sup> day) or any other day of the week.

There was a dispute concerning the circumcision of Gentile converts to "The Way". A general council was held to settle the matter (Acts 15). The fact that there is absolutely no council held or mention of a dispute concerning Sabbath observance, proves the early followers of Jesus kept the same day as the Jews did.

## ***What did Paul do?***

According to the verses above, Paul demonstrates that long after Jesus' resurrection, he is still honoring the Saturday Sabbath. There is NO mention of him or anyone attending a Sunday Sabbath gathering.

Paul believed and kept all of The Law (The Torah), which gave us The Ten Commandments, including the Sabbath.

**Acts 24:14** But I confess this to you, that after the Way which they call heresy, so I worship the God of my fathers, believing all things that are written in the Law and in the Prophets.

Paul says Faith establishes The Law:

**Romans 3:31** Do we then make the Law void through faith? Let it not be! But we establish the Law.

Paul taught this Law (Torah) to Jews and Gentiles:

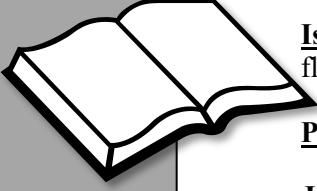
**Acts 28:23** And they having appointed him a day, many came to him in his lodging; to whom he expounded, testifying the kingdom of God, and persuading them the things concerning Jesus, both out of the Law of Moses and out of the Prophets, from morning until evening.

Paul said to imitate him as he imitated Jesus:

**1 Corinthians 11:1** Be imitators of me, even as I also am of Christ.

# The Sabbath Wrongfully Changed

## Scripture Highlights



**Isaiah 66:23** And it will be, from one new moon to another, and from one sabbath to another, all flesh will come to worship before Me, says Jehovah.

**Psalms 89:34** I will not break My covenant, nor change the thing that has gone out of My lips.

**John 15:10** If you keep My commandments, you shall abide in My love, even as I have kept My Father's commandments and abide in His love.

## History Examined

Roman Emperor Constantine, a sun-worshiper, professed conversion to Christianity, although his subsequent actions suggest the “conversion” was more of a political move than a genuine heart change. He proceeded to blend the teachings of Jesus with pagan holidays and filled their assemblies with pagan idolatry. Constantine named himself Bishop of the Roman (Catholic) Church and enacted the first civil law regarding Sunday observance in A.D. 321.

“On the venerable day of the sun let the magistrate and people residing in cities rest...”  
—Schaff’s History of the Christian Church, vol. III, chap. 75.

Just four years later, in A.D. 325, Pope Sylvester officially named Sunday “the Lord’s Day”.

In A.D. 338, Eusebius, the court bishop of Constantine, wrote, “All things whatsoever that it was the duty to do on the Sabbath (the seventh day of the week) we (Constantine, Eusebius, and other bishops) have transferred to the Lord’s Day (the first day of the week) as more appropriately belonging to it.”

These leaders of the Christian Church exalted themselves to the place of God and continue to deceive the followers of Jesus, our Messiah. Daniel speaks of times and laws being changed.

**Daniel 7:25** And he shall speak words against the Most High, and shall wear out the saints of the Most High, and plot to change times and laws. And they shall be given into his hand until a time and times and one-half time.

Was the Sabbath changed from the seventh day of the week to the first? If God intended for another day to become the Sabbath, He must have removed the blessing from the seventh day and placed it on the day which was to replace it. But when God bestows a blessing, it is forever.

**1 Chronicles 17:27** And now let it please You to bless the house of Your servant so that it may be before You forever. For You have blessed, O Jehovah, and it is blessed forever.

**Ezekiel 20:11-12** And I gave them My statutes and showed them My judgments, which if a man do, he shall even live in them. And also I gave them My sabbaths to be a sign between Me and them, that they might know that I am Jehovah who sets them apart.