

# A Day To Remember

We live in a fast-paced world. Technology changes almost daily. One can buy the latest, greatest model of computer on the market, and before it's even unpacked and powered up, it's practically obsolete. People are working more and more hours just trying to "make ends meet", often to the detriment of marriage, family, and even health. The last few decades have seen an incredible increase in the diagnosis of various stress-related disorders.

Our Creator had a better way in mind, a way He instituted at creation specifically for our benefit. Yet most people totally neglect this way...

## In the Beginning...

The very first chapter of the Bible, Genesis 1, details the awesome work of creation. Then in chapter 2, we read:

*"And the heavens and the earth were finished, and all their host. And on the seventh day Elohim completed His work which He had made. And He rested on the seventh day from all His work which He had made. And Elohim blessed the seventh day and sanctified it, **because** He rested from all His work on it, which Elohim had created to make." (Gen 2:1-3)*

We can glean several important points from these few verses: first that our Creator rested on the 7<sup>th</sup> day. Second, that He blessed it and hallowed it (set it apart) because He had rested on it. The simple fact of His resting created special time.

Many hundreds of years later, following their deliverance from bondage in Egypt, the ancient Israelites were reminded of this wondrous act:

*"And Elohim spoke all these words, saying, I am YAHWEH your Elohim, who has brought you out from the land of Egypt, from the house of bondage...Remember the Sabbath day, to keep it holy (set apart); six days you shall labor and do all your work; and the seventh day is a Sabbath to YAHWEH your Elohim; you shall not*

*do any work, you, and your son, and your daughter, your male slave and your slave-girl, and your livestock, and your stranger who is in your gates. For in six days YAHWEH made the heavens and the earth, the sea, and all which is in them, and He rested on the seventh day; on account of this YAHWEH blessed the Sabbath day and sanctified it." (Ex. 20:1-2, 8-11)*

So Scripture makes clear that the commandment to remember (guard) the Sabbath is tied to Yahweh's rest on that 7<sup>th</sup> day of creation. It is, in fact, a memorial of creation.

Later, the meaning of this day was broadened:

*"Observe the Sabbath day, to keep it holy (Set apart), as YAHWEH your Elohim has commanded you. Six days you shall labor, and shall do all your work, and the seventh day shall be a Sabbath to YAHWEH your Elohim. You shall not do any work, you nor your son, nor your daughter, nor your male slave, nor your female slave, nor your ox, nor your donkey, nor any of your livestock, nor your stranger that is within your gates; so that your male slave and your female slave may rest like yourself. And remember that you were a slave in the land of Egypt, and YAHWEH your Elohim brought you out from there by a mighty hand and by a stretched out arm. On account of this YAHWEH your Elohim has commanded you to keep the Sabbath day." (Deut 5:12-15)*

So the Sabbath is a memorial not only of creation, but also redemption, deliverance from bondage. What a wonderful picture!

## But Isn't It Just for the Jews?

Many sincere seekers of truth have asked this question. In answering it, there are a few things to keep in mind: first, there were no "Jews" at creation! Second, the term "Jew" actually refers to the descendants of Judah, only one of the twelve sons of Israel. Third, the Sabbath is never identified in Scripture as only for the Jews. On the contrary, we read:

*"And YAHWEH spoke to Moses, saying, Speak to the sons of Israel, and you shall say to them, The set feasts of YAHWEH which you shall proclaim as holy gatherings, shall be these: These are My appointed feasts: Work is to be done six days, and on the seventh day shall be a Sabbath of rest, a holy gathering; you shall do no*

*work; it is a Sabbath to YAHWEH in all your dwellings." (Lev 23:1-3)*

So it is not the "Jewish Sabbath". It is an appointed time (appointment) of Yahweh and a holy convocation (gathering). In fact, all of the feast days identified in Leviticus 23 are "feasts of Yahweh." Over and over again, Scripture tells us that there is to be one law for the foreigner and the native born Israelite (see Ex 12:48-49, Lev 16:19, 19:34, 24:22, Num 9:14, 15:15-16).

## Didn't All that Change When Messiah Came?

That is another common question that people have. In fact, the Messiah Himself had to contend with accusations from the scribes and Pharisees that He was teaching people to disobey and disregard the Sabbath. Let's find out from Scripture what the Messiah Himself had to say about the Sabbath:

*"And He said to them, The Sabbath came into being for man's sake, not man for the Sabbath's sake." (Mark 2:27)*

Notice that He did NOT say that the Sabbath was made for the "Jews", but rather for man (all mankind). Neither did He say that the people weren't to observe it any more. He never objected to the Sabbath; what He objected to were man-made rules and regulations in how to keep it that the scribes and Pharisees had imposed upon the people.

Also notice that He said that the Sabbath was made for man, it was created specifically for mankind. Looking at John 1, we discover that it was the Messiah Himself, Yahshua, who made the Sabbath for He made all things!

*"In the beginning was the Word, and the Word was with Elohim, and the Word was Elohim. He was in the beginning with Elohim. Everything existed through His hands, and without Him, not even one thing existed of the things, which have existed." (John 1:1-3)*

Since "the Sabbath was made for man" and "all things were made by Him (Yahshua)", that means Yahshua Messiah made the Sabbath specifically for man!

## When Did It Change?

Many sincere believers have been taught that the Sabbath was “done away with” at Golgotha when Messiah died. However, there is not a single verse in Scripture taken in context that even hints that the Sabbath was in any way changed or “done away with.” On the contrary, there are numerous verses showing that the Body of believers in the 1<sup>st</sup> century continued to meet on and honor the 7<sup>th</sup> day Sabbath (see for example Luke 23:56, Acts 13:14, 27, 42-44, 15:21, 16:13, 17:2, 18:4).

It’s interesting to note that even secular history shows that there has always been a remnant of believers who kept the 7<sup>th</sup> day Sabbath.

So when did it “change”? The Roman Emperor Constantine (the first “Christian” emperor-pope) issued an edict in 321 CE that mandated Sunday worship under penalty of DEATH. Incidentally, his “Christianity” was a mixture of Mithraism (sun worship) and the true faith, something which the Scriptures, Old and New Testament explicitly forbid. (See 2 Cor 6:14-18)

“Let all judges and all city people and all tradesmen rest upon the venerable day of the sun. But let those dwelling in the country freely and with full liberty attend to their culture of their fields; since it frequently happens that no other day is so fit for the sowing of grain, or the planting of vines; hence, the favorable time should not be allowed to pass, lest the provisions of heaven be lost.” – Given the seventh of March, Crispus and Constantine being consuls, each for the second time. – 3/7/321 A.D.

Notice that this decree was issued nearly 300 YEARS after Messiah’s death, burial, resurrection, and ascension!

Then came the **Council of Laodicea**, c. 364 CE, which forbade “judaizing” by observing the 7<sup>th</sup> day Sabbath.

Contrast that with Hebrews 4:8-11, which says that there remains a Sabbath rest (sabbatismos – literally, the keeping of a Sabbath) to the people of Yahweh and that we are to

labor to enter into that rest, ceasing from our own works just as Yahweh did from His. Yahshua the Messiah kept the Sabbath, as did Paul and the disciples.

As followers of Messiah, the 7<sup>th</sup> day Sabbath should hold a special place in our lives, a memorial not only of creation, but also of our redemption through the blood of the Lamb. It shouldn’t be seen as an imposition or burden but rather as a delight.

*If you turn your foot away because of the Sabbath, from doing what you please on My holy day, and call the Sabbath a delight, to the holiness of YAHWEH, glorified; and shall glorify Him, to the holiness of not doing your own ways, from finding your own pleasure or speaking your own words; then you shall delight yourself in YAHWEH. And I will cause you to ride on the heights of the earth, and make you eat with the inheritance of your father Jacob. For the mouth of YAHWEH has spoken. (Is 58:13-14)*

Not only is the Sabbath to be a delight, but it is also designated as a sign or mark of Yahweh’s people:

*“And you speak to the sons of Israel, charging them, only My Sabbaths you shall keep; for it is a sign between Me and you for your generation; to know that I am YAHWEH your sanctifier. And you shall keep the Sabbath, for it is holy for you; the profaners of it shall sure be executed; for everyone doing work in it, that soul shall be cut off from the midst of his people. Work may be done six days, and on the seventh day is a Sabbath of rest, holy to YAHWEH; everyone doing work on the Sabbath day surely shall be put to death. And the sons of Israel shall guard the Sabbath, to observe and do the Sabbath for their generations; it is a never ending covenant. It is a sign forever between Me and the sons of Israel; for in six days YAHWEH made the heavens and the earth, and on the seventh day He rested and was refreshed.” (Ex 31:13-17).*

The 7<sup>th</sup> day Sabbath is holy to Yahweh, and it is supposed to be holy to us (spiritual Israelites), too. Messiah Himself said that true believers must worship the Father in Spirit and in truth (John 4:23-24)

## The Future:

*“And it will be, from new moon to its new moon, and from Sabbath to its Sabbath, all flesh shall come to worship before Me, says*

*YAHWEH. And they shall go out and see the dead bodies of the men who have rebelled against Me; for their worm shall not die, nor shall their fire be put out; and they shall be an object of disgust to all flesh”. (Is 66:22-23)*

The context of these verses is clearly future, and they reveal that all flesh will, indeed, be observing Yahweh’s 7<sup>th</sup> day Sabbath.

The 7<sup>th</sup> day Sabbath remains a commanded day of rest and fellowship with other believers. But it is also an incredible blessing from Yahweh; one day a week on which we can rest and be refreshed, leaving behind the cares and concerns of this world and worship the one true Elohim of the universe.

## The Sabbath truly WAS made for man!

## Who Are We?

We are the Congregation of Yahweh, headquartered in Jerusalem Israel. Our mission is to love, honor, an exalt Yahweh, our heavenly Father, and His Son, Yahshua the Messiah; to live lives of righteous obedience to His precepts and laws; to grow continually in knowledge and understanding of His truth; to study and preach His Word and the Good News of the coming Messianic Kingdom; to make disciples; to love, guide, and nurture His people; and to follow Yahweh wherever He may lead.

**If you would like more information on the Sabbath or for more studies please visit our website at [www.coyhwh.com](http://www.coyhwh.com).**

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