**What Does the Bible Say Concerning the Sabbath?**

Has the Sabbath been done away with? If not how is it to observed, and who is it that has to observe it? These questions and more will be addressed as we take an in-depth look into scripture to see what our Heavenly Father has to say concerning His set-apart day, the Sabbath.

Before we answer those questions it is important to recognize just what day is the Sabbath day. According to scripture, the 7th day is the Sabbath, a "Holy", or "set-apart" day to Yahweh.

*Gen 2:1 Thus the heavens and the earth were finished, and all the host of them.*

*Gen 2:2 And on the seventh day \*Elohim ended his work which he had made; and he rested on the seventh day from all his work which he had made.*

*Gen 2:3 And Elohim blessed the seventh day, and sanctified it: because that in it he had rested from all his work which Elohim created and made.*

Sabbath is not Sunday, the 1st day of the week, it is the 7th day. We do not set-apart “Sun” day (Sunday: the venerable day of the sun) in honor of Yahweh, we honor the 7th day which was sanctified by Yahweh at creation and made holy by Yahweh. Unfortunately, this has been changed by man. Many of the “church fathers” have confessed to changing the Sabbath from the 7th day to Sunday. [If you have questions regarding this, the following website has good information: [www.shema-yisrael.org/sabbath\_seven.html](http://www.shema-yisrael.org/sabbath_seven.html) or email me for further information]. One final point to consider: There are more than 100 languages in the world where Saturday is still called the Sabbath day just as Yahweh named it at creation. Many of the older languages of the world such as Arabic, Coptic (Egyptian), Samaritan, Greek, Latin, French, Hebrew, and even the Babylonian (3000 B.C.E) language have in their writings that the 7th day name of the week is the Sabbath day. The following website has more information regarding this: [www.whatdayisthesabbath.com](http://www.whatdayisthesabbath.com)

Now that we understand a little more about what day of the week to keep the Sabbath, what are we told about the Sabbath by Yahweh himself?

*Exo 20:8 Remember the sabbath day, to keep it holy.*

*Exo 20:9 Six days shalt thou labour, and do all thy work:*

*Exo 20:10 But the seventh day is the sabbath of \*\*Yahweh thy Elohim: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:*

*Exo 20:11 For in six days Yahweh made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore Yahweh blessed the sabbath day, and hallowed it.*

If you haven't already noticed, the Sabbath Day is the 4th commandment of the 10 commandments Yahweh gave to the children of Israel from Mt. Sinai. We are told to obey ALL of them. We are told to remember that Yahweh is the creator and that HE created the heavens and the earth and all that is in them. We see the 10 commandments again in Deuteronomy:

*Deu 5:12 Keep the sabbath day to sanctify it, as Yahweh thy Elohim hath commanded thee.*

*Deu 5:13 Six days thou shalt labour, and do all thy work:*

*Deu 5:14 But the seventh day is the sabbath of Yahweh thy Elohim: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that is within thy gates; that thy manservant and thy maidservant may rest as well as thou.*

*Deu 5:15 And remember that thou wast a servant in the land of Egypt, and that Yahweh thy Elohim brought thee out thence through a mighty hand and by a stretched out arm: therefore Yahweh thy Elohim commanded thee to keep the sabbath day.*

Before the children of Israel crossed the Jordan to go into the promised land (later to become Israel), Moses reminded them to keep the commandments. Moses tells the children of Israel that they are also to remember that they were slaves (oppressed servants) in the land of Egypt (The Hebrew word for Egypt is mitsrayim (Strong’s #H4714)= comes from the root word “tsur”(H6696) meaning to “press in or close in”, trouble, distress, affliction, tribulation) and that Yahweh our Elohim “delivered” and “saved” them out of the land of Egypt (tribulation). Let’s break down these 2 passages. We are commanded to:

1.) “Remember” the Sabbath day. What is it that we are to remember? That Yahweh is our Creator- He made the Heavens and the earth and all that is therein; and to remember that Yahweh delivered us up out of the land of Egypt to be our Elohim.

2.) Keep the Sabbath “Holy”. Meaning to sanctify it or set it apart from the other 6 days of the week.

3.) Labor 6 days but cease from your labors on the seventh day. You and everyone within your gates are to cease from labor. You are to also give all your animals rest from labor.

So not only are we to rest on the Sabbath (Shabbat), but those who work for us are to rest as well. If we own a business, it is not acceptable and it would be considered a sin to have anyone working on the Sabbath while we enjoy a restful Sabbath. This commandment also includes anyone we temporarily hire. For instance, if we decide to go grocery shopping on the Sabbath, we are indirectly hiring others to stock shelves, work at the register, clean-up, etc… We are paying for their services when we purchase those items on the Sabbath. Nehemiah had something to say about this in the following scripture:

*Neh 13:15 In those days saw I in Judah some treading wine presses on the sabbath, and bringing in sheaves, and lading asses; as also wine, grapes, and figs, and all manner of burdens, which they brought into Jerusalem on the sabbath day: and I testified against them in the day wherein they sold victuals.*

*Neh 13:16 There dwelt men of Tyre also therein, which brought fish, and all manner of ware, and sold on the sabbath unto the children of Judah, and in Jerusalem.*

*Neh 13:17 Then I contended with the nobles of Judah, and said unto them, What evil thing is this that ye do, and profane the sabbath day?*

*Neh 13:18 Did not your fathers thus, and did not our Elohim bring all this evil upon us, and upon this city? yet ye bring more wrath upon Israel by profaning the sabbath.*

*Neh 13:19 And it came to pass, that when the gates of Jerusalem began to be dark before the sabbath, I commanded that the gates should be shut, and charged that they should not be opened till after the sabbath: and some of my servants set I at the gates, that there should no burden be brought in on the sabbath day.*

*Neh 13:20 So the merchants and sellers of all kind of ware lodged without Jerusalem once or twice.*

*Neh 13:21 Then I testified against them, and said unto them, Why lodge ye about the wall? if ye do so again, I will lay hands on you. From that time forth came they no more on the sabbath.*

Although not specifically mentioned in the Torah (1st five books of the Law), we see that according to Nehemiah buying and/or selling is considered "work". It only makes logical sense not to buy or sell on the set-apart Sabbath day. Going shopping at the mall or grocery store is in no way keeping the Sabbath holy. In fact, you would absolutely be profaning the Sabbath by doing so! The Sabbath is a day of worship, rest, and prayer. It is not a day to do your own pleasure.

*Isa 58:13 If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of Yahweh, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:*

*Isa 58:14 Then shalt thou delight thyself in Yahweh; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of Yahweh hath spoken it.*

So in keeping the Sabbath holy, we not only do not buy or sell on the Sabbath, but we refrain from doing our own pleasures such as: watching television, going to/ watching sporting events, surfing the internet, or doing anything that doesn't pertain to Yahweh on "His" set-apart day. This should not be a burden as we have 6 days of the week to work and get things done but the Sabbath Day, that one day out of the week belongs to Yahweh, it is a rest day as scripture says. The Sabbath day should be, as Yahweh says, a holy day. A day in which we honor Yahweh!

So what about cooking and preparing?

*Exo 16:23 And he (Moses) said unto them, This is that which Yahweh hath said, tomorrow is the rest of the holy sabbath unto Yahweh: bake that which ye will bake today, and seethe (boil) that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.*

As the children of Israel were commanded to do, we also should prepare our food before the Sabbath so that we do not have to prepare or cook our food on the Sabbath. I will not get into all the variations and customs related to this but I would encourage you to study this out and pray to Yahweh for direction concerning it.

*Exo 35:3 Ye shall kindle no fire throughout your habitations upon the sabbath day.*

Along with not baking or boiling comes the prohibition of kindling a fire. A fire can be started before the Sabbath just like having the baking and boiling done before the Sabbath. Our Heavenly Father loves us and wants us to have all these things done so that we can truly enter into his rest on the Sabbath. Again, I will not get into all the variations and customs related to this but I would encourage you to study this out and pray to Yahweh for direction concerning it.

So how important is it for us to keep the Sabbath? Keeping of the Sabbath is a sign that we are His people.

*Exo 31:13 Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am Yahweh that doth sanctify you. Exo 31:14 Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people. Exo 31:15 Six days may work be done; but in the seventh is the sabbath of rest, holy to the Yahweh: whosoever doeth any work in the sabbath day, he shall surely be put to death. Exo 31:16 Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant. Exo 31:17 It is a sign between me and the children of Israel for ever: for in six days Yahweh made heaven and earth, and on the seventh day he rested, and was refreshed.*

The Sabbath is a sign (and a perpetual covenant) between Yahweh and His people forever! It is the engagement ring for the bride (those who keep the Sabbath) as she waits for her groom (Messiah Yahshua) to come (Revelation 19).

*Eze 20:19 I am Yahweh your Elohim; walk in my statutes, and keep my judgments, and do them;*

*Eze 20:20 And hallow my sabbaths; and they shall be a sign between me and you, that ye may know that I am Yahweh your Elohim.*

So what does it mean to “profane/ defile” the Sabbath?

*Num 15:32 And while the children of Israel were in the wilderness, they found a man that gathered sticks upon the sabbath day.*

*Num 15:33 And they that found him gathering sticks brought him unto Moses and Aaron, and unto all the congregation.*

*Num 15:34 And they put him in ward, because it was not declared what should be done to him.*

*Num 15:35 And Yahweh said unto Moses, The man shall be surely put to death: all the congregation shall stone him with stones without the camp.*

*Num 15:36 And all the congregation brought him without the camp, and stoned him with stones, and he died; as Yahweh commanded Moses.*

So we see the man went out on the Sabbath to gather sticks. The question one should ask is why did this man go out and gather sticks on the Sabbath when he could have gathered them on any of the other six days of the week. This man was not following Yahweh’s instructions, just as there were those of the children of Israel who went out on the Sabbath to search for manna in the wilderness:

*Exo 16:26 Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none.*

*Exo 16:27 And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none.*

*Exo 16:28 And Yahweh said unto Moses, How long refuse ye to keep my commandments and my laws?*

*Exo 16:29 See, for that Yahweh hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.*

*Exo 16:30 So the people rested on the seventh day.*

When you truly know what the instructions of Yahweh are and still decide to do your own thing and transgress the commandments of Yahweh, you are disobeying His word, His instructions, and because of this disobedience you are blaspheming Yahweh (Numbers 15:30-31).

*Exo 31:14 Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth (profane) it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people.*

In Exodus 31:14, the words that the translators used, “cut off”, comes from the Hebrew word “karat” (Strong’s #H3772) and literally means “to destroy”. So we see in Exodus 31:14 that anyone who defiles or profanes the Sabbath will not only be “cut off”, but will be “destroyed” from among the people. These are very strong words coming from our Creator. Again, I would seriously take these words of scripture to heart and pray to Yahweh for guidance on these matters.

Here is a good example from the prophet Jeremiah.

*Jer 17:21 Thus saith Yahweh; Take heed to yourselves, and bear no burden on the sabbath day, nor bring it in by the gates of Jerusalem;*

*Jer 17:22 Neither carry forth a burden out of your houses on the sabbath day, neither do ye any work, but hallow ye the sabbath day, as I commanded your fathers.*

*Jer 17:23 But they obeyed not, neither inclined their ear, but made their neck stiff, that they might not hear, nor receive instruction.*

*Jer 17:24 And it shall come to pass, if ye diligently hearken unto me, saith Yahweh, to bring in no burden through the gates of this city on the sabbath day, but hallow the sabbath day, to do no work therein;*

*Jer 17:25 Then shall there enter into the gates of this city kings and princes sitting upon the throne of David, riding in chariots and on horses, they, and their princes, the men of Judah, and the inhabitants of Jerusalem: and this city shall remain for ever.*

*Jer 17:26 And they shall come from the cities of Judah, and from the places about Jerusalem, and from the land of Benjamin, and from the plain, and from the mountains, and from the south, bringing burnt offerings, and sacrifices, and meat offerings, and incense, and bringing sacrifices of praise, unto the house of the Yahweh.*

*Jer 17:27 But if ye will not hearken unto me to hallow the sabbath day, and not to bear a burden, even entering in at the gates of Jerusalem on the sabbath day; then will I kindle a fire in the gates thereof, and it shall devour the palaces of Jerusalem, and it shall not be quenched.*

Yahweh was warning His people through His prophet Jeremiah of what would happen if they continued to do work on the Sabbath day and not hallow/set-apart/sanctify the Sabbath that Jerusalem would be destroyed. They did not obey and true to His word, Yahweh destroyed them and His Holy City Jerusalem.

*Isa 56:2 Blessed is the man that doeth this, and the son of man that layeth hold on it; that keepeth the sabbath from polluting it, and keepeth his hand from doing any evil.*

It is my sincere hope that you are starting to see the importance of keeping the Sabbath and giving praise, honor, and glory to Yahweh, our Creator. Now that we have discussed some of the basics, what about doing good on the Sabbath? Let’s turn to the New Testament (Brit Chadashah) scriptures to see what examples Messiah Yahshua gives to us.

*Luk 6:6 And it came to pass also on another sabbath, that he entered into the synagogue and taught: and there was a man whose right hand was withered.*

*Luk 6:7 And the scribes and Pharisees watched him, whether he would heal on the sabbath day; that they might find an accusation against him.*

*Luk 6:8 But he knew their thoughts, and said to the man which had the withered hand, Rise up, and stand forth in the midst. And he arose and stood forth.*

*Luk 6:9 Then said Jesus unto them, I will ask you one thing; Is it lawful on the sabbath days to do good, or to do evil? to save life, or to destroy it?*

*Luk 6:10 And looking round about upon them all, he said unto the man, Stretch forth thy hand. And he did so: and his hand was restored whole as the other.*

*Luk 6:11 And they were filled with madness; and communed one with another what they might do to Yahshua.*

This same account can be found also in Matthew Chapter 12 and Mark Chapter 2. Notice in the above verses that Yahshua was in the synagogue on the Sabbath. When reading these verses in context, you will notice that Yahshua is telling those in the synagogue (including the Pharisees) to do good on the Sabbath, to heal on the Sabbath, and to save life on the Sabbath. In Matthew Chapter 12 Yahshua heals a man on the Sabbath and asks those who question him about healing on the Sabbath if they would not lift out a sheep if it fell into a pit on the Sabbath day. Yahshua goes on to say “how much then is a man better than a sheep? Wherefore it is lawful to do well on the Sabbath days.” The many issues we see in the gospel accounts are between the “traditions of the elders” (Matthew 15:2, Mark 7:3-5) that “transgress” the word of Yahweh (Torah) given to Moses to the children of Israel. If you study out scripture you will see that Yahshua kept the Sabbath, his disciples kept the Sabbath, and Paul (Rav Shaul) kept the Sabbath. Remember, Yahshua did not come to do away with the instructions of Yahweh (Torah), he came to obey the Torah, to fulfill the instructions of Yahweh, and to show the greater meaning of them.

*Mat 5:17 Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil.*

*Mat 5:18 For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.*

Remember, these are the words of the Messiah. Is the earth still standing? Then the Law (Torah) is likewise STILL IN EFFECT!

So what does this mean for us? We should do good on the Sabbath. If on the Sabbath, your neighbor needs medical assistance, then by all means you should help that person. If your neighbor is hungry on the Sabbath, then give them some of your food…do good to your neighbor. If your neighbor is cold on the Sabbath and does not have a coat, give your neighbor one of your coats. We are to do good on the Sabbath, and by doing so, we show others the light that shines from within us…the light of Messiah and that of a child of our Heavenly Father.

*Mat 5:16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.*

Contrary to popular belief, the Sabbath has not been done away with or changed. According to scripture, the Sabbath will continue to be kept in the future/coming kingdom. We see this in the book of Isaiah and Revelation.

*Isa 66:22 For as the new heavens and the new earth, which I will make, shall remain before me, saith Yahweh, so shall your seed and your name remain.*

*Isa 66:23 And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith Yahweh.*

*Rev 21:1 And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea.*

*Rev 21:2 And I John saw the holy city, new Jerusalem, coming down from Elohim out of heaven, prepared as a bride adorned for her husband.*

*Rev 21:3 And I heard a great voice out of heaven saying, Behold, the tabernacle of Elohim is with men, and he will dwell with them, and they shall be his people, and Elohim himself shall be with them, and be their Elohim.*

This next scripture pertains to the future temple that will be built which was revealed to the prophet Ezekiel.

*Eze 46:1 Thus saith Yahweh Elohim; The gate of the inner court that looketh toward the east shall be shut the six working days; but on the sabbath it shall be opened, and in the day of the new moon it shall be opened.*

*Eze 46:2 And the prince shall enter by the way of the porch of that gate without, and shall stand by the post of the gate, and the priests shall prepare his burnt offering and his peace offerings, and he shall worship at the threshold of the gate: then he shall go forth; but the gate shall not be shut until the evening.*

*Eze 46:3 Likewise the people of the land shall worship at the door of this gate before Yahweh in the sabbaths and in the new moons.*

*Eze 46:4 And the burnt offering that the prince shall offer unto Yahweh in the sabbath day shall be six lambs without blemish, and a ram without blemish.*

So we see throughout scripture that the Sabbath has not been done away with and will continue to be observed in the coming kingdom.

So let’s recap what the bible says concerning the Sabbath:

1- By our observing the Sabbath, we are “remembering” that Yahweh is our creator and He created the heavens and the earth.

2- We are to “remember” that Yahweh delivered and saved our ancestors out of the land of Egypt to be their Elohim. We are also to remember that Yahweh delivered us out of slavery to be Elohim to us.

3- We are to sanctify/set-apart/keep the Sabbath holy unto Yahweh.

4- We are to do no work on the Sabbath. Whatever our normal, daily work is, we are commanded to cease from our labors so that we may enjoy the Sabbath day of rest, worship, prayer, fellowship, and studying His word.

5- We are not to kindle a fire on Sabbath. We are not to boil or bake on the Sabbath. We are not to go out gathering food or resources on the Sabbath. All these can be done prior to the Sabbath. Again, doing these things are keeping you and/or others from enjoying the Sabbath.

6- We are not to profane or defile the Sabbath.

7- We should not buy or sell on the Sabbath (Nehemiah 13:15-21) nor should we be seeking our own pleasures (Isaiah 58:13-14) on the Sabbath…it should all be centered on Yahweh.

8- The Sabbath is a sign (a perpetual covenant) between Yahweh and His people FOREVER.

9- Messiah Yahshua and his disciples kept the Sabbath. Neither Yahshua nor any of his disciples ever changed the Sabbath (to be covered in another teaching).

10- The Apostle Paul and those of the early “ekklesia” (Greek word for congregation, usually translated 'church') of Messiah kept the Sabbath (to be covered in another teaching).

11- We are instructed by Messiah to do good on the Sabbath, to heal others on the Sabbath, and to save life on the Sabbath. We are also to be a light to the world through our actions and what we say.

12- The Sabbath will continue to be kept in the future/coming kingdom.

13- Nowhere in the bible is it shown that the Sabbath has been changed from Saturday to Sunday. Yahweh did not change the Sabbath day, man did.

Who can take part in the Sabbath? Is it only for the Jewish people? The Sabbath was given, or instituted, at Creation to all mankind, centuries before any 'Jew' ever existed.

*Isa 56:6 Also the sons of the stranger, that join themselves to Yahweh, to serve him, and to love the name of Yahweh, to be his servants, every one that keepeth the sabbath from polluting it, and taketh hold of my covenant;*

*Isa 56:7 Even them will I bring to my holy mountain, and make them joyful in my house of prayer: their burnt offerings and their sacrifices shall be accepted upon mine altar; for mine house shall be called an house of prayer for all people.*

This is a basic, foundational teaching that does not address everything in detail but is written to show the general overview regarding the Sabbath. If you decide that you want to keep the Sabbath, be very careful that you realize and understand exactly what Yahweh requires of you. After prayerful consideration you are serious about keeping the Sabbath and want to follow the true Elohim, Yahweh, and become partakers of the covenant through Messiah Yahshua, then I would encourage you to begin keeping the Sabbath. There is an old saying that “Through learning comes understanding”, and by starting to regularly keep the Sabbath, you will learn further on how to properly keep it (“learn by doing”). I pray that this teaching has been a blessing to those who have read this and studied out the scriptures. If there is anything that you disagree with or have any questions or comments, please email me at: [returnoftheremnant@gmail.com](mailto:returnoftheremnant@gmail.com) All praise and honor to Yahweh.

B’Shem Yahshua HaMashiach (in the name of Yahshua the Messiah),

Carmi

<http://www.returnoftheremnant.com>

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\*Elohim =translated 'God' or 'god'/'gods' in our English bibles, in the simplest form means “mighty one”.

\*\*Yahweh =translated 'LORD' in our English bibles, is THE NAME of our Heavenly Father.

Note: I would also encourage you to purchase a Hebrew/Greek/English Interlinear Bible and also a “Strong’s Exhaustive Concordance” of the Bible to aid you in studying scripture.