The Holy Sabbath: A Gift of Adonai Elohim

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.

A. Which day is the seventh day?

- There is much debate about the 7th day. How do we know which day it is?
- Muslims keep it on Friday, Christians on Sunday and Jews on Saturday.
- Abba Father does not leave us to guess or estimate. He gives us detail.
- Let the Word of God explain the Word of God.
- Exodus 12:1-2. The new month begins with the new moon, thus when the 1st sliver of the new moon is sighted, it is the 1st day of the new month, simple!
- The days of the week had no names, only numbers as it still the custom in Israel today.
- The Romans named the days as we know them after their gods, plus the sun and the moon. They simply started at the 1st day and named them.
- **Mark 16:9** After He had risen early on the first day of the week, He appeared first to Miriam of Magdala…(the day of the Lord)
- Confirmation of Saturday being the sabbath; Italian for Saturday is “sabbato”, also look at a modern calender.
- So what about Sunday being a day of rest?
- In 325 CE, Emperor Constantine presided over a group of bishops and church leaders with the purpose of defining the nature of God for all of Christianity, and to eliminate confusion, controversy and contention within the so-called church.
- At this council in Nicea, Constantine changed the sabbath from the 7th to the 1st day.
- This fact is taught in the history of the church in seminaries.

- It is however, contrary to the Word.
- **Deut 4:2** You must not add to the word that I am commanding you or take away from it—in order to keep the mitzvot of Adonai your God that I am commanding you.
- **Rev 22:18** I testify to everyone who hears the words of the prophecy of this book. If anyone adds to them, God shall add to him the plagues that are written in this book;
- **Rev 22:19** and if anyone takes away from the words of the book of this prophecy, God shall take away his share in the Tree of Life and the Holy City, which are written in this book.

B. Understanding the Sabbath

- Sabbath starts on Friday at sundown until Saturday at sundown.
- Abba Father has given us the sabbath not only as a day of rest, but also as "sign" between Him and us, His children.
- A sign that we may know that He is our king and we are His children.
- It is a sign of betrothal between a bridegroom and his bride, a sign that she belongs to him and none other.
- **Ex 31:13** "Speak now to Bnei-Yisrael saying, 'Surely you must keep My Shabbats, for **it is a sign between Me and you** throughout your generations, so you may know that I am Adonai who sanctifies you.
- 14 Therefore you are to keep the Shabbat, because it is holy for you. Everyone who profanes it will die, for whoever does any work during Shabbat, that soul will be cut off from the midst of his people.
- 15 Work is to be done for six days, but on the seventh day is a Shabbat of complete rest, holy to Adonai. Whoever does any work on the Shabbat will surely be put to death.
- 16 So Bnei-Yisrael is to keep the Shabbat, to observe the Shabbat throughout their generations as a perpetual covenant.
- **17 It is a sign between Me and Bnei-Yisrael forever**, for in six days Adonai made heaven and earth, and on the seventh day He ceased from work and rested.'"
- **Eze 20:12** I also gave them My Shabbatot, as a sign between Me and them, so that they would know that I am Adonai who made them holy.

- **Eze 20:20** Keep My Shabbatot holy, so they will be a sign between Me and you, that you may know that I am Adonai your God.'
- It's all about the bride's appointment with the bridegroom.
- Adonai declares that He is a jealous God! He doesn't share His bride with anything or anyone.

C. Who is to keep the sabbath?

- Who is Israel? Ex 12:38 And a mixed multitude of nations went up with them, as well as livestock in large numbers…
- **Mar 2:27** Then He said to them, "Shabbat was made for man, and not man for Shabbat.
- **Mar 2:28** So the Son of Man is Lord even of Shabbat."
- It has always been called the Sabbath of the YHVH, never the Sabbath of the Jews. Judah weren't called Jews until about 1,950 years later.
- If the sabbath is a sign then it is for all who call themselves children (bride) of the Most High.
- The fourth commandment states it clearly:
- **Exo 20:8** "Remember Yom Shabbat, to keep it holy.
- **Exo 20:9** You are to work six days, and do all your work,
- **Exo 20:10** but the seventh day is a Shabbat to Adonai your God. In it you shall not do any work—not you, nor your son, your daughter, your male servant, your female servant, your cattle, nor **the outsider** that is within your gates.
- **Exo 20:11** For in six days Adonai made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Thus Adonai blessed Yom Shabbat, and made it holy.
- **Isa 56:6** Also the foreigners who join themselves to Adonai, to minister to Him, and to love the Name of Adonai, and to be His servants—all who keep from profaning Shabbat, and hold fast to My covenant—

- **Isa 56:7** these I will bring to My holy mountain, and let them rejoice in My House of Prayer. Their burnt offerings and sacrifices will be acceptable on My altar. For My House will be called a House of Prayer for all nations."

D. How are we to keep (honour) the sabbath?

- Believing Jews call the sabbath "the queen of days" and welcome it with much rejoicing and preparation.
- **Isa 58:13** If you turn back your foot from Shabbat, from doing your pleasure on My holy day, and call Shabbat a delight, the holy day of Adonai honourable, If you honour it, not going your own ways, not seeking your own pleasure, nor speaking your usual speech,
- **Isa 58:14** then You will delight yourself in Adonai, and I will let you ride over the heights of the earth, I will feed you with the heritage of your father Jacob." For the mouth of Adonai has spoken.
- It is a time to spend in the presence of the bridegroom. It is a date with Royalty, for our King has set this day apart. A set apart day for a set apart bride.
- We get together in His presence to share the Word and get to know Him more intimately.
- We celebrate being a set apart bride with other like-minded people.
- As Messianic believers we should be careful to honour the sabbath and not abolish it.
- Preparation must be done so that there is no urgent need to go to the shops or get petrol for the car.

E. Principles and instructions for Shabbat

1**. Remember the shabbat** – Ex 20:8-11- Hebrew word for remember is "zachar"; meaning to call to mind, to make a memorial and to remember to observe.

2. **Keep it holy** – Hebrew "kadosh"; meaning to be separate or set apart from the world and be dedicated to YHVH for the purpose of an intimate relationship.

3. **Rest** – not to do our ordinary or secular work. It is not just another day.

Exo 23:12 "You are to do your work for six days, but on the seventh day you will rest, so that your ox and your donkey may have rest, and also the son of your handmaid and the outsider may be refreshed.

Refreshed in Hebrew –"naphash"; meaning to be "to breathe" or to be breathed upon". Adonai wants us to rest so that He can breathe on us with His Ruach.

4. **We are not to buy and sell on shabbat**. Neh. 13:15-22.

5. **We can do good on the shabbat.** It is a good thing to do good to people and animals on the sabbath. We are not to let religion stop us from doing good on this day. There is no law against doing good on the sabbath.

Gal 5:22 But the fruit of the Ruach is love, joy, peace, patience, kindness, goodness, faithfulness,

Gal 5:23 gentleness, and self-control—against such things there is no law.

6. **The Shabbat is perpetual** – "throughout all your generations". Isaiah 56 refers to Yeshua's millennial reign.

7. **We can teach and worship** – Yeshua, Saul and the apostles all taught in the synagogues on the sabbath. Teaching the word is a form of worship and most definitely not seen as work. Yeshua was perfect and sinless, that is why we too teach and worship on the sabbath.

8. **It confirms that we know Him.**

1 John 2:3-6 By this we can be sure that we have come to know Him: if we keep His commandment

If anyone says, "I know Him," but does not keep His commandments, he is a liar, and the truth is not in him.

But if anyone keeps His word, the love of God has been truly perfected in him. By this we know that we are in Him:

Whoever claims to abide in Him must walk as Yeshua walked.