

KINGDOM HOLIDAYS

Session 2 – Sabbath (Shabbat)

Intro:

Sabbath is part of the 10 commandments

Exodus 20:8-11

Why did God give the Sabbath as a commandment, i.e. a law that we are to keep along with the other nine that we would not dare to break. I believe it is because we lack proper understanding of the Sabbath that most of us treat this commandment lightly.

I. The Origin

A. Biblical (Jewish) counting of days – sunset to sunset:

In the account of creation - “So the evening and the morning were the first day” (Genesis 1:5,8,13, 19, 23, 31 – seventh day He rested)

B. The Seventh Day

Genesis 2:1-3;

After working for six days creating the heavens and the earth, God rested. He sat back and enjoyed his handiwork.

Six days God created, stopping to admire what He had made that day “It was good”

Seventh day He stopped to admire all His work.

He set it apart (sanctified) it.

Later on He listed it as one of the holy days along with the feasts: Leviticus 23:3

C. Historical Evidence for Saturday

A Roman historian named Cassius Dio who wrote about Roman History, gives an account of Wars waged between Rome & Judea. In it he explains the capture of Jerusalem in **63BC** saying “*As it was, they made an exception of what are called the days of Saturn (Saturday), and by doing no work at all on those days afforded the Romans an opportunity in this interval to batter down the wall.*”

A Roman Soldier named Frontinus in his book named Strategems writes the account of the destruction of the 2nd temple in Jerusalem in **70AD**, saying “*The divine Vespasian attacked the Jews on the days of Saturn(Saturday), on which it is forbidden for them to do anything serious, and prevailed.*”



The Greek word “Sabbaton”(Strong’s Greek Concordance – G4521 – σάββατον) used in the Original Greek Manuscripts of the New Testament which is **translated as “Sabbath” in English**, is the same word that is used for “Saturday” in the Greek language even today. In other words, the day which is known to us as “Saturday”, is called “**Sabbato**” (σάββατο) **by the Greeks even today.**

(<https://biblethingsinbibleways.wordpress.com/2014/02/09/historical-proof-that-saturday-is-the-sabbath/>)

II. The Purpose Sabbath

A. A Sign of Covenant

Exodus 31:12-13

12 And the LORD 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.** NKJV

God spoke to Moses in the above scripture and told him that this was to be a sign of his covenant with his people. Note the word Sabbaths (plural) which include the other seven feasts.

Exodus 20:8 "**Remember** the Sabbath day, to keep it holy. NKJV

Deuteronomy 5:12-14

12 '**Observe the Sabbath day**, to keep it holy, as the LORD your God commanded you. 13 Six days you shall labor and do all your work, 14 but the seventh day is the Sabbath of the LORD your God. NKJV

Exodus refers to the account of creation in Genesis it says “keep” whilst Deuteronomy says observe speaking of keeping it according to the covenant.

To keep or observe - a command means obeying it.

Covenant – a contract between two or more parties.

Biblically – always involves blood, thus referred to as “cutting a covenant”

God made covenant with Israel at Mt. Sinai

Exodus 24:7-8

7 Then he took the Book of the Covenant and read in the hearing of the people. And they said, "All that the Lord has said we will do, and be obedient." 8 And **Moses took the blood, sprinkled it on the people, and said, "This is the blood of the covenant which the Lord has made with you according to all these words."** NKJV



Rabbis consider it the marriage covenant “ketubah”

The sign of their marriage (wedding ring) – The Sabbath

B. Strengthening the bonds

It is a way to renew and strengthen their bonds with Him, when they set aside their own agendas and priorities and focused on Him

Mary & Martha – Mary chose the better thing

C. Prophetic Sabbath

Hebrewa 4:9-11

It speaks of entering the rest of God – eternal life, which is not just in the future but here and now:

John 17:3 Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent. NIV

III. **The Misunderstanding of the Sabbath**

Jewish religious leaders turned it from a relationship issue to a legal issue

They took God’s Word apart, trying to define what is work.

39 “Father works” and a multitude of “descendant works”

Father work – ploughing. Descendant; spitting on the ground and making a line.

Father work – Harvesting. Descendant; pulling grey hair

Father work – carrying a burden. Descendant; wearing false teeth

Religion is concerned with punishment not relationship, all these “laws” were so that they could decide when someone should be punished.

Mark 3:4 Is it lawful to do good on the Sabbath?

God’s focus was not on the punishment but on what was good for man and our relationship with each other.

IV. **Celebration of The Sabbath**

Weekly Sabbath from Friday evening to Saturday evening

Friday night family sits together for a meal, Father blesses the wife, sons and daughters.

Eating bread (Challah) and drinking a cup of wine



Throughout the Sabbath day they would focus their thoughts on God's word. They would go to the synagogue to listen to the word of God and fellowship with one another.

They would end the Sabbath with another meal on Saturday evening and give thanks to God for the rest that they had received and for his blessing and protection for the week ahead.

V. Yeshua and The Sabbath

Yeshua often confronted the religious leaders on the Sabbath

- A. Sabbath was made for man
Mark 2:23-28

He used David and his men entering the Tabernacle and eating the show bread because they were hungry (1 Samuel 21:1-6)

Compassion for human need supersedes the law.

Yeshua said that God made the Sabbath for man (for his good and benefit) he did not make man for the Sabbath, i.e. not to fulfill a law.

- B. The Lord of the Sabbath

Mark 2:28 28 So the Son of Man is Lord even of the Sabbath." NIV

"the Son of Man" – Messiah Daniel 7:13,

Yeshua claimed to have authority over the Sabbath (since He created it)

He is our Sabbath rest – Matthew 11:28-30

Therefore, when we come to Jesus we find our "Sabbath" in him. He is the giver of rest from all our struggling and striving. From all our worries and pain. He is our great burden bearer.

VI. When Should We Observe the Sabbath?

Romans 14:1-6

14:1 Receive one who is weak in the faith, but not to disputes over doubtful things. 2 For one believes he may eat all things, but he who is weak eats only vegetables. 3 Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. 4 Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand. 5 One person esteems one day above another; another esteems every day alike. Let each be fully convinced in his own mind. 6 He who observes the day, observes it to the Lord; and he who does not observe the day, to the Lord he does not observe it. NKJV



Not a matter of the technicality of which day we observe as a Sabbath but rather our hearts intention. If our hearts intention is that we set this day apart to refresh and renew our relationship with God, then that is our Sabbath.

VII. What Then Is The Sabbath?

- a. It is a day of rest.

Genesis chapter 2 tells us that God rested from his work. In Exodus 20 God included the observance of the Sabbath as part of the Ten Commandments.

- b. It is an act of faith and obedience

Exodus 16:4-5

Exodus 16:22-31

By setting aside a day for the Lord, we are placing our trust in him. It shows that we trust him to provide enough for us even for that day that we do not work but if we focus on our relationship with him, he will meet our needs.

- c. Different Kinds of Sabbaths

Although the main aspect of the Sabbath is the weekly observance there are in the Bible different kinds of Sabbaths:

- i. weekly Sabbaths
- ii. The Feasts of the Lord (Leviticus 23)
- iii. The seventh year (Leviticus 25:4-7)
- iv. The fiftieth year (Leviticus 25:10-12)

- d. It Is a Time for Worship and Fellowship

On the Sabbath Jews will spend time with their families by celebrating the Sabbath together and then go to the synagogue to worship, hear the Word of God and Fellowship with each other.

Leviticus 23:3 '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 the LORD in all your dwellings. NKJV

A convocation is a gathering, therefore a holy convocation is a gathering for God's purposes

Hebrews 10:24 – 25

What all this means is that God wants us to set aside time for Him, for our families and for each other.

Let us make a conscious effort to take our Sabbath.

