

# UNDERSTANDING THE SABBATH

1. The word "Sabbath" means "Rest".
2. In the Old Testament under Moses' law the Sabbath was held on the seventh day as the day of rest.  
Exodus 20:8-10, 23:12
3. This commandment of keeping the Sabbath on the seventh day was for Israel only.  
Ex. 31:13, 16-17; Ezek. 20:12
4. In the New Testament the early church observed the first day of the week as "The Lord's Day" because Christ rose from the dead on the first day.  
Luke 24:1, Acts 20:7, I Cor. 16:2, Rev. 1:10
5. Sunday, the Lords Day, was not established by the early Christians as a Sabbath (day of rest) but as a day of worship.
6. The Apostles condemned observing the seventh day (or any day) to be more sacred than any other day.  
Col. 2:16, Rom. 14:5-6, Gal. 3:1-3, Gal. 4:9-10
7. One of the big criticisms of Jesus by the Pharisees and Jewish leaders was His lack of keeping the Sabbath.  
Mk. 2:23-28; Matt. 12:9-14; Lk. 13:10-16
8. The New Testament keeping of the Sabbath is fulfilled in us when we receive the Holy Ghost.  
Isa. 28:11-12; Matt. 11:28-29; Heb. 4:1-5, 9-11