

# You Better Get Ready Keep the Sabbath Holy

Exodus 20:8

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 <small>New Year's Day Año Nuevo (Mexico)</small>	2	3	4	
6 <small>Día de los Santos Reyes (Mexico)</small>	7	8 <small>New Moon ●</small>	9	10	11	
13	14	15 <small>First Quarter ◐</small>	16	17 <small>Midwinter - New Year (Japan)</small>	18	
20	21	22 <small>Full Moon ○</small>	23	24	25	
27 <small>Independence Day</small>	28 <small>Martin Luther King, Jr. Day</small>	29 <small>To Shuaan - (Jewish) Backstage New Year</small>	30 <small>Third Quarter ◑</small>	31	1	



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Community Praise Center  
Sabbath, January 5, 2008

# “Sabbath”

is an English derivation of the Hebrew word “Shabat” which means rest.

Many call it the “**Lord’s day**” in honor of the resurrection of our Lord and Savior Jesus the Christ.

- 1610, it was unlawful in Virginia not to attend church
- It was against the law in Virginia to travel on Sunday aside from going to church.
- In Virginia, working on Sunday would get you lashes by the whip!
- Working on Sunday was also forbidden in Maryland from 1649.
- Recreation on Sunday was forbidden in Maryland from 1723.

Various texts that motivated the  
17th through 19th century  
Christians:

Exodus 20:8

Exodus 34:21

Exodus 35:3

Isaiah 56:2

Isaiah 58:13,14

Nehemiah 10:31

# Dr. T.D. Jakes makes the following points

1. The rest spoken of in Scripture is a relationship.
2. The rest is a freedom from burdens.  
(Nehemiah 13)
3. There is a debate over which day is the Sabbath, but Romans 14 makes such a debate unnecessary.
4. The 7th day technically is the Sabbath.

# Dr. T.D. Jakes makes the following points

5. We can worship any day.
6. The Sabbath represents a completed or finished work.
7. Sin breaks the rest relationship with God.
8. Man is more important than the day.
9. Acts pictures people gathering on the first day of the week. (Acts 20:7)

“Remember the Sabbath day to  
worship...”

**The Commandment says**

“Remember the Sabbath day to  
keep it holy...”



# The Question For Today Is

**Do we really understand  
what it means to enter into  
the rest that God speaks  
about in Scripture?**

# From the SDA Commentary

“As God’s original purpose for this world—His “rest”—remains unchanged, the seventh day Sabbath, the day of “rest” He established to be a memorial of creation and thus a reminder of His purpose in the creation of the world, likewise remains unchanged.

# From the SDA Commentary

The observance of the seventh day Sabbath, thus testifies not only to faith in God as the Creator of all things, but also to faith in His power to transform the life and qualify men and women for entering into the eternal “rest” He originally intended for the inhabitants of the earth.

# From the SDA Commentary

*The Sabbath thus bears witness both to the creative and to the sanctifying power of God, and its observance is an acknowledgment of faith in His power to create, and to re-create, or sanctify individual lives.”*

The idea of refusing to enter into both aspects of the Sabbath–

1<sup>st</sup>, the rest offered by the specific day at the end of the week;

2<sup>nd</sup>, a refusal to submit to the rest offered by God through the blood of Jesus.

Hebrews 4:3–6

Exodus 16:4,14, 21, 22,23, 25–30

**“So there still remains the offer of Sabbath rest in God that he intends for each generation to have, of which the seventh day is a sign.”**

**Hebrews 4:9 Clear Word**

# Matthew 11:28–30

<sup>28</sup>Come unto me, all ye that labor and are heavy laden, and I will give you rest.

<sup>29</sup>Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

<sup>30</sup>For my yoke is easy, and my burden is light.

# Genesis 3:15

And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel.



# Isaiah 66:22–23

For as the new heavens and the new earth, which I will make, shall remain before me, saith the LORD, so shall your seed and your name remain.

# Isaiah 66:22–23

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 the LORD.

DOES THE QUALITY OF YOUR LIFE  
STYLE AND SPIRITUAL  
CONNECTION WITH GOD

prevent you from really enjoying  
the “**REST**” that God  
desires you to have?