**Keeping the Sabbath**

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I love the History Channel and Discovery Channel. I am an “Information Freak.” I love to learn about all kinds of things. Recently, I was watching a show on History Channel’s “H2” channel about the Ten Commandments. They spoke about the Sabbath and how the religious system of the day went to the extreme in “Sabbath Keeping.”

**Commandment #4.**

**Remember the Sabbath and to keep it Holy. Exodus 20:8**

**Why do you think God wanted the Sabbath to be Holy and a day of rest?**

* **To remember God**
* **To worship Him for who He is and what He has done**
* **For our physical bodies to recover**
* ***So that all become equal on that one day***
  + **The slave is no more a slave**
  + **The slave owner is no more a slave owner**
  + **The rich is no more rich**
  + **The poor is no more poor**

**It is a type and shadow (example) of our life now in the “Age of Grace” or in the “Church Age.” See Colossians 2:16-17 Later on,,,**

**Colossians 3:11** New Living Translation  
***In this new life, it doesn't matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and he lives in all of us.***

**Galatians 3:28** New Living Translation  
***There is no longer Jew or Gentile, slave or free, male and female. For you are all one in Christ Jesus.***

By the time of Jesus there were **39 separate, forbidden acts** that were not allowed on the Sabbath including:

Tying certain knots

Writing two or more letters of the alphabet

Taking medicine on the eve of the Sabbath, lest it take effect on the sacred day

To pluck two ears of corn was considered reaping

To rub them was threshing

To carry an object the weight of a fig was a burden

**These are listed under “Activities prohibited on Shabbat” – Wikipedia**

Jesus butted heads with the Pharisees by healing a blind man on the Sabbath. John 9:16. We will talk about this in a moment.

**Why do we worship on Sunday, the 1st day of the week instead of Saturday, the 7th day of the week?**

However, some Christians believe the early church began meeting on Sundays soon after Christ rose from the dead, in honor of the Lord's [resurrection](http://christianity.about.com/od/biblestorysummaries/p/theresurrection.htm), which took place on a Sunday, or the first day of the week. This verse has Paul instructing the churches to meet together on the first day of the week (Sunday) to give offerings:

**1 Corinthians 16:1-2**   
*Now about the collection for God's people: Do what I told the Galatian churches to do. On the first day of every week, each one of you should set aside a sum of money in keeping with his income, saving it up, so that when I come no collections will have to be made.*   
[(NIV)](http://christianity.about.com/od/faqhelpdesk/p/newinternationa.htm)

And when Paul met with believers in Troas to worship and celebrate [communion](http://christianity.about.com/od/faqhelpdesk/f/whatiscommunion.htm), they gathered on the first day of the week:

**Acts 20:7**   
*On the first day of the week we came together to break bread. Paul spoke to the people and, because he intended to leave the next day, kept on talking until midnight.*   
[(NIV)](http://christianity.about.com/od/faqhelpdesk/p/newinternationa.htm)

The Sabbath was shifted to the first day of the week in honor of Jesus’ resurrection in the time of Constantine, Emperor of Rome in the 3rd century.

The Seventh Day Adventist still worship on Saturday because that is the Sabbath and they are very legalistic about following the fourth commandment.

These verses in Romans 14 suggest that there is personal freedom regarding the observance of holy days:

**Romans 14:5-6**   
*In the same way, some think one day is more holy than another day, while others think every day is alike. You should each be fully convinced that whichever day you choose is acceptable. Those who worship the Lord on a special day do it to honor him. Those who eat any kind of food do so to honor the Lord, since they give thanks to God before eating. And those who refuse to eat certain foods also want to please the Lord and give thanks to God.*   
[(NLT)](http://christianity.about.com/od/faqhelpdesk/p/newlivingtransl.htm)

In Colossians 2 Christians are instructed not to judge or allow anyone to be their judge regarding Sabbath days:

**Colossians 2:16-17**   
*Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration* ***or a Sabbath day****. These are a* ***shadow*** *of the things that were to come; the reality, however, is found in Christ.*   
[(NIV)](http://christianity.about.com/od/faqhelpdesk/p/newinternationa.htm)

And in Galatians 4, Paul is concerned because Christians are turning back like slaves to legalistic observances of "special" days:

**Galatians 4:8-10**   
*So now that you know God (or should I say, now that God knows you), why do you want to go back again and become slaves once more to the weak and useless spiritual principles of this world? You are trying to earn favor with God* ***by observing certain days*** *or months or seasons or years.*   
(NLT)

The Pharisees began to pass laws that could not be broken on the Sabbath. They became so legalistic that it was almost impossible to live by their “Sabbath Laws.”

The Puritans were as bad as the Pharisees. On Sunday,

You couldn’t work

You couldn’t laugh

You couldn’t play

You had to walk reverently back and forth to church

Unnecessary walking, riding, playing musical instruments, boating, swimming and courting were all crimes punishable by fines, whipping, ear slitting or hours in the stocks.

One ship captain came home from a long journey at sea and kissed his wife on the Sabbath and was severely reprimanded.

In 1789, authorities in Connecticut, detained a party for riding horses on a Sunday. One of the travelers turned out to be George Washington who was on official business. Even the President of the United States was not above the laws of God. Even to this day, the President of the United States has to respond to bills in ten days, Sundays excluded.

Blue laws were established in the United States. “Blue” came from the color of the paper the laws were first printed on or it could have come from the word itself, such as “blue movie” or “blue language.” Most states required that business be closed on Sunday or have restricted hours or sell only necessary items. In Texas, up until the 1970’s, you could buy a hammer but not nails, a blank tape but not a record, shoelaces but not shoes.

**READ John 9:1-7**

**What were the disciples asking Christ?**

**Why would they think sin caused the man’s blindness?**

**[who did sin, this man, or his parents, that he was born blind?]** Jews believed that pious souls were reincarnated as a reward, not punishment; and that the wicked were put into eternal prisons to be tormented forever (Josephus, Antiquities, Book 18, and War, Book 2 – John, Polycarp, Josephus). Some Asiatic nations and some Jews believed souls came back into bodies as a penalty for sins committed in a preexistent state. Controversies raged over whether some physical infirmity was the result of one's sins before birth, even in the womb, or sins by the parents. They held that marks on the body proved sin in the soul. Hindus identified the sins of a previous life with afflictions of the present. For example, headaches were for irreverence to parents; epilepsy for poisoning someone; pain in the eyes for coveting another man's wife; blindness for murder of mother; etc. – ***Dake Annotated Reference Bible***

Mormons theology teaches that black people are black because they were evil in the previous realm and fought against those who are good, who are white. The Book of Mormon even states that if colored people will get right with God, He will turn their skin “white as snow.

**John 9:3, 4**

**Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.**

**[4] I must work the works of him that sent me, while it is day: the night cometh, when no man can work.**

**Did God place this blindness on this man so that Jesus could heal him?**

**Some people have used this scripture to try and say that God puts sickness on people for His glory? Why would sickness and disease or sin glorify God?**

**James 1:13** King James 2000 Bible (©2003)  
Let no man say when he is **tempted**, I am **tempted** of God: for God cannot be **tempted** with evil, neither **tempts** he any man:

***Strongs Concordance “Tempt”***

*Peirazo pi-rad'-zo; from Greek 3984 (peira); to test (object), i.e. endeavor, scrutinize, entice, discipline :- assay, examine, go about, prove, tempt (-er), try.*

**James 1:17** New American Standard Bible   
*Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.*

The way the New Testament was written in the Greek, there was no punctuation. When the scholars that compiled the Bible did their work, they had to decide where to put the punctuation. This is one place I believe they got it wrong.

Correct separation of this should read, **“Jesus answered, neither has this man sinned, nor his parents. But, that the works of God should be made manifest in him, I must work the works of Him that sent Me, while it is day; the night comes when no man can work.”**

Verses 6,7: Jesus made the clay from his own spit and told the man to bathe in the Pool of Siloam. The man did and was healed.

The people were astonished because they had known the man since birth.

Verses 13 -16

The Pharisees could find no fault in Jesus other than Him healing on the Sabbath.

**Was the keeping of the Sabbath more important than this man’s wholeness? How many blind people’s eyes have been opened on the Lord’s day? How many sinners’ lives have been made whole by Jesus, the Word of God in the pulpit on the Lord’s day?**

**1 Samuel 15:22**

And Samuel said, Hath the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of the Lord? Behold, to obey is better than sacrifice, and to hearken than the fat of rams.

God would rather us just do what He says instead of playing some kind of religious game!

**John 9:39-41**

And Jesus said, For judgment I am come into this world, that they which see not might see; and that they which see might be made blind. [40] And some of the Pharisees which were with him heard these words, and said unto him, Are we blind also? [41] Jesus said unto them, If ye were blind, ye should have no sin: but now ye say, We see; therefore your sin remaineth.

**Matthew 13:14-16**

And in them is fulfilled the prophecy of Esaias, which saith, By hearing ye shall hear, and shall not understand; and seeing ye shall see, and shall not perceive: [15] For this people's heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed; lest at any time they should see with their eyes, and hear with their ears, and should understand with their heart, and should be converted, and I should heal them. [16] But blessed are your eyes, for they see: and your ears, for they hear.