

SABBATH VS. SUNDAY WORSHIP

In the Hebrew dictionary, the word Sabbath is number 7676, meaning, [intermission](#), 7673 [to repose](#) – [desist from exertion](#), to [cease](#), [celebrate](#), [rest](#).

The definition of Sunday in Webster's Dictionary says simply it is “the 1st day of the week”.

The mainline church assembles on Sunday, the 1st day of the week. We gather together on the last day of the week, when God rested, said it was good, and later named this time of rest the Sabbath. He invites all His children into this rest. It is to be a day to commune with the Lord as we read in Exodus 31:16-17.

Exodus 31:16-17 explains:

16 Therefore [the children of Israel](#) shall **keep the Sabbath**, to **observe the Sabbath throughout their generations as a perpetual covenant**.

17 It is **a sign** between [Me and the children of Israel](#) **forever**; for in six days the LORD made the heavens and the earth, and on [the seventh](#) day **He rested** and was **refreshed**.” (Keep in mind the word refreshed.)

There is repeated evidence that the 7th day, not the 1st, was regarded as a season of divine benevolence toward man. For instance, the power that caused the flood in Noah's day was restrained at the close of a sixth day, and the first day that dawned clear and fair was a seventh day. The day they were to leave the ark, when they offered sacrifices of thanksgiving, was likewise a seventh day. If you think about it, 7 is the number of God, so why wouldn't the 7th day be special? In Exodus 16:26 we find God making it possible for His people, even in the wilderness, to observe Sabbath.

Exodus 16:26

26 Six days you shall gather it (the manna), but on the seventh day, the Sabbath, there will be none.”

God wrote on tablets of stone, as part of the 10 Commandments, that His people were to remember the Sabbath.

Exodus 20:8-11

8 “ Remember the Sabbath day, to keep it holy.

9 Six days you shall labor and do all your work,

10 but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor

your female servant, nor your cattle, nor your stranger who is within your gates.

11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

In other words, as the saying goes, it was “written in stone” we are to enter His rest. We are invited to this holy convocation, or appointment with God, weekly to enjoy His presence and be renewed in **Leviticus 23:3**.

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.

IS SABBATH JUST FOR THE HEBREW?

Some say Sabbath is for the Hebrew people only. But Galatians 3 explains:
Galatians 3:27-29.

27 For as many of you as were baptized into Christ have put on Christ.

28 There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus.

29 And if you are Christ's, then you are Abraham's seed, and heirs according to the promise.

Genesis 14:13 tells us Abraham was a Hebrew, so we who are his seed must be what?

LIFE IN THE GARDEN

Sabbath is to remind us of the garden condition of man before the fall. Remember God told Adam and Eve they would surely die if they ate from the knowledge of the tree of good and evil? Before they disobeyed however, they had been created to, not just enter into God's rest, but live forever in the “it was good” environment. They were to exist within their Father's life so to speak, as the garden condition was the result of God's actions.

Acts 17:28 shows us the new creature that emerges from baptism is eligible to become this once again.

28 for in Him we live and move and have our being, as also some of your own poets have said, ‘For we are also His offspring.’

We too can live within that rest once again today.

Hebrews 4:9-11

9 There remains therefore a rest for the people of God.

10 For he who has entered His rest has himself also ceased from his works

as God did from His.

11 Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience (as those of Adam's race).

Adam and Eve were to exist within the actions of God. Therefore their reactions would be perfect. Everything was in harmony. God created them with a built in ability to remain always in perfect sync with all of the universe. All was to be peaceful, full of happiness and joy, perfect harmony. Man, beast and environment was as a cosmic chorus blending with one another as well as all the universe. Most important however, they were in time and in harmony with the Lord. They were never out of God's timing as we are today.

TRUE SCIENCE AGREES WITH THE BIBLE

The Science of Chronobiology, a study of how things handle time, has revealed a strange phenomenon of a seven day week or weekly rhythms known as circasepton (about seven). It seems our bodies have a rhythm of seven days, 24 hours in a day, that is innate and autonomous, interacting with tides, light and darkness, rhythms of the moon, harvest, hot, cold, migrations etc. We already understand how our bodies interact with cycles such as our sleep cycle, daily temperatures and the rise and fall of our blood pressure. But

what science is now revealing is, all the universe operates in a rhythm of seven cycles. There is also something like a reset button, known to science as a cue or “zeitgobers” or time givers, that if life is interrupted or forced out of harmony, the reset or cue puts them back in rhythm! This rhythm has even been discovered in the simplest form of bacteria. The inherent rhythm has to do with the internal logic of the body, not the external logic of the world. This innate rhythm was even discovered in giant alga. The microscopic cell, resembling a graceful champagne glass, is known as the mermaid wineglass. But, what is more interesting, whenever this primitive alga is subjected to artificial alteration, the single intact cell can somehow translate the manipulation back into the measurement of a seven day week. So if we think the seven day rhythm that life is run by today is the invention of culture with its calendars, clocks, or religion, how do we explain innate rhythms of seven cycles in primitive alga, rats, mice, plants, flies, etc? They do not have calendars, can't read the Torah, and don't go to church! I said all this to say, could Sabbath be a cue, a reset that refreshes us and restores our bodies to God's perfect cycle and timing? Did He perhaps connect Adam and Eve to a paced rhythm that was a part of His own being? Is that how we will one day become immortal? Is Sabbath a way we too could be connected? Remember, as a part of creation, God blessed the 7th day and made it holy. This pictures a divine act, and by divine design He calls for this life-harmonizing pause called Sabbath every 7 days. I for one refuse to miss it! God may just reset us,

recycle us, renew and reverse us to fulfill the scriptures in I Corinthians 15: 53-54.

I Corinthians 15: 53-54

53 For this corruptible must put on incorruption, and this **mortal** must put on **immortality**.

54 So when this corruptible has put on incorruption, and this mortal has put on immortality, then shall be brought to pass the saying that is written:

“Death is swallowed up in victory.”

OTHER CUES OR RESETS

Could praise perhaps be a reset as well? We are also commanded to praise Him. Again, maybe for a very good reason?

Revelation 19:5

5 Then a voice came from the throne, saying, **“Praise our God, all you His servants and those who fear Him, both small and great!”**

Could truth itself be a reset? Perhaps love, unity, on fire passion for God, etc.

THE TRUTH IS

The early church, those that walked with Christ Himself or with the Apostles that knew Him personally, celebrated Sabbath!

Acts 13:14

14 But when they departed from Perga, they came to Antioch in Pisidia, and **went into the synagogue on the Sabbath day** and sat down.

Acts 13:42

42 So when the Jews went out of the synagogue, the Gentiles begged that these words might be preached to them the **next Sabbath**.

See Acts 18:4 and Acts 17:2.

IN CLOSING

This excerpt lists just some of the reasons Trumpets of Truth International celebrates Sabbath. I pray this study will help those that question to be tolerant of our decision and to perhaps even choose to enter into His rest along with us.

Shabbat Shalom