

# SABBATH VS. SUNDAY WORSHIP

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In the Hebrew dictionary, the word Sabbath is number 7676, meaning, intermission, 7673 to repose (tranquility) – desist from exertion, to cease, celebrate, rest. On the other hand the definition of Sunday in Webster's Dictionary says simply it is “the 1<sup>st</sup> day of the week”.

The mainline church assembles on Sunday, the 1<sup>st</sup> day of the week however. 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 once a week to refresh them and celebrate His creation, His works. So we therefore need to know what day that is.

**Matthew 28:1** helps us to see when God established Sabbath.

1 Now after the Sabbath (Sabbath was over), as the first day of the week began to dawn (can you see the difference?), Mary Magdalene and the other Mary came to see the tomb.

**Mark 16:1-2** shows us again,

1 Now when the Sabbath was past (over, done, finished), Mary Magdalene, Mary the mother of James, and Salome bought spices, that they might come and anoint Him.

2 Very early in the morning, on the first day of the week, they came to the tomb when the sun had risen.

### **Mark 16:9**

9 Now when He rose early on the first day of the week (Sunday He resurrected), He appeared first to Mary Magdalene, out of whom He had cast seven demons. (This is why some of the church worships on Sunday. He resurrected on that day, but God did not establish that day as Sabbath? He said the last day of the week.)

### **Luke 24:1**

1 Now on the first day of the week, very early in the morning, they, and certain other women with them, came to the tomb bringing the spices which they had prepared. (The day before Sabbath, Friday, preparation day.)

So we see Jesus died on the cross preparation day, Friday, was in the grave by the end of that day, all of Sabbath, Saturday, and on first day of the week, Sunday, he rose from the tomb.

Sabbath 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 (never ending) covenant (a commitment between God and His people).

17 It is a sign between Me and the children of Israel (Galatians 3:27-29) forever; for in six days (a thousand years is as a day to the Lord by the way) the LORD made the heavens and the earth, and on the seventh day (Saturday) He rested and was refreshed.” (Keep in mind the word refreshed.)

There is repeated evidence that the 7<sup>th</sup> day, not the 1<sup>st</sup>, was regarded as a season of divine benevolence (well meaning, kindness) 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 7<sup>th</sup> 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.” (how plain is this?)

Is Sabbath important to attend? God wrote on the stone tablets, 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 (hallowed means sacred, holy).

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 (a calling together formally to meet with God, all the feasts are holy gatherings). You shall do no work on it; it is the Sabbath of the LORD in all your dwellings (we don't have to be in a church, it can be celebrated at home).

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?

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. Everything they would ever do was already done by Father perfectly.

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

28 for in Him (Jesus, of the line of David, Jacob, Isaac, Abraham) 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 total rest once again today.

**Hebrews 4:9-11** speaks of this total rest, memorialized by the weekly Sabbath.

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 (we give up our works we came up with and let His manifest through us by circumstances).

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 in cosmic unity 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. Living within God's perfect rest we can be sure they enjoyed a weekly rest, a beautiful Sabbath.

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 (or built into us) and autonomous (acting independently), 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 7<sup>th</sup> 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.”**

Side Note: 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!**” (Get recharged, that is why you were told to praise Him.)

Could truth itself be a reset? Well 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** tells us the early church rested and learned more about God on Sabbath.

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. (Or rested!)

**Acts 13:42** reveals the people gathering on Sabbath to learn.

4 So when the Jews went out of the synagogue, the Gentiles begged that these words (words of truth) might be preached to them the next Sabbath.

**Acts 17:2**

2 Then Paul, as his custom was, went in to them, and for three Sabbaths reasoned with them from the Scriptures, (So it is a time of learning, refreshing and resting, a reset!!!)

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, which means  
Peace on Sabbath!

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