

## DID CHRIST AND THE DISCIPLES KEEP THE SABBATH?

Of Christ, the Bible says: “... and, as his custom was, he went into the synagogue on the sabbath day...” Luke 4:16.

Of Mary and the other women, the Bible says: “**And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment.**” Luke 23:56.



The apostles kept the Sabbath faithfully, even the gentiles (non-Jews) in Corinth, Thessalonica, Antioch, Philippi (pagan cities): “**And because he was of the same craft, he abode with them, and wrought: for by their occupation they were tentmakers. And he reasoned in the synagogue every sabbath, and persuaded the Jews and the Greeks.**” Acts 18:3, 4. “**And Paul, as his manner was, went in unto them [the Jews in Thessalonica], and three sabbath days reasoned with them...**” Acts 17:2, 3. “**And the next sabbath day came almost the whole city together to hear the word of God.**” Acts 13:44. “**And on the sabbath we went out of the city by a river side, where prayer was wont to be made...**” Acts 16:13.

As we have seen, Christ and His disciples kept the seventh day, that is the Sabbath. You also have the privilege of keeping it and become part of the family of God, being that there is another reason for honoring God, as the observance of this day will not end with this world.

## HONOR HIM FOR ETERNITY

Soon this world will be reintegrated with the Kingdom of God. “**And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away...**” Revelation 21:1. Jesus will reign there.

He is the King of kings (Revelation 19:16). There will be no more pain, sorrow, or tears. We will see God face to face. Christ’s countenance will be the most cherished among thousands. In an eternal bliss where nothing or no one will hinder the growth of our plans, dreams or ideals. Every Sabbath, the children of God will gather from all the corners of the new earth and the universe to worship and honor Him. Just as today, there will be a special day throughout eternity when we will meet with God. Isaiah 66:23 says, “**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.**” We will worship Him with songs of praise and we will glorify Him singing “**Thou art worthy... for thou wast slain, and hast redeemed us to God by thy blood... And hast made us unto our God kings and priests: and we shall reign on the earth.**” Revelation 5:9, 10.

The Sabbath was given to man at the beginning as a monument to the Creator. It is an homage to God for freeing us from the slavery of sin. It is an explicit sign between God and His people, a foretaste of eternal life, the promised land, and eternal rest when sin is uprooted. To keep it today is to pay homage to our Creator and Savior; it is proof of our love, loyalty, and gratitude towards Him. To set it aside or ignore it is derogatory to His law of love.

Dear Friend,

We invite you to unite with us to attribute adoration and honor that is given to God in the universe as Creator, Redeemer and King, keeping the Sabbath according to His command in His law.



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## THIRD MILLENNIUM BIBLE COURSE

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International Missionary Society, Seventh-day Adventist Church, Reform Movement

# HONOR THOSE WHO REALLY DESERVE IT!

We all like praise and recognition, and we feel hurt by criticism and contempt. We feel good when we see our loved ones happy because they have been lavished and honored. We honor our mother for having given birth and raising us, our friends for loving us, national heroes for their triumphs, poets for their creativity, scientists for their contributions, the philanthropists for their generosity, teachers for their work in education. But how do we honor the Author and Sustainer of life? Or will we join those who believe that we are the result of chance, a slow evolution and place our origin in a monkey instead of giving God the honor? Let’s consider our body and the wonderful form in which it was created.

**The Human Being:** One cell the size of a small speck grows in 266 days



(from conception to birth) perfectly in 200 million cells, increasing its original weight about a billion times. A being that can see, hear, walk, and think. How extraordinary is the human eye, the nervous and immune systems!

**The Human Mind:** We have more than 100 billion nerve cells called neurons; each can be compared with a city.

The instructions that our DNA (deoxyribonucleic acid) molecules contain would each fill 1,000 books with 600 pages. There we find the genetic master plan that determines our hair and eye color, even the subtlest character inclinations.

By contemplating the miracles of creation, we can say with the psalmist: “**I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.**” Psalms 139:14.

We have four important reason to honor God, for He deserves it.

1. For creating us
2. For saving us as slaves of iniquity





### 3. For giving us an identity and a sense of belonging

### 4. For giving us the glorious hope of eternal life

How can we honor God for these four tremendous gifts of His love?

## HONOR HIM AS THE CREATOR

He is the Author of life and only He deserves our honor and adoration. As we analyze our world through biblical logic we see that it could not be the fruits of chance. ***“For in six days the Lord made heaven and earth...”*** Genesis 20:11.

God created everything with amazing simplicity. The psalmist says, ***“For he spake, and it was done; he commanded, and it stood fast.”*** Psalms 33:9. He did not need billions and billions of years to create all things. The extraordinary power of His word was sufficient.

God established a day of the week, the seventh day, a special day dedicated to Him that man may permanently remember Him as the Creator. Genesis 2:2, 3 describes it: ***“And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.”***

What is that seventh day that God rested on, blessed, and sanctified so we may honor Him for His creative power? Saturday is the day mentioned throughout the Bible and engraved by God’s own finger on the tables of stone of His holy law.

That is why the fourth commandment states: ***“Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.”*** Exodus 20:8-11.

We fulfill the same intention that the Father and the Son had, as the words of Jesus show: ***“And he said unto them, The sabbath was made for man, and not man for the sabbath: Therefore the Son of man is Lord also of the sabbath.”*** Mark 2:27, 28.

All who rest on the Sabbath, honor God as the Creator, humble themselves before the omnipotence of God and joins the message of Revelation: ***“And I saw another angel fly in the midst of heaven, having the everlasting gospel... Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.”*** Revelation 14:6, 7.

## HONOR HIM AS THE REDEEMER

The Hebrew word *shabbath*, which in English is Saturday, was translated in some versions simply as “day of rest.” That led many true believers to ignore the specific day that God claimed **His own** in the Ten Commandments. Thank God most modern Bible versions use the word Sabbath instead of “day of rest.” But even that which for many was a problem, in the hand of the Lord became a message that was hidden in the **Sabbath**, namely true rest.

The commandment bids us: ***“... in it thou shalt not do any work...”*** Exodus 20:10. How nice it is for man to experience a change after six days of going back and forth between home and work, in which he’s dealt with pressures, problems, discussions, failures, and successes. Friday afternoon he unplugs from everything because the Sabbath—God’s day of rest—has begun. No more worries; the mind, body, and spirit are resting. Financial problems are set aside; concerns are replaced with the certainty of Christ’s presence. The hustle and bustle of the week is replaced with spiritual rest together with church liturgy, hymns of worship, prayer with brethren, and hearing the word of God.

The week’s pursuits remind us of our spiritual struggle, meaning man’s search for peace. Man runs desperately to and fro wishing to find something to help with complexes, feelings of guilt, frustrations, and grief. Running to and fro, man tries to appease the anxiety eating away at his soul. He wants to escape through the TV, entertainment, alcohol, and pleasures. When it’s over, all is worse than in the beginning. Perhaps this is your life, until in the midst of the bustle you hear the voice of Christ whispering in your ear: ***“Come unto me, all ye that labour and are heavy laden, and I will give you rest. 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.”*** Matthew 11:28, 29.

In the midst of problems, Christ is your rest. He is the **“rest”** for your anguish and sorrow. When you accept Him as your personal Savior, He asks just as the Sabbath commandment: ***“Don’t do your own works, don’t seek the peace you can never find, don’t become anxious as you try to make sense of your life.” “For he that is entered into his rest, he also hath ceased from his own works, as God did from his.”*** Hebrews 4:10.

The Sabbath is called a ***“delight, the holy of the Lord, honourable...”*** Isaiah 58:13. Compared to the remaining days of the week, it is a marvelous day, as we enjoy its peace by uniting to the heavenly family. In the same way, Christ’s salvation is unmatched before the things the world offers. ***“... He is altogether lovely. This is my beloved, and this is my friend...”*** Song of Solomon 5:16.

The Sabbath is a reminder of creation and redemption. By reviewing the Ten Commandments in Deuteronomy 5:15, we are reminded of one more reason: ***“And remember that thou wast a servant in the land of Egypt, and that the Lord thy God brought thee out thence through a mighty hand and by a stretched out arm: therefore the Lord thy God commanded thee to keep the sabbath day.”*** Egyptian slavery is a symbol of the slavery of sin, but Christ

grants us freedom through His grace and forgiveness. The literal Sabbath rest is the physical expression of the spiritual rest that we have in Jesus and a way to honor Him for that great gift of love. Those who have enjoyed the mercy of God receive forgiveness of their sins and have accepted Christ as their Savior. As they awake on Sunday, the first day of the week, they will remember the Sabbath (Exodus 20:8). Day by day they plan out their activities in such a way that their encounter with Christ reaches its peak on the day of the Lord. They keep the Sabbath as He has intended, preparing their belongings and food on Friday (Exodus 16:23); everything is ready so that their relationship with God and their children isn’t disrupted. ***“Then shalt thou delight thyself in the Lord...”*** Isaiah 58:14.

## HONOR HIM BECAUSE HE GAVE US AN IDENTITY

One of the most common unknowns that eats away at the happiness of a person is their identity. Feeling part of something or someone is one of the components of happiness. And precisely the sanctification of the Sabbath as the day of the Lord brings with it an identification with the people of God and with Him. ***“Moreover also I gave them my sabbaths, to be a sign between me and them, that they might know that I am the Lord that sanctify them.”*** Ezekiel 20:12. We no longer have to wander in search of our identity. We don’t need to run to and fro searching for something that tells us who we are. We are of God who sanctifies us. He is our Father and God, he tells us: ***“And hallow my sabbaths; and they shall be a sign between me and you, that ye may know that I am the Lord your God.”*** Ezekiel 20:20.

***Why is the Sabbath the sign or seal of God? A seal is identified by three elements:*** name, title, and domain. Those three elements are found in the fourth commandment, the Sabbath. ***The name: “Lord thy God”; the title: “Created”, Creator; Domain: “Heaven and earth”*** (Exodus 20:8-11). Keeping the Sabbath is a sign of loyalty to God, ***for we honor those who really deserve it! Do you identify with God? Does God form an integral part of your life? Do you obey Him even when it’s against your personal opinion or the majority’s? Are you submissive to God or do you form part of those who rebel against Him?***

Dear Friend, have you ever thought that Christ humbled Himself, took the form of a servant and sacrificed Himself to the death of the cross, because the law of God is unbreakable? Since the Sabbath is an integral part of the holy law of God, do you consider that it could have been annulled, when in fact it is part of the righteousness that God expects to see in you? Once again we will review the text: ***“Do we then make void the law through faith? God forbid: yea, we establish the law.”*** Romans 3:31. Further on Paul himself adds, ***“... God sending his own Son... condemned sin in the flesh: That the righteousness of the law might be fulfilled in us...”*** Romans 8:3, 4.

***“and worship him that made heaven,  
and earth, and the sea, and the  
fountains of waters.”***