

THE SABBATH

The Sabbath

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"Thus the heavens and the earth were finished, and all the host of them. 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." Gen 2:1-3

Rested - Hebrew word "Achaz" (aw-khaz) to seize (catch, lay, take) hold (back), come upon, fasten, handle, portion, (get, have or take) possess(ion).

What is a Sabbath?

Deut 5:2-3 The Lord our God made a covenant with us in Horeb. The Lord made not this covenant with our fathers, but with us, even us, who are all of us here alive this day.

Lev 24:22 Ye shall have one manner of law, as well for the stranger, as for one of your own country: for I am the Lord your God.

The laws instituted by the Lord through Moses was a law of the country and for that nation, for citizens and strangers alike. It was for that time and place, and for no other nation, or time, or place. They had a theocratic type of government that included laws that were temporal and spiritual.

Mosiah 1:110 Yet the Lord God saw that his people were a stiffnecked people, and he appointed unto them a law, even the law of Moses.

Mosiah 8:6-7 And now I say unto you, that it was expedient that there should be a law given to the children of Israel, yea, even a very strict law: for they were a stiff-necked people: quick to do iniquity, and slow to remember the Lord their God; Therefore there was a law given them, yea, a law of performances and of ordinances, a law which they were to observe strictly, from day to day, to keep them in remembrance of God, and their duty towards him.

Deut 5:13-15 Six days thou shalt 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, nor thy manservant, nor thy maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that is within thy gates; that thy manservant and thy maidservant may rest as well as thou. 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.

Sabbath - Hebrew word "Shabbat" (shaw-bath), derived from the verb "Shavat", "to rest, cease", cessation from labor.

The Sabbaths were identified by the Lord to Israel based upon important historical events accompanied by a duration of time that related to specified calendar dates of the year or years and not upon specific days of the week. Sabbaths varied in length depending upon the specific instruction from the Lord. The Sabbaths could be:

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24 Hrs - Lev 23:1-3

And the Lord spake unto Moses, saying, Speak unto the children of Israel, and say unto them, Concerning the feasts of the Lord, which ye shall proclaim to be holy convocations, even these are my feasts. Six days shall work be done: but the seventh day is the sabbath of rest, a holy convocation; ye shall do no work therein: it is the sabbath of the Lord in all your dwellings..

48 Hrs - Lev 23:15-16, 21

And ye shall count unto you from the morrow after the sabbath, from the day that ye brought the sheaf of the wave offering; seven sabbaths shall be complete: Even unto the morrow after the seventh sabbath shall ye number fifty days; and ye shall offer a new meat offering unto the Lord.

And ye shall proclaim on the selfsame day, that it may be an holy convocation unto you: ye shall do no servile work therein: it shall be a statute for ever in all your dwellings throughout your generations.

1 Year - Lev 25:2-4

Speak unto the children of Israel, and say unto them, When ye come into the land which I give you, then shall the land keep a sabbath unto the Lord. Six years thou shalt sow thy field, and six years thou shalt prune thy vineyard, and gather in the fruit thereof; But in the seventh year shall be a sabbath of rest unto the land, a sabbath for the Lord: thou shalt neither sow thy field, nor prune thy vineyard.

2 Years - Lev 25:8-12,21-22

And thou shalt number seven sabbaths of years unto thee, seven times seven years; and the space of the seven sabbaths of years shall be unto thee forty and nine years. Then shalt thou cause the trumpet of the jubilee to sound on the tenth day of the seventh month, in the day of atonement shall ye make the trumpet sound throughout all your land. And ye shall hallow the fiftieth year, and proclaim liberty throughout all the land unto all the inhabitants thereof: it shall be a jubilee unto you; and ye shall return every man unto his possession, and ye shall return every man unto his family. A jubilee shall that fiftieth year be unto you: ye shall not sow, neither reap that which groweth of itself in it, nor gather the grapes in it of thy vine undressed. For it is the jubilee; it shall be holy unto you: ye shall eat the increase thereof out of the field.

Then I will command My blessing upon you in the sixth year, and it shall bring forth fruit for three years. And ye shall sow the eighth year, and eat yet of old fruit until the ninth year; until her fruits come in ye shall eat of the old store.

70 Years - 2 Chron 36:20-21

To fulfil the word of the Lord by the mouth of Jeremiah, until the land had enjoyed her sabbaths: for as long as she lay desolate she kept sabbath, to fulfil threescore and ten years. Now in the first year of Cyrus king of Persia, that the word of the Lord spoken by the mouth of Jeremiah might be accomplished, the Lord stirred up the spirit of Cyrus king of Persia, that he made a proclamation throughout all his kingdom, and put it also in writing, saying,

Longer than 70 Years - Lev 26:33-35

And I will scatter you among the heathen, and will draw out a sword after you: and your land shall be desolate, and your cities waste. Then shall the land enjoy her sabbaths, as long as it

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lieth desolate, and ye be in your enemies' land; even then shall the land rest, and enjoy her sabbaths. As long as it lieth desolate it shall rest; because it did not rest in your sabbaths, when ye dwelt upon it.

What was considered a day?

A day was based on a 24 hour period of time starting from after midnight and ended at midnight the following night. The following scripture supports this statement.

Exodus 12:3, 5-6 Speak ye unto all the congregation of Israel, saying, In the tenth day of this month they shall take to them every man a lamb, according to the house of their fathers, a lamb for a house. Your lamb shall be without blemish, a male of the first year: ye shall take it out from the sheep, or from the goats: And ye shall keep it up until the fourteenth day of the same month: and whole assembly of the congregation of Israel shall kill it in the evening.

Exodus 12:10-11 And ye shall let nothing of it remain until the morning; and that which remaineth of it until the morning ye shall burn with fire. And thus shall ye eat it; with your loins girded, your shoes on your feet, and your staff in your hand; and ye shall eat it in haste: it is the Lord's passover

Lev 23:5 In the fourteenth day of the first month at even is the Lord's passover.

Exodus 12:29-31 And it came to pass, that at midnight the Lord smote all the firstborn in the land of Egypt, from the firstborn of Pharaoh that sat on his throne unto the firstborn of the captive that was in the dungeon; and all the firstborn of cattle. And Pharaoh rose up in the night, he, and all his servants, and all the Egyptians; and there was a great cry in Egypt; for there was not a house where there was not one dead. And he called for Moses and Aaron by night, and said, Rise up, and get you forth from among my people, both ye and the children of Israel; and go, serve the Lord, as ye have said.

Lev 23:6-7 And on the fifteenth day of the same month is the feast of unleavened bread unto the Lord: seven days ye must eat unleavened bread. In the first day ye shall have a holy convocation: ye shall do no servile work therein.

Num 33:3 And they departed from Rameses in the first month, on the fifteenth day of the first month; on the morrow after the passover the children of Israel went out with a high hand in the sight of all the Egyptians.

Exodus 12:40-42 Now the sojourning of the children of Israel, who dwelt in Egypt, was four hundred and thirty years. And it came to pass at the end of the four hundred and thirty years, even the selfsame day it came to pass, that all the hosts of the Lord went out from the land of Egypt. It is a night to be much observed unto the Lord for bringing them out from the land of Egypt: this is that night of the Lord to be observed of all the children of Israel in their generations.

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The following quote from "*The Jewish Book of Why*" by Alfred J. Kolatch page 163, explains how the Jews observe a calendar day today.

"Why does the Sabbath begin at sundown on Friday? In the Jewish calendar all days begin at nightfall (of the evening before the actual day in question) and extend for twenty-four hours. So as not to desecrate the Sabbath by miscalculating the time night actually falls, it has become customary to usher in the Sabbath early. Candles are lighted at sundown, usually eighteen minutes before sunset and approximately forty minutes before nightfall."

Where did our calendar week come from?

The Encyclopedia Britannica Volume IV, pages 664 and 665 credit the Egyptians as the first ones to construct a seven-day week. A chart of the Egyptian week and it's progress to what we have today is on the following page.

The Egyptians discovered seven planets, and concluded to have a fixed week of seven days, named after the seven planets. Each planet represented to them a god. They considered that the gods of the seven planets ruled over time in turns, each god ruling for an hour at a time only. Therefore, to name the seven days after the seven planets they started with the farthest planet, and let the god of each planet rule for an hour, taking their turns according to the order of their distances from the earth. They started with their farthest planet, and came toward the earth. They named the day after the planet that ruled over the first hour of that day.

As you can see on the chart on the next page the Egyptian week started with Saturday and ended on Friday.

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S a t u r n	J u p i t e r	M a r s	S u n	V e n u s	M e r c u r y	M o o n	D a y	Origin of the Week, and Naming of the Days		
1	2	3	4	5	6	7				
1	2	3	4	5	6	7	O N E	Day of Saturn	Saturn's Day	First day of the week Saturday
8	9	10	11	12	13	14				
15	16	17	18	19	20	21				
22	23	24					T W O	Day of Sun	Sun's Day	Sunday
			1							
			8							
			15							
			22	23	24					
						1	T H R E E	Day of Moon	Moon's Day	Monday
						8				
						15				
						22				
23	24	1					F O U R	Day of Mars (later) Day of Tiw	Mars' Day or Tiw's Daeg	Tuesday
		8								
		15								
		22	23	24						
						1	F I V E	Day of Mercury (later) Day of Woden	Mercury's Day, or Woden's Daeg	Wednesday
						8				
						15				
						22				
24	1						S I X	Day of Jupiter (later) Day of Thor	Jupiter's Day, or Thor's Daeg	Thursday
	8									
	15									
	22	23	24							
						1	S E V E N	Day of Venus (later) Day of Freia	Venus' Day, or Freia's Daeg	Friday
						8				
						15				
						22				
			23	24						

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What calendar did they use?

The Egyptians had a 30-day month with 12 months to a year; but their year began in the fall at the time of the autumnal equinox; while the month that Moses was instructed to make the first month of the year for the children of Israel, began at the time of the Spring Equinox (around March 21), which was the seventh month of the Egyptian calendar. Five remaining days were added at the end of the year to complete a 365 with the new year beginning with the Autumn Equinox (around September 23). There is evidence that the Jews continued with this 12 month, 30 day calendar with the addition of 5 days but not necessarily at the end of the 12th month which differed from the Egyptian calendar.

Since the destruction of Jerusalem, A.D. 70, they have no certain knowledge of the date it should be observed, since the Hebrew calendar was lost during that siege and dispersion. Rabbi May, speaking of the Jews, says, "We have no calendar that dates beyond the Christian Era." (Quote from "Tracing the Sabbath" by Apostle Leon Gould which was a quote from "Sunday, The True Sabbath of God" by Samuel Walter Gamble)

Gen 7:11-12, 24 In the six hundredth year of Noah's life, in the second month, the seventeenth day of the month, the same day were all the fountains of the great deep broken up, and the windows of heaven were opened. And the rain was upon the earth forty days and forty nights.

And the waters prevailed upon the earth an hundred and fifty days.

Gen 8:4-5 And the ark rested in the seventh month, on the seventeenth day of the month, upon the mountains of Ararat. And the waters decreased continually until the tenth month: in the tenth month, on the first day of the month, were the tops of the mountains seen.

From the 17th day of the second month to the 17th day of the seventh month is exactly five months. And five months of 30 days each is 150 days. So we know that before and during the flood their months were 30-day months.

Exodus 12:2 This month shall be unto you the beginning of months: it shall be the first month of the year to you.

Exodus 13:4 This day came ye out in the month Abib.

Refer to pages 7 and 8 for reviewing the Sabbaths and how they fall within the months of a year and the Sabbath years.

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Ancient Jewish Calendar

	ABIB (Nisan) 1st Month					IYAR 2nd Month					SIVAN 3rd Month				
Sat	1	8	15	22	29		6	13	20	27		4	11	18	25
Sun	2	9	16	23	30		7	14	21	28		5	12	19	26
Mon	3	10	17	24		1	8	15	22	29		6	13	20	27
Tues	4	11	18	25		2	9	16	23	30		7	14	21	28
Wed	5	12	19	26		3	10	17	24		1	8	15	22	29
Thurs	6	13	20	27		4	11	18	25		2	9	16	23	30
Fri	7	14	21	28		5	12	19	26		3	10	17	24	

7th Egyptian Month

8th Egyptian Month

9th Egyptian Month

	Tammuz 4th Month					Ab 5th Month					Elul 6th Month						
Sat		2	9	16	23	30		7	14	21	28		5	12	19	26	3
Sun		3	10	17	24		1	8	15	22	29		6	13	20	27	
Mon		4	11	18	25		2	9	16	23	30		7	14	21	28	
Tues		5	12	19	26		3	10	17	24		1	8	15	22	29	
Wed		6	13	20	27		4	11	18	25		2	9	16	23	30	
Thurs		7	14	21	28		5	12	19	26		3	10	17	24	1	
Fri	1	8	15	22	29		6	13	20	27		4	11	18	25	2	

10th Egyptian Month

11th Egyptian Month

12th Egyptian Month

	Tisri 7th Month					Bul 8th Month					Chisleu 9th Month					
Sat		7	14	21	28		5	12	19	26		3	10	17	24	
Sun		1	8	15	22	29	6	13	20	27		4	11	18	25	
Mon		2	9	16	23	30		7	14	21	28		5	12	19	26
Tues		3	10	17	24		1	8	15	22	29		6	13	20	27
Wed		4	11	18	25		2	9	16	23	30		7	14	21	28
Thurs		5	12	19	26		3	10	17	24		1	8	15	22	29
Fri		6	13	20	27		4	11	18	25		2	9	16	23	30

1st Egyptian Month

2nd Egyptian Month

3rd Egyptian Month

	Tebeth 10th Month					Shebat 11th Month					Adar 12th Month					
Sat	1	8	15	22	29		6	13	20	27		4	11	18	25	2
Sun	2	9	16	23	30		7	14	21	28		5	12	19	26	
Mon	3	10	17	24		1	8	15	22	29		6	13	20	27	
Tues	4	11	18	25		2	9	16	23	30		7	14	21	28	
Wed	5	12	19	26		3	10	17	24		1	8	15	22	29	
Thurs	6	13	20	27		4	11	18	25		2	9	16	23	30	
Fri	7	14	21	28		5	12	19	26		3	10	17	24	1	

4th Egyptian Month

5th Egyptian Month

6th Egyptian Month