

# 4th of the 10 Commandments: The Sabbath

Sunday:	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:
Biblical name, 1st day of the week. Renamed to mean day of the Sun.	Biblical name, 2nd day of the week. Renamed to mean day of the Moon.	Biblical name, 3rd day of the week. Renamed to mean day of Mars.	Biblical name, 4th day of the week. Renamed to mean day of Mercury.	Biblical name, 5th day of the week. Renamed to mean day of Jupiter.	Biblical name, 6th day of the week. Renamed to mean day of Venus.	Biblical name, the Sabbath, 7th day of the week. Renamed to mean day of Saturn.

YWDAL XAWA WYZ XX QYZZ

Above in the ancient Hebrew (as it was written by the hand of God in the Tablets given to Moses) is written the commandment in **Exodus 20:8** “**REMEMBER** the Sabbath day, to keep it holy.” Today the meaning of this commandment is forgotten also replaced by the traditions and teachings of men. Please read, **Daniel 7:25-27** and **Mark 7:6-9**. It’s forgotten because our people (the so called Blacks, Hispanics, and Native Americans) have been enslaved, deceived, and can’t remember their heritage as the children of Israel. **Exodus 31:12** “And the LORD spake unto Moses, saying,” **Verse 13:** “Speak thou also unto the children of Israel, saying, Verily my Sabbaths ye shall keep: for **it is a sign between me and you throughout your generations**; that ye may know that I am the LORD that doth sanctify you.” The Sabbath was given to us as a sign that we are God’s chosen people that are sanctified (made holy) by Him for all generations. Unfortunately our people are lost and do not remember their God, who they are, nor the commandments. See, **Psalms 83:3-4**, **Isaiah 1:3**, and **Jeremiah 2:32**.

As a result many will suffer the punishment (judgment) that is written in the Bible for breaking the Sabbaths. **Exodus 31:14** “Ye shall keep the Sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth **ANY WORK** therein, **THAT SOUL SHALL BE CUT OFF** from among his people.” To defile the Sabbath means to no longer consider it holy. The Sabbath is a day of rest, no work of any kind (chores/labor) is permitted on this holy day therefore to defile it means to do your own pleasure by working. Please read, **Isaiah 58:13-14** and **Exodus 20:8-11**. Recall how Christ said what profit is it to gain the whole world but lose your soul (**Mark 8:34-37**). The Sabbath day was made for man as a blessing, yet the warning is clear, that we will be JUDGED according to God’s word if we choose to break his commandment. See, **Revelations 20:11-15**.

The Sabbath is on the seventh day of the week; from evening to evening; **Leviticus 23:32** “...from even unto even, shall ye celebrate your Sabbath.” Therefore the Sabbath is from Friday evening to Saturday evening. To determine when evening starts the Bible teaches us that it’s when the sun is down and it is dark (night). See, **Proverbs 7:9**, **Genesis 15:17**, **Nehemiah 13:19**, and **Genesis 1:1-5**. There are six days in the week as shown above that we could work and do all our other chores. **Exodus 31:15** “Six days may work be done; but **IN THE SEVENTH IS THE SABBATH OF REST, holy to the LORD: whosoever doeth any work in the Sabbath day, he shall surely be put to death.**” Avoid the SECOND DEATH by not doing ANY WORK on the Sabbath day. That includes our own personal chores, such as cooking or heating up food; **Exodus 35:3** “Ye shall kindle no fire throughout your habitations upon the Sabbath day.” All cooked meals must be prepared before the sun goes down on Friday. Seeing as you can not cook on the Sabbath you can make cold cut sandwiches, salads, eat cereals, etc. or any food that doesn’t require cooking or heating, to eat until Saturday evening. **Exodus 16:23** “And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy Sabbath unto the Lord: bake that which ye will bake to day, and seethe [boil] that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.” Also buying and selling on the Sabbath is not permitted. **Nehemiah 10:31** “And if the people of the land bring ware [goods] or any victuals [foods or provisions] on the Sabbath day to sell, that we would not buy it of them on the Sabbath, or on the holy day...” Consider that it is a day of rest so anything laborious such as cleaning, carrying heavy things, exercise, etc. is not permitted. **Jeremiah 17:21** “Thus saith the LORD; Take heed to yourselves, and bear no burden on the sabbath day, nor bring it in by the gates of Jerusalem;” **Verse 22:** “Neither carry forth a burden out of your houses on the sabbath day, neither do ye any work, but hallow ye the sabbath day, as I commanded your fathers.”

**Exodus 31:16** “Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their **GENERATIONS**, for a **PERPETUAL COVENANT**.” **Verse 17:** “It is a sign between me and the children of Israel **FOR EVER**: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.” As it states in the word of God, the Sabbath has not changed or been removed. Instead we are told that we must keep the Sabbath forever. God even tells us that we will keep it in the kingdom of heaven. See, **Isaiah 66:22-24**. When studying the scriptures (**Luke 4:16**, **Acts 17:2**, and **Acts 18:4**), Jesus Christ and his apostles always kept the Sabbath day holy and never did he ordain Sunday (the first day of the week) as the Lord’s Day. In fact he reinforced that the commandments had to be kept. See, **Matthews 5:17** and **Romans 3:31**. Should we listen to men or God who wrote it with his own finger? **Acts 5:29** “Then Peter and the other apostles answered and said, We ought to obey God rather than men.” **Exodus 31:18** “And he gave unto Moses, when he had made an end of communing with him upon mount Sinai, two tables of testimony, tables of stone, written with the finger of God.” Many attempt to deceive some by using difficult scriptures in the letters of Paul be forewarned by the Bible. Read, **2nd Peters 3:15-18**. Shalam (Peace)!

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