

The Sabbath Day Observance Commanded in the Scriptures – KJV

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Exodus 20:8-11. The Sabbath is a day God set aside, and He hallowed it for us to rest from work - to be refreshed bodily and spiritually. God commanded a Sabbath because we need to spend unhurried time in worship of Him and rest each week. It is also a day God has dedicated for us to come before Him with our concerns in prayer that He may hear them, and work out a solution with us. A God who is concerned enough to provide a day each week for us to rest is indeed wonderful.

In **Genesis 2: 1-7**, observe that God established a day of rest and sanctified it, purposefully, after He created man in Gen. 1:26-30. Man is God's last creation and the inheritor of all that he had made for him to enjoy. In Mark 2: 27, Yeshua [Jesus] tells us that Sabbath was made for the man. To observe a regular time of rest and worship in our hurried world demonstrates the importance of God in our lives while having the extra benefit of refreshing our spirits.

Some in error teach that "any one day of our chosen should be completely dedicated to the Lord, a day when we do not think our thoughts, or spend time in business or worldly pleasure. It should be a day set aside to rest and meditate on Him. The Lord wants us to take a break from our work to rest, to be refreshed, to think things of the Spirit, and to worship Him. If we will do this, we will receive the heritage of Jacob, and will ride on the high places of the earth!" This is half truth; by mixing good with evil, this is one of the many ways false teachers [antichrists] deceive their members, especially those Christians who do not read their Bible (Acts 17: 11)

The commandment of the Lord is specific in Exodus 20:8-11 as to which day is to be dedicated to Him, and that day is the seventh day and not the first day or any day of our chosen as the Sabbath Day of rest. Also, Isaiah 58:13-14 does not say if we do this, by resting on any day of the week of our chosen, the verses are specific as to what we should do and on what day we should observe the Sabbath: "*If thou turn away thy foot from the Sabbath, from doing thy pleasure on my holy day; and call the Sabbath a delight, the holy of the LORD, honorable; and shalt honor him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.*"

Exodus 31:13-17. The Sabbath has two purposes: It is a time of rest and a time to remember what God had done. We need rest. Without time out from the bustle, life loses its meaning. In our day, as in Moses' day, taking time out is not easy, but God reminds us that without Sabbaths we will forget what all of the activity is for and lose the balance crucial to a faithful life. Make sure your Sabbath provides a time for both refreshment and remembrance of God.

The keeping of the Sabbaths of the Lord is a sign, and a perpetual covenant between The Lord God and all believers throughout their generations for ever more.

Numbers 15:30-32. God is willing to forgive those who made unintentional errors if they realized their mistakes quickly and correct them. However, those who deliberately sinned received a harsher judgment. Intentional sin grows out of an improper attitude toward God. A child who knowingly disobeys his parents in things that are not contrary to the commandments of God challenges their authority and dares them to respond. Both the act and the attitude have to be dealt with. So if you have not been keeping the commandment of God to keep the Sabbath Day holy, start today and the Lord will forgive you.

Number 28:9. Why were extra offerings made on the Sabbath Day? The Sabbath Day was a special day of rest and worship commemorating both creation and the deliverance of the people of God from their sins and from their enemies. Because of the significance of this special day, it is only natural to offer extra sacrifices [thanksgiving] on it.

Deuteronomy 5:12, 15 According to the commandment of God we are to sanctify the Sabbath Day. Israelites are to remember they were slaves or servant in the land of Egypt, and with strong hand did the Lord deliver them. Likewise Christians are to remember that they were strangers to the God of Israel, and prisoners of Lucifer in their sins, but have now been delivered by the blood of Jesus the Son of the Almighty God.

Nehemiah 10:31. God Almighty recognized that the lure of money would conflict with the need for a day of rest, so trade was forbidden inside the city of Jerusalem on the Sabbath. By deciding to honor God first, the Israelites would be refusing to make money their god. Our culture often makes us choose between convenience and profit on the one hand, and setting God first or the other. Look at your work and worship habits: Is God really first?

In 364 A.D at the council of Laodicea the pretext by the Roman Catholic organization was to separate supposedly Christians from the Jews who worshipped on Saturday the Sabbath Day. When actually it was to turn the masses away from God's Law toward the worship of the sun god on Sunday (Ezek. 8: 14-16), with the enactment of their canon laws. Catholic **CANON XXIX:** "CHRISTIANS must not judaize, i.e., not to adopt the customs, beliefs, or character of a Jew by resting on the Sabbath, but must work on that day, rather honoring the Lord's Day (*Sunday false sabbat – not in the bible*); and, if they can, resting then as Christians. But if any shall be found to be judaizers, let them be anathema from Christ (*the Catholic false Christ?*)."

<http://reluctant-messenger.com/council-of-laodicea.htm>

Nehemiah 13:15-17. The Almighty God had commanded Israel [believers] not to work on the Sabbath, but to rest in remembrance of creation. The Sabbath rest, lasting from sunset Friday to sunset Saturday, was to be honored and observed by all Israel, servants, visiting foreigners, and even farm animals. Jerusalem's busy Sabbath trade directly violated God's Law, so Nehemiah command that the city gates be shut and traders be sent home every Friday afternoon as the Sabbath hours approached.

Jeremiah 17:21-27. The people were using the Sabbath, their day of rest to work. They considered making money more important than keeping God's Law. If they would repent and put God first in their lives, God promised them honor among the nations. Over a century later, when Nehemiah led the exiles who were returning to Jerusalem, one of his most important reforms was to reinstitute Sabbath Day observance (Neh. 13:15-22). If the people of America will repent and put God first in their lives, and keep the Sabbath Day holy instead of Sunday, God will heal and honor them again among nations.

Ezekiel 46: 4, 12. Ezekiel continues to describe various aspects of the Sabbath Day worship. God prescribed order and continuity. The continuity gave a healthy rhythm to the spiritual life of his people.

Mark 1: 21. Jesus on arriving Capernaum from Nazareth, went straightaway on the Sabbath Day into the synagogue, and taught them. Capernaum was a thriving town with great wealth as well as great sin and decadence. Because it was the headquarters for many Roman troops, pagan influences from all over the Roman Empire were pervasive. This was an ideal place for Jesus to challenge both apostate Jews and non-Jews with the gospel of God's Kingdom. In the synagogue there was a demon possessed person. No appeal was made to Jesus to do anything either by the man who was possessed or by those attending the synagogue to which he had gone on the Sabbath Day. The demon itself challenged Jesus, who promptly commanded it saying, "Hold your peace, and come out of him." The demon did so, and with marked dispatch. The congregation and bystanders got the message: even the demons obey the Son of God.

Mark 2:23-27. In these verses the Pharisees interpreted the action of Jesus' disciples—picking the grain and eating it as they walked through the fields—as harvesting and so they judged Jesus a lawbreaker. But Jesus and the disciples clearly were not picking the grains for personal gain; they were simply looking for something to eat. The Pharisees were so focused on the words of the rule that they missed its intent and sight of what was good and right. Jesus implies in Mark 3: 2-6 that the Sabbath is a day to do good, God provided the Sabbath as a day of rest and worship, but he didn't mean that concern for rest should keep us from lifting a finger to help others.

Mark 2:27, 28 "The Sabbath was made for man, and not man for the Sabbath." How did the actions of Jesus' disciples denigrate the law to keep the Sabbath Day holy? The question Jesus posed to the Pharisees in many words was whether they would rather see his disciples or a child of God starve than pluck corn to eat on the Sabbath Day? Jesus used the example of David to point out how ridiculous the Pharisees accusations were. David was fleeing from Saul. David and his followers were hungered, and the only food available to them was the shewbread from the priests, which they were not supposed to eat. Would The Lord rather that David starved or eat the showbread? The Lord had mercy on David and did not count it as unrighteousness on David's part.

Now let's compare this to the actions of Jesus' disciples. The disciples while travelling with The Lord Jesus Himself, had need for food and plucked corn on the Sabbath. Would The Lord Jesus have preferred that the disciples starved, or pluck corn so that they could eat? The answer is no. Then Jesus [Yeshua] goes on to say this: "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). Signifying that Jesus who is the Son of God found no fault in his disciples' actions. In other words His disciples did not delineate or pollute the Sabbath, nor did Jesus' response abrogate the law to keep the Sabbath day holy. In saying that "man was made for the Sabbath," Jesus was reflecting upon the lesson that could be learned from David's and His disciples' actions. In order to understand the situation, one must recognize that Jewish Sabbath observance in Jesus Christ's day did not mean simply following Scripture laws but also adherence to strict regulations in Jewish oral tradition not given by God in the Torah, but prescribe by the Pharisees for the Jews in the Talmud (Matthew 15:1-6).

The Pharisees became litigious about the Sabbath, adding all sorts of restrictions, traditions and regulations that made matters cumbersome. The Mishnah, wherein multitudinous regulations of this so-called oral law were written down about A.D. 200, gives an idea of what Sabbath observance was like among the scribes and Pharisees. Jesus as The Lord of the Sabbath spoke against these multitudinous regulations that were added to the observance of the Sabbath and provided them and us with two principles relative to work on the Sabbath: (1) the Sabbath was made for man, and not man for the Sabbath (see also Matt. 2:1-8; Luke 6:1-5); and (2) works of mercy and of necessity are permissible on the Sabbath. To pluck grain for food was a necessity, and to save the life of an animal from a hole was a work of mercy. So was the healing of a sick person. Incidentally, the priests were exempted from this rule in any event—they had to minister to the people on the Sabbath as we the Ministers of the Gospel do today. No where in the Scriptures did Jesus say not to keep the Sabbath or that we could choose a day of rest for ourselves as we please as a substitute to the Sabbath Day of The Lord. Some would point to (Matt. 28:18) the power to bind and to loose on earth, but we must understand that what ever we are binding and loosing or agreeing to do on earth must not violate the commandments of God if it is to be acceptable unto Him (Matt. 5:17-19)

Today, some who are in error have continued to teach that, "The reason Christians worship on Sunday, instead of Saturday, is that Jesus rose from the grave on Sunday. That although the early believers in Israel kept Saturday as a rest day; to please God, Christians are not required to keep the Sabbath Day as it is one of the Jewish customs.' They teach that Jesus has fulfilled all the demands of the law, so that His followers might live under grace. Therefore, setting aside one day a week of our chosen for Sabbath can make a tremendous difference in our lives!" If Apostle Paul were to respond to this line of thought, he would say something like, "shall we continue in sin because there is an abundance of grace? "God forbid" (Rom. 6:1,2).

The Roman Catholic Church claims: I quote, "Sunday which is the first day of the week is our MARK of Authority." "The Catholic Church is above the bible, and this transference of Sabbath observance is proof of that fact." "The Roman Catholic Church protests that it transferred Christian worship from the biblical Sabbath (Saturday) to Sunday, and that to try to

argue that the change was made in the Bible is both dishonest and a denial of Catholic authority.” **“If Protestantism wants to base its teachings only on the Bible, it should worship on Saturday.”** (*Catholic Mirror*, December 2, 9, 23, 1893). The Catholic Church claims, “The change from Saturday to Sunday worship was her act. And the act is a Mark of her ecclesiastical power and authority in religious (not Christian) matters.” (*Letters Oct. 28, 1895, from C.F. Thomas Chancellor of Cardinal Gibbons*)(*From page 8 of the Catholic Mirror of Sept. 9, 1893*); (*From page 8 of the Catholic Mirror of Sept. 16, 1893*.)

So the Sunday worship observance has nothing to do with Jesus rising from the grave on Sunday. We know that one who is a Christian is not religious, but he or she is born again and in a relationship with Jesus. Therefore, those who claim to be Christian who worship on Sunday do so because they believe in the religious authority of the Roman Catholic Organization and the Pope as their god, and not in the Almighty God of the Bible. Let it be known to all that the Mark of God is the Sabbath Day observance, whereas Sunday is the Mark of the Catholic institution and her observance of the Luciferian sun worship day.

[From the Catholic Mirror of Sept. 23, 1893]

“Examining the New Testament from cover to cover, critically, we find the Sabbath referred to sixty-one times. We find, too, that the Savior invariably selected the Sabbath (Saturday) to teach in the synagogues and work miracles. The four Gospels refer to the Sabbath (Saturday) anything, therefore, be more conclusive than fifty-one times. In one instance the Redeemer [Jesus] refers to Himself as "the Lord of the Sabbath," as mentioned by Matthew and Luke, [\(2\)](#) but during the whole record of His life, whilst invariably keeping and utilizing the day (Saturday), **He never once hinted at a desire to change it.** His apostles and personal friends afford to us a striking instance of their scrupulous observance of it *after His death*, and, whilst His body was yet in tomb, St. Luke, 23d chap. 56 verse informs us: "And they returned and prepared spices and ointments, *and rested on the Sabbath day according to the commandment.*" "But on the first day of the week, very early in the morning, they came, bringing the spices they had prepared." The "spices" and "ointments" had been prepared Good Friday evening, because "the Sabbath drew near." 54 verse. This action on the part of the personal friends of the Savior proves beyond contradiction that *after His death* they kept "holy" the Saturday, *and regarded the Sunday as any other day of the week.* Can the apostles and the holy women never knew any Sabbath but Saturday, up to the day of Christ's death?" [[From page 8 of the Catholic Mirror of Sept. 9, 1893](#)]

Unfortunately, almost the whole Christian world reverences Sunday, did God know that this attempt to change His holy Sabbath would occur? Yes, long ago God predicted that, from within the church itself antichrists and misguided men under the control of the son of perdition would arise who would attempt to change His holy law. “And he shall speak great words against the most High, and shall wear out the saints of the most High, and **think to change times and laws**: and they shall be given into his hand until a time and times and the dividing of time.” (*Daniel 7:25; Acts 20:28-30*).

There is no biblical support for this line of thought, “that Christians worship on Sunday instead of Saturday because Jesus rose from the grave on Sunday;” and the Roman Catholic Church in their documents agree that there is no biblical support requiring the Christian to observe a day of rest or worship on Sunday (The Catholic Cardinal Gibbons, in the Faith of Our Fathers, pg. 111, said, "You may read the Bible from Genesis to Revelation, and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday, a day which we the Roman Catholic Church never sanctify.”

The Lord Jesus rose on the Sabbath and not on Sunday for He is The Lord of the Sabbath (Matt. 28:1-4). The early Israelite and Jewish believers who kept the Sabbath were Christians? In other words, the Christian although saved by grace, is not excused from keeping the Law of God. Jesus taught that: (Till heaven and earth pass away..... Matt. 5: 17-19); the law to keep the seventh day Sabbath stays unchanged. The Ten Commandments is a universal law. Therefore, the command to keep the Sabbath Day holy is not simply an Israelite and Jewish customs, but it is a universal command from God for all to obey and live. That is why it was written in stone and placed inside the Ark (**Ex. 31:18**)

Today the Lord is loosening His Church from the grip of years of worldly deceptions by so many false teachers who have infiltrated His Church. The pruning and clean up of his church has already begun, and The Lord will not stop until the cleanup is complete in His church (**Dan 2:40-45; 1 Cor. 3:11-15; Rev. 2:9-13, Ezek. 9:3-11**).

So dear Christian reader, you should no longer have any doubt that Sunday is the first day of the week, and that nowhere in the Bible is Sunday blessed, sanctified or commanded by God as a day of weekly worship. If you claim to be born again, and acknowledge that the Bible is your only ruler of truth, then on what basis do you worship on Sunday? You have only the Tradition of the Catholic organization, and its claim of authority to change the laws of God to rest your case. In spite of your claim of being a Christian, you are casting aside the only day the Bible sanctifies in perpetuity by the Word of God and you are replacing it with a Luciferian and pagan worship day authorized ONLY by the word of the Roman Catholic Tradition. If you hallow Sunday or any day of your choosing instead of the seventh day, then you are essentially Catholic, not a "Bible Only" born again Christian.

Mark 6:2. On a Sabbath Day Jesus went into the Synagogue and began to teach, and many who heard him were astonished. Jesus was effectively and wisely in his teaching, but the people of his hometown saw him as only a carpenter, saying he is no better than we are—he is just a common laborer. They were offended that others could be impressed by him and follow him. They rejected his authority because he was one of their peers. They thought they knew him, but their preconceived notions about who he was made it impossible for them to accept his message. We should not let prejudice blind us to the truth. As we learn more about Jesus [Yeshua], we must try to see him for who he really is.

Luke 4: 16, 31. Synagogues are very important in Jewish religious life. During the exile when the Jewish families no longer had their Temple, synagogues were established as places of worship on the Sabbath and as schools for young boys during the week. They continued after the Temple was rebuilt; but then it was destroyed again by the Romans in 70 AD. A synagogue could be set up in any town where there were at least ten Jewish families. It was run by one leader and an assistant. At the synagogue, the leader often would invite a visiting rabbi to read from the Scriptures and to teach.

Jesus went to the Synagogue “as his custom was” Even though he was the perfect Son of God and his local synagogue left much to be desired, he attended services every Sabbath Day. His example makes most excuses for not attending church and worship services sound weak and self-serving. Believers should make regular worship in the congregation a part of their life.

Luke 6:46. According to the tradition of the religious leaders of Israel, no healing could be done on the Sabbath. In other words, if someone is bleeding to death, you are to do nothing about it. If you do, you are violating the Sabbath Day law. The leaders argued that to do something to stop the bleeding is practicing medicine, and a person could not practice his or her profession on the Sabbath. It was more important for the religious leaders to protect their laws than to free a person from painful suffering or to stop someone from bleeding to death on a Sabbath Day.

Jesus’ enemies were furious that he healed a man on the Sabbath Day; he also flouted their laws and exposed the hatred in their hearts. Jesus reminds us that our speech and actions reveal our real, underlying beliefs, attitudes, and motivations. The good impressions we try to make cannot last if our heart is deceptive. What is in your heart will come out in your speech and behavior. Obeying God is like building a house on a strong, solid foundation that stands firm when storms come. It is ironic that their hatred, combine with their zeal for the Law drove them to plot murder—clearly against the Law (John 7:1, 19, 25; 19:57).

Luke 13: 14-16. On the Sabbath Day Jesus was teaching in one of the synagogues. In the congregation was a woman who had infirmity, and Jesus saw her and called her to himself and healed her from her illness. Instead of praising God, the rulers of the synagogue attacked Jesus with indignation for healing the woman on the Sabbath Day.

The Pharisees hid behind their own set of laws to avoid love’s obligations. We, too, can use the letter of the law to rationalize any of our obligations to care for others. But people’s needs are more important than laws. We must take time to help others lovingly, even if doing so might compromise our public image.

Luke 23:56. Investigating the Sabbath in the New Testament – by the Catholic Mirror

[From the Catholic Mirror of Sept. 23, 1893]

“We now approach a period covering little short of nineteen centuries, and proceed to investigate whether the supplemental divine teacher — the New Testament — contains a decree

canceling the mandate of the old law, and, at the same time, substituting a day for the divinely instituted Sabbath of the old law, viz., Saturday; for, inasmuch as Saturday was the day kept and ordered to be kept by God, **divine authority alone**, under the form of a canceling decree, could abolish the Saturday covenant, and another divine mandate, appointing by name another day to be kept "holy," other than Saturday, is equally necessary to satisfy the conscience of the Christian believer. The Bible being the only teacher recognized by the Biblical Christian, the Old Testament failing to point out a change of day, and yet another day than Saturday being kept "holy" by the Biblical world, it is surely incumbent on the reformed Christian to point out in the pages of the New Testament the new divine decree repealing that of Saturday and substituting that of Sunday, kept by the Biblicals since the dawn of the Reformation."

"Examining the New Testament from cover to cover, critically, we find the Sabbath referred to sixty-one times. We find, too, that the Saviour invariably selected the Sabbath (Saturday) to teach in the synagogues and work miracles. The four Gospels refer to the Sabbath (Saturday) fifty-one times."

"We now approach the investigation of this interesting question for the next thirty years, as narrated by the evangelist, St. Luke, in his Acts of the Apostles. Surely some vestige of the canceling act can be discovered in the practice of the Apostles during that protracted period."

[*Note* (2): It is also referred to in Mark 2:28.]

"But, alas! We are once more doomed to disappointment. **Nine (3) times** do we find the Sabbath referred to in the Acts, but it is the **Saturday** (the old Sabbath). Should our readers desire the proof, we refer them to chapter and verse in each instance. Acts 13:14, 27, 42, 44. Once more, Acts 15:21; again, Acts 16:13; 17:2; 18:4. **"And he [Paul] reasoned in the synagogue every Sabbath, and persuaded the Jews and Greeks."** **thus the Sabbath (Saturday) from Genesis to Revelation!!!** Thus, it is impossible to find in the New Testament the slightest interference by the Saviour or his Apostles with the original Sabbath, but on the contrary, an entire acquiescence in the original arrangement; nay a **plenary indorsement** by Him, whilst living; and an unvaried, active participation **in the keeping of that day and not other by the apostles**, for thirty years after His death, as the Acts of the Apostles has abundantly testified to us."

Did Jesus change the Sabbath Day?

[From the Catholic Mirror of Sept. 23, 1893]

"Having proved to a demonstration that the Redeemer, **in no instance**, had, during the period of His life, deviated from the faithful observance of the Sabbath (Saturday), referred to by the four evangelists fifty-one times, although He had designated Himself "Lord of the Sabbath," He never having **once**, by command or practice, hinted at a desire on His part to change the day by the substitution of another and having called special attention to the conduct of the apostles and the holy women, the very evening of His death, securing beforehand spices and ointments to be used in embalming His body the morning after the Sabbath (Saturday), as St. Luke so clearly

informs us (Luke 24:1), thereby placing beyond peradventure, the divine action and will of the Son of God during life by keeping the Sabbath steadfastly; and having called attention to the action of His living representatives after his death, as proved by St. Luke; having also placed before our readers **the indisputable fact** that the apostles for the following thirty years (Acts) never deviated from the practice of their divine Master in this particular, as St. Luke (Acts 18:4) assures us: "**And he [Paul] reasoned in the synagogues every Sabbath [Saturday], and persuaded the Jews and the Greeks.**" The Gentile converts were, as we see from the text, equally instructed with the Jews, to keep the Saturday, having been converted to Christianity on that day, "the Jews and the Greeks" collectively. "

"Having also called attention to the texts of the Acts bearing on the exclusive use of the Sabbath by the Jews and Christians for thirty years after the death of the Saviour as the **only** day of the week observed by Christ and His apostles, which period **exhausts the inspired record**, we now proceed to supplement our proofs that the Sabbath (Saturday) enjoyed this exclusive privilege, by calling attention to **every instance** wherein the sacred record refers to the first day of the week." According to Father T. Enright, C.S.S.R., in a lecture at Hartford, Kansas, Feb. 18, 1884, he said "I have repeatedly offered \$1,000 to anyone who can prove to me from the Bible alone that I am bound to keep Sunday holy. There is no such law in the Bible. It is a law of the holy Catholic Church alone. The Bible says, 'Remember the Sabbath day to keep it holy.' **The Catholic Church says: 'No. By my divine power I abolish the Sabbath day and command you to keep holy the first day of the week.'** And lo! The entire civilized world bows down in a reverent obedience to the command of the holy Catholic Church."

John 5:10, 16. Jesus heals on the Sabbath Day and Pharisees were furious. According to the Pharisees, carrying a mat on the Sabbath was work and was therefore unlawful. It did not break an Old Testament Law, but it broke the Pharisees tradition [Talmudic law] they had substituted for God's command to "remember the Sabbath Day, to keep it holy" (Ex. 20:8). This was just one of the hundreds of rules they had added to the Old Testament Law.

A man who hadn't walked for 38 years was healed, but the Pharisees were more concerned about their petty rules than the life and health of a human being. It is easy to get so caught up in our man-made structures and rules that we forget the people involved. Is your guidelines for living God-made or man-made? Are they helping, or have they become needless stumbling blocks?

The man had been lame, or paralyzed, but now he could walk. This was a great miracle. But he needed an even greater miracle—to have sins forgiven. The man was delighted to be physically healed, but he had to turn from his sins and seek God's forgiveness to be spiritually healed. God's forgiveness is the greatest gift we would ever receive. We are not to neglect God's gracious offer.

The Jewish religious leaders saw a mighty miracle of healing and a broken rule. They threw the miraculous work of God aside as they focused their attention on the broken rule, for the rule was more portent to them than the miracle. God is prepared to work in our lives, but we can shut out his miracles by limiting our views about how he works.

Col. 2:16-18. Some have wrongly taught that Colossians 2:16-17, tells us that traditions with the Sabbath and The Lord's feast days are like "shadows," having only symbolic meaning. As Christians, we are not to be bound by them. Because our salvation is through Jesus Christ Himself. We must be submitted to His authority, and yielded to the guidance of His Spirit and His Word in everything we do." This is another example of mixing good with evil, which is one of the ways many false preachers [antichrists] have deceived their members while they continue to work toward perfecting apostasy in their churches.

But Apostle Paul does not in **Col. 2:16-18** - or in the entire Letter - deal with "the "faulty" old covenant" being "replaced by the new covenant, of which the old was simply a shadow". It simply is not the subject of his interest here. Here, Paul is concerned with practical things; the infiltration of the church by misguided men; with harsh and with hard reality, with politics, one could almost say. He finds the Church assailed and assaulted by every war-machine at the disposal of the "world systems". He encourages the Faithful: Do not be dissuaded, stand fast, Jesus [Yeshua] is your Head, and you are in Him, protected and safe in Jesus [Yeshua] in God, feast on! This we find to be Paul's interest throughout the Letter.

What comfort does Paul give the true church of Jesus Christ? Paul comforts them with the news that we need not fear the condemnation / "judgement" (v.16) of the world / "principalities and powers" (v.15a) who would prosecute them by Law ("annulling the subpoena against us, which was contrary to us", v.14a) unless they stopped feasting their Sabbaths, whether of month's or of weeks ("Sabbaths') occurrence", and "be beguiled of their reward "IN HIM" (v.18 et al), and accept the whole system of "wisdom" and "philosophy" of "the world." (*see the council of Laodicea in 364 A.D, Canon 29; see also, Council of Trent January 18, 1562 see No.1443*).

The Sabbath of Creation Week was Never”A shadow of things to come. “Types and Shadows” came into existence as a result of sin, and pointed forward to the deliverance from sin. The Sabbath was made before sin existed. It was never a type or shadow. “The Seventh Day Sabbath was never nailed to the cross,” nor any of the other Ten Commandments! The Seventh Day Sabbath took in all previous 'Sabbaths' - of all kinds. The Creation-Sabbath (Gen.2), the Exodus-Sabbath (Ex.20), the Restoration-Sabbath (2 Kings.11; 2 Chron.22), the Passover-Sabbath (Lev.23:5-11), Day of Atonement-Sabbath (Lev.23:27), Day of Trumpets-Sabbath (Lev.23:24), the Feast of Tabernacle-Sabbath (Lev.23:34,39) - name them, they in essence as well as in literal time, all coincided "on the Sabbath" and all "In the Sabbath" were 'fulfilled' to receive final and perfected meaning and reality : "IN HIM", and "IN HIM" in resurrection from the dead! (Matthew 28:1)

True Christians must keep the Sabbath and should definitely feast God's Holy Sabbath Day the Seventh Day of the week because it is Christian, because it is based on Jesus Christ, and because it is based on Jesus Christ in resurrection from the dead "In Sabbath's-time". And because it is Apostolic and Maiden-Church practice and Faith (before adulterated by the world system and its Luciferian Sunday-worship tradition). Again, true Christians should believe the Sabbath for the reason that in it all previous Sabbaths converged and were fulfilled by and in

Christ, on and in the Seventh Day Sabbath, by rising from the dead "on the Sabbath", and, "before the First Day of the week", "in the very end of (day)light" – (Mt.28:1). I surely believe that God's Holy Day "is valid for the People of God", not only by the wondrous fact on it, "entered into His Own Rest as God", Jesus, Lord of the Sabbath Day, but, quite simply, for the Fourth Commandment written in stone that commands and demands from man the duty to "Remember the Sabbath Day to keep it holy".

The Sabbath is not in any way denigrated in Col. 2:16 or Rom 14:5 or, Paul ever declared the weekly Sabbath no longer valid. Paul here speaks of the (ordinary) Sabbaths - which he, in fact, here defends. Paul wrote about the Sabbath as a Christian practice of freedom "IN CHRIST" and of a "feasting" "IN CHRIST"? What other 'Sabbaths' could Paul have had in mind in this text of Scripture and in this context of Scripture? It is evident from Scripture that Paul consistently observed the Sabbath.

In Col. 2. Paul deals with a two-sided conflict: that between "the Body of Christ's own" the Church, and "the world" of "wisdom's" "philosophy" and "authority" and "principalities" and "powers" in the high places - even of state-affairs and court-decisions - not Church, or doctrine, or party-issues. Col 2:17 doesn't refer back, but forward, saying, "these things are a spectre / shadow of things a-coming, the Substance / Body being of Christ's own". Paul then further explains what he means by this, saying in verse 18; let no man beguile you of your reward in Christ Jesus; through false pretexts of gentleness, humility which leads to the worship of angels, deities, idols, and (the veneration of images of dead men and women, especially their so called saints. Things that have not been proven, but are vainly puffed up doctrines of devils emanating from twisted and occult deranged minds in their worship of the dead), who teach not that Jesus [Yashua] is the Head; v.19b, rather the church is to "hold (fast) to the Head (Jesus), from which all the body (the Church) by joints and bands (of means and helps - like the Sabbath Day) having nourishment ministered (by "feasting" on, or by "eating and drinking" of Christ) - and knit together (by bands of Love and being "one in Him") - increaseth with the increase of God." Paul fore-sees the suffering Church become the triumphant Church - like her Lord Who suffered and triumphed.

Col.2 :14-15, "the document by ordinances against us, which was contrary to us" and meant to destroy us, was a court order, a subpoena (or more than one), issued by 'law-ordinances' of the "authorities", "against us", with the intent of wiping us out from the face of the world (just because we feast our Sabbath Days) because of Jesus Christ! Instead, Jesus wiped it out! Some have spiritualized on the meaning of this phrase, and say the "written document by-law-ordinances against us" means the record of our sins which Jesus carried with Himself to the cross and thus wiped it out. But that is not the primary meaning, however noble it is. Verses 16-17 therefore keep direct relation with verses 14-15, once more - their connection is never severed.

"Shadow" in any case, in all Paul's letters, has no dark meaning of obscurity; it in both has the meaning of serving as pointer or clarifier of what lies ahead. In Colossians especially, it has the

meaning of "future image" or "spectre of things a-coming", not like a mirage deceiving expectations, but sure indicator of "the reality", or "substance" namely "the Body of Christ's own", indeed the Church Triumphant!

Although it is true that the death of Jesus on the cross brought in the new covenant as prophesied by Prophet Jeremiah in chapter 31: 31-33 that explains the shadow of "good things to come" the Old Testament, it is not what Paul says here. Paul is here dealing with the immediate and present situation of the Colossian Congregation vis a vis the world, and with immediate and present concern for the Congregation's Sabbaths'-feasting. Paul fetches back to the origin of the New Covenant even, and claims: This, Jesus [Yeshua] in dying for your sins and rising from the dead for your salvation and for establishing the New Covenant, is your assurance to go on unhindered and unimpressed by the world's arrogance: "Let no one judge you in eating and drinking of feast (spiritually of Jesus Christ), of month's, or, of weekly Sabbaths', for these things are a shadow of (even better) things a-coming, even the Body of Christ's (Elect) ... increasing with the increase of God!"

For ready reference purposes, here are links to verses quoted in the article below-

Old Testament verses relating to the keeping of the Sabbath Day.	New Testament references to the Sabbath Day and apostles assembling on the "first day of the week" and "The Lord's day" or "day of the Lord"
<ol style="list-style-type: none"> 1. Exodus 20:8-11 2. Exodus 31:15-17 3. Numbers 5:30-32 4. Numbers 28:9 5. Deuteronomy 5:12, 15 6. Nehemiah 10:31 7. Nehemiah 13:15-17 8. Isaiah 58:13-14 9. Jeremiah 17:21-27 10. Ezekiel 46:4, 12 <p style="text-align: center;">○</p>	<ol style="list-style-type: none"> 11. Mark 1:2 12. Luke 24:33-40 13. John 20:19 14. John 20:26-29 15. Acts 2:1 16. Acts 20:6-7 Acts 2:46 17. 1 Cor. 16:1-2 18. Acts 18:4 Acts 2:20 19. 1 Cor. 1:8 20. 1 Cor. 5:5 21. 2 Cor. 1:13-14 22. Phil. 1:6 23. Phil. 1:10 24. 2 Pet. 3:10 25. 2 Pet. 3:12 26. Rev 1:10

Text: The Holy Bible

Materials and Reviews:

1. Rome's Challenge – Why Do Protestants Worship on Sunday instead of Saturday:

<http://www.aloha.net/~mikesch/chalng.htm>

<http://www.truthontheweb.org/notes.htm>

<http://www.truthontheweb.org/sunday.htm>

<http://www.aloha.net/~mikesch/Hartford-Weekly-Call.gif>

<http://reluctant-messenger.com/council-of-laodicea.htm>

<http://truthontheweb.org/notes.htm>

Jesus Sabbath Resurrection:

<http://www.youtube.com/watch?v=cZ6xueUI4EQ&feature=related>

<http://www.youtube.com/watch?v=wJk9L63wxcg&NR=1>

<http://www.youtube.com/watch?v=6T7m7s5iUDs&NR=1>

2. Letters Oct. 28, 1895, from C.F. Thomas Chancellor of Cardinal Gibbons,

3. Catholic Mirror, December 2, 9, 23, 1893.

4. We observe Sunday instead of Saturday because the Catholic Church transferred the solemnity from Saturday to Sunday." --Peter Geiermann, The Convert's Catechism of Catholic Doctrine, 1957 edition, p. 50 [Geiermann (1870-1929) received the "apostolic blessing" of pope Pius X on this book, January 26, 1910].

5. Isis Unveiled, (Isis Anthropomorphized into Mary) by Helena Blavatsky, p.41. 1877.

6. [The Archbishop of Reggio (Gaspar [Ricciulli] de Fosso) made his speech at the last opening session of Trent, (17th Session) reconvened under a new pope (Pius IV), on the 18th of January, 1562 after having been suspended in 1552. — J. H. Holtzman, Canon and Tradition, published in Ludwigsburg, Germany, in 1859, page 263, and Archbishop of Reggio's address in the 17th session of the Council of Trent, Jan. 18, 1562, in Mansi SC, Vol. 33, cols. 529, 530. Latin.]

7. **"The Pope and God are the same, so he has all power in Heaven and earth."** Pope Pius V, quoted in Barclay, Chapter XXVII, p. 218, "Cities Petrus Bertanous".

8. **"...We hold upon this earth the place of God Almighty..."** Pope Leo XIII, in Praeclara Gratulationis Publicae (The Reunion of Christendom), Encyclical promulgated on June 20, 1894.

<http://www.users.qwest.net/~slrorer/ReunionOfChristendom.htm>

9. **"The Pope cannot make a mistake."** Pope Gregory VII, (quoted by The Benedictine Network in a listing of notable items by the various popes throughout history).

<http://www.whiterobedmonks.org/netsor1a.html>

10. Father T. Enright, C.S.S.R., in a lecture at Hartford, Kansas, Feb. 18, 1884. "I have repeatedly offered \$1,000 to anyone who can prove to me from the Bible alone that I am bound to keep Sunday holy. There is no such law in the Bible. It is a law of the holy Catholic Church alone. The Bible says, 'Remember the Sabbath day to keep it holy.' **The Catholic Church says: 'No. By my divine power I abolish the Sabbath day and command you to keep holy the first day of the week.'** And lo! The entire civilized world bows down in a reverent obedience to the command of the holy Catholic Church."
