



March 20, 2022

## The Sabbath Day

The word Sabbath means, “Day of rest”. The seventh day Sabbath was established by the Most High after he formed everything in the six days of the creation, then on the seventh day he rested. **Genesis 2:2** “*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.*” **Verse 3:** “*And God blessed the seventh day, and sanctified it [made it holy]: because that in it he had **rested** from all his work which God created and made.*” The first mention of the word Sabbath is translated in the English as “rested” but in the Hebrew it says שבת “Shabath”, this is where the word Sabbath comes from.

It is also mentioned in the Ten Commandments and it is the fourth commandment that God spoke. **Exodus 20:1** “*And God spake all these words, saying,*” **Verse 8:** “*Remember the Sabbath day, to keep it holy.*” The Heavenly Father wrote those same commandments with his finger. Below is a representation of how these words would have looked on the tablet in ancient Hebrew.



**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.***”

In the Ten Commandments it continues to say, **Exodus 20:9** “*Six days shalt thou labour, and do all thy work:*” **Verse 10:** “*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*

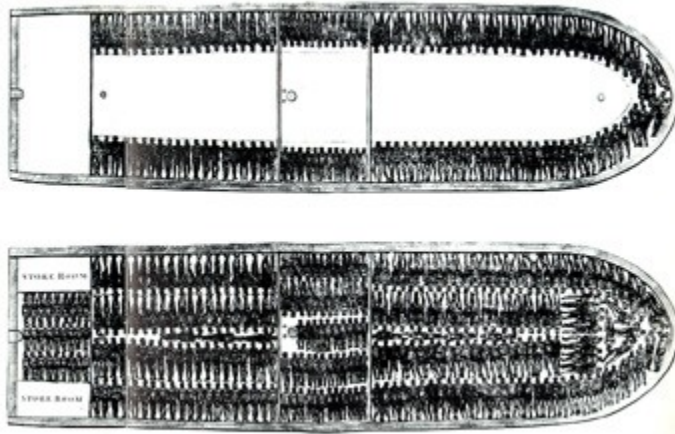
*manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:” Verse 11: “For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the Sabbath day, and hallowed it.”* Amazingly many of our forefathers disobeyed the commandment by treating the Sabbath as an ordinary day. Although they heard God’s voice explain the significance and the origins of the Sabbath.

**Ezekiel 20:12** *“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 [cleanse and make holy] them.”* **Verse 13:** *“But the house of Israel rebelled against me in the wilderness [the place they heard the commandment]: they walked not in my statutes, and they despised my judgments, which if a man do, he shall even live in them; and my Sabbaths they greatly polluted: then I said, I would pour out my fury upon them in the wilderness, to consume them.”* When the children of Israel came out of Egypt (slavery), Moses introduced to them the Sabbath Day. See, [Exodus chapter 16](#). This is one of the first lessons he explained to them, of what God had revealed to him. Yet our forefathers did not have faith in the word of God, insomuch that they were disobedient even after they heard God’s voice!

After doing away with that generation by pouring out his fury, the Heavenly Father turned to their children and said, **Ezekiel 20:18** *“But I said unto their children in the wilderness, Walk ye not in the statutes of your fathers, neither observe their judgments, nor defile yourselves with their idols [their images and false gods]:”* **Verse 19:** *“I am the LORD your God; walk in my statutes, and keep my judgments, and do them;”* **Verse 20:** *“And hallow [to honor and make holy] my Sabbaths; and they shall be a sign between me and you, that ye may know that I am the LORD your God.”* Unfortunately they also rebelled and that same spirit of disobedience continues today.

This is one of the reasons that our people were enslaved in the Americas and throughout the world. **Ezekiel 20:23** *“I lifted up mine hand unto them also in the wilderness, that I would scatter them among the heathen, and disperse them through the countries;”* **Verse 24:** *“Because they had not executed my judgments, but had despised my statutes, and had polluted my Sabbaths, and their eyes were after their fathers’ idols.”* The children of Israel are no longer in their land. Today they live cursed in all the countries of the heathen (other nations).

**Deuteronomy 28:64** *“And the LORD shall scatter thee among all people, from the one end of the earth even unto the other; and there thou shalt serve other gods, which neither thou nor thy fathers have known, even wood [the wooden cross brought by the conquering Catholics] and stone [statues of stone, and the kaaba stone that the Muslims worship].”* **Verse 65:** *“And among these nations shalt thou find no ease, neither shall the sole of thy foot have rest: but the LORD shall give thee there a trembling heart, and failing of eyes, and sorrow of mind:”* **Verse 68:** *“And the LORD shall bring thee into Egypt again with ships,..”* The scattering of our people happened by slave ships throughout the earth. The Heavenly Father compared the place that we will be as Egypt because of the slavery and oppression that we will suffer. Please read, [Who are the Children of Israel?](#)



We could look at our past and see that the word of God has been fulfilled on his people. Up until now we still find no ease (rest) among these nations, we are still in poverty and cursed. Therefore we cannot continue breaking the Sabbath since we realize the great impact it had on us. Moreover today we must reevaluate ourselves since it was prophesied that we will *serve other* [false] *gods* and following their doctrines. We must find the only true God and his gospel (good news) through Christ. THE TRUTH! It will teach us laws, statutes, judgments, history, and prophecies that involves the Sabbath; *which if a man do, he shall even live in them*. That we may receive the blessings promised to us (the kingdom of God), by keeping the Sabbath day holy as it is written in the Bible.

## The Seventh Day of the Week

During the creation, the reckoning of time was established; this fact has become obscure to most. However it is not difficult to perceive that the origin for the seven day week came from the scriptures. The only day of the week to be named by the Heavenly Father was the seventh day, the Sabbath. The rest of the days of the week were named by God according to their numerical order. **Matthew 28:1** *“In the end of the sabbath, as it began to dawn toward the first day of the week, came Mary Magdalene and the other Mary to see the sepulchre [where Christ was buried].”* There are many fascinating details summed up in this scripture that we should not fail to notice. Especially when unlearned men try to cast doubt of when the Sabbath should be kept and teach heresies (wicked doctrines). The first conclusive fact is that the Sabbath was never changed in the scriptures to the first day of week.

## 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.

I'm sure you are asking yourself, when is the first day of the week? It is known today as Sunday. It is commonly taught in Churchianity that the Sabbath was changed to Sunday

because of the resurrection of Christ. However this is unquestionably a heresy established by the Roman Catholic Church, which ignores the scriptures and basic math. Ironically their attempt to change the Sabbath supplied us with an immense amount of historical documentation.

The scholars of this world emphasize that all the way to the 4th Century the Roman world was pagan but then “Christian” during the rule of Constantine. In the widely published book called **Illustrated Manners and Customs of the Bible** it states “*The Christians did not observe Sunday as a day of rest until the fourth century A.D., when Emperor Constantine designated Sunday as a holy day for the entire Roman Empire. The early Christians did not confuse Sunday with the Jewish Sabbath, and they made no attempt to apply Sabbath legislation to Sunday.*” Evidently we can see the roots of Churchianity, the so called Christianity of today. With Constantine began the Roman Catholic Church, which sympathizes with pagans. Therefore they arranged days that are idolatrous in origin to be celebrated under the guise of Christianity.

Our generation is affected by the wickedness of idolatrous men (worshippers of false gods) in several ways. The obvious, the days of the week were renamed. They were given pagan names for the worship of false gods; represented by the sun, moon, and five visible planets. As a result a question often asked, is whether the seventh day of the week could undoubtedly be determined. How can we be so sure of when the seventh day of the week is?

Regardless what name the wicked give the seventh day it cannot defile what God has sanctified and made holy. Beware that no man deceives you to believe that these changes done by the wicked caused us to be lost in how to determine the seventh day. Sabbath your minds and rest assured that you will gain understanding with ease in the scriptures to provide historical and prophetic proof of when to keep the Sabbath or when the Seventh Day is. Also to prove its holiness; **Proverbs 9:10** “*The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding.*”

Another wonderful detail of the scripture in **Matthew 28:1** is that it helped us discover that our current calendar did not come from the Creator. Learning a new calendar could be overwhelming, but what about the one you already use? **Apocrypha Ecclesiasticus 5:15** “*Be not ignorant of any thing in a great matter or a small.*” Most people are ignorant not only of God’s (Hebrew) calendar but also of their own “modern” calendar. An amazing fact is that the calendar you are accustomed to existed before the birth of Christ. It was introduced by Julius Caesar in 46 BC as the new official Roman calendar, thus it is known as the Julian Calendar. Even the month of July was named after him. Before we continue to learn how this information is documented in the scriptures, there are some important particulars that we must know.

For centuries the Julian Calendar was untouched until 1582 when it was revised by Pope Gregory XIII, therefore today’s calendar is called the Gregorian Calendar. Everything was retained from the Julian calendar, essentially making them identical except for two things. To keep the Julian calendar from drifting away from the equinoxes a new method of leap years was implemented. Then to align the calendar back to the heavenly bodies (sun and stars) for pagan worship, ten days were subtracted from the Julian calendar, Friday October 5<sup>th</sup> 1582 became Friday October 15<sup>th</sup> 1582. The word Catholic means



universal, and without doubt they were able to achieve worldwide acceptance with this calendar. Please read, [Revelations 12:9](#).

Now we could return to the scriptures and see how this information applies. First we must acknowledge that in Christ there was no sin. See, [1<sup>st</sup> Peters 2:21-22](#). Hence all past generations preserved the Sabbath correctly; this could also be shown throughout the scriptures. This also means that the Disciples (Apostles) kept the Sabbath properly and left an accurate record of its timing. Hopefully you notice that in fourth century with Emperor Constantine, they had no issue identifying when the Sabbath is kept. Christ was born to a time period in which the Romans had already power of the land of Israel. Please read, [Luke 2:1-7](#) and [John 11:46-52](#). The children of Israel were notorious for resting on the seventh day to the point the other nations attempted to exploit this.

As a matter of fact, this is how the Romans captured Jerusalem under General Pompey in 63 BC. Dio Cassius an Roman historian wrote: “... *if they had continued defending it on all days alike, he could not have got possession of it. As it was they made an exception of what are called the **days of Saturn**, and by doing no work at all on those days afforded the Romans an opportunity in this interval to batter down the wall. The latter, on learning of this superstitious awe of theirs, made no serious attempts the rest of the time, but on those days, when they came round in succession, assaulted most vigorously. Thus the defenders were captured on the day of Saturn, without making any defence, and all the wealth was plundered.*” **Dio Cassius, Roman History, Book 37, Chapter 16:** from Loeb Classical Library, Volume 3, pages 125 and 127.

What he refers to as the *days of Saturn* is the day of the week today called Saturday; reflecting the name the Romans gave the seventh day. This is historical proof of what day the Sabbath would have been in the Julian or Gregorian calendar. The children of Israel never used such name to account for the seventh day. That is why if we look at the word “week” in **Matthew 28:1** the Greek word is *sabbaton* which derives from the Hebrew word Sabbath. As a result most countries with Latin (Roman) derived languages replaced Saturday for Sabbath in the Julian/Gregorian calendar. For example, in English the seventh day is called Saturday after Saturn but in Spanish it is named after the Sabbath, and that would be *Sábado*. This was possible because the Hebrew seventh day, the Sabbath coincides with that of the Romans.

Romance Languages	Seventh Day named Sabbath instead of Saturday
Italian	sabato
Old Portuguese	sábado
Galician	sábado
Spanish	sábado
Romanian	sâmbătă
French	samedi
Occitan	dissabte
Catalan	dissabte
Asturian	sábadu
Lombard (Milanese)	sabet
Lombard (Bresciano)	sabot
Ligurian	sàbbo
Venetian	sabo
Friulian	sabide
Neapolitan	sàbbatu
Sardinian	Sappadu
Sicilian	sàbbatu
Corsican	sàbatu

In the Gospels we are made aware of the Roman way of calculating days and weeks. Some scholars being unaware of this, think they discovered contradictions in the Bible. An example is found in the crucifixion of Christ. **John 19:14** “*And it was the preparation of the passover, and about the **sixth hour**: and he saith unto the Jews, Behold your King!*” **Verse 15:** “*But they cried out, Away with him, away with him, crucify him. Pilate saith unto them, Shall I crucify your King? The chief priests answered, We have no king but Caesar.*” In the **sixth hour**, Pilate is asking if they should crucify Christ, meaning he is not yet on the cross. The **sixth hour** would have been six in the morning.

According to the book of Matthew, the crucifixion already took place at **sixth hour**. **Matthew 27:44** “*The thieves also, which were crucified with him, cast the same in his teeth.*” **Verse 45:** “*Now from the **sixth hour** there was darkness over all the land unto the ninth hour.*” Is this a contradiction? Absolutely not, the **sixth hour** in the book of Matthew is reckoned by a Hebrew method, which means it was noon. See [Matthew 20:1-16](#). Therefore the Apostle John was applying the Roman method of calculating time. This society is built on the same Roman model. In the book of John, the day begins at midnight causing the **sixth hour** to be six in the morning.

**John 20:19** “*Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst, and saith unto them, Peace be unto you.*” When **evening** comes, by Roman standard it continues to be **the same day**. We are being taught the incorrect system of the Romans, that continues to be used; which is beginning the day in the MIDDLE of the night. The natural course of a day according to the Bible is that a day first starts with evening also known as the darkness of night. This is how the heavenly Father established it from the creation. **Genesis 1:5** “*And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.*”

As we can see there is a huge difference from what God said and what is practiced in society. These are a few examples of the attempts of the wicked to change what is established by God. As we were forewarned, **Daniel 7:25** “*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.*” This scripture in Daniel is a direct prophecy about the Romans and their calendar. The vision of God showed him the fourth kingdom or empire to come. At that time the Babylonians were in power, history shows us that this prophecy was fulfilled. The TRUTH gives us knowledge to establish with no difficulty that which is correct according to God. By it we gain understanding from the scriptures of when and what changes were made in an attempt to cause us to sin.

**Matthew 24:15** “*When ye therefore shall see the abomination of desolation, spoken of by Daniel the prophet, stand in the holy place, (whoso readeth, let him understand:)*” **Verse 16:** “*Then let them which be in Judaea flee into the mountains:*” Christ is warning his generation of the Roman invasion of Jerusalem that took place in 70 AD. **Matthew 24:20** “*But pray ye that your flight be not in the winter, neither on the **sabbath day**:*” He instructed them to flee the city and hope that it wouldn’t happen during the **sabbath day**.

This invasion occurred long after his death, yet he expected the children of Israel to continue keeping the Sabbath.

As Christ admonished, Jerusalem was destroyed on the Sabbath. Sextus Julius Frontinus a Roman historian and soldier wrote: *“The deified Vespasian Augustus attacked the Jews on their sabbath, a day on which it is sinful for them to do any business, and so defeated them.”* **Sextus Julius Frontinus, The Stratagems, Book 2, Chapter 1, Section 17:** from Loeb Classical Library, Frontinus, page 98-99. Something to quickly note, this was originally written in Latin and instead of the word sabbath it states “Saturni die” which literally means day of Saturn.

SEXTUS JULIUS FRONTINUS

16. C. Caesar in Gallia, quia compererat Ariovisto Germanorum regi institutum et quasi legem esse non pugnandi decrescente luna, tum potissimum acie commissa impeditos religione hostes vicit.

17. Divus Augustus Vespasianus Iudaeos Saturni die, quo eis nefas est quicquam seriae rei agere, adortus superavit.

In Dio’s Roman History he stated: *“Thus was Jerusalem destroyed on the very day of Saturn, the day which even now the Jews reverence most. From that time forth it was ordered that the Jews who continued to observe their ancestral customs should pay an annual tribute of two denarii to Jupiter Capitolinus.”* **Dio Cassius, Roman History, Book 65, Chapter 7:** from Loeb Classical Library, Volume 8, page 271.

The Romans for centuries persecuted the Jews, in this document those that continued to keep the Sabbath had to pay annually a tax to the temple of a false god. As we could see, it was no great mystery to pin point the seventh day. In combination with **Matthew 28:1** *“In the end of the sabbath, as it began to dawn toward the first day of the week, came Mary Magdalene and the other Mary to see the sepulchre.”*; we could compare the other gospels to establish the Roman first and seventh day of the week. **John 20:1** *“The first day of the week cometh Mary Magdalene early, when it was yet dark, unto the sepulchre, and seeth the stone taken away from the sepulchre.”* The scripture in Matthew provided us with the understanding of the Hebrew week; while John’s seems identical it is in fact telling us of the Roman week. Hence with confidence we could state as fact that the Roman seventh day correspond to the Hebrew seventh day.

At this point we could see that there is an abundance of documentation in the secular history confirming that the Sabbath is not on the first day of the week (Sunday). There is also no shortage of sources that expose the Catholic Church’s model of pagan sun worship. An argument of ancient origin but that has gained traction today, is the assumption that the seventh day is affected by the Roman worship of Saturn. As a result some have ignored the scriptures and turned to a Lunar Sabbath belief. Which means they use the moon to keep the seventh day Sabbath. Before we continue addressing this, lets read of an argument where one accused a Sabbath observer of being a worshiper of Saturn.

*“We are not afraid to meet your scoff at the Sabbath, when you call it the fetters of Saturn. It is a silly and unmeaning expression, which occurred to you only because you are in the habit of worshipping the sun on what you call Sunday... And in the same way,*

*the fathers observed the rest of the Sabbath, not because they worshipped Saturn, but because it was incumbent at that time, for it was a shadow of things to come, as the apostle testifies. The Gentiles, of whom the apostle says that they “worshipped and served the creature rather than the Creator,” gave the names of their gods to the days of the week. And so far you do the same, except that you worship only the two brightest luminaries, and not the rest of the stars, as the Gentiles did. Besides, the Gentiles gave the names of their gods to the months... why do you try to bring in the name of Saturn in connection with the rest of the seventh day enjoined in Scripture, merely because the Gentiles call the day Saturday? The Scripture name for the day is Sabbath, which means rest. Your scoff is as unreasonable as it is profane.” Augustine, Contra Faustum Manichaeum, Book XVIII, Section 5.*

Now there should be no doubt that in the Julian/Gregorian calendar the seventh day would be known as Saturday. To observe the Sabbath based on the lunar months would be ignoring the law and scriptures like **Matthew 28:1** that show the Sabbath was kept weekly. It is impossible to retain a continuous weekly cycle within lunar months. In addition, the Sabbath would land on any day of the week. With the lunar month the concern of the Gentiles renaming does not disappear; since months were also renamed.

We should not concern ourselves with the Gentiles instead we should learn from the Holy Spirit. **John 14:26** “*But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.*” The mercy of the Heavenly Father is the wisdom and remembrance of what he said unto us so that we become holy as he is holy. The Sabbath day was kept in its holiness since the creation while the Romans and their calendar didn't exist.

The scripture **Matthew 28:1** makes the lunar sabbath error so apparent that we could easily declare this as heresy. Christ was crucified on the Passover day; **John 19:14** “*And it was the preparation of the passover, and about the sixth hour: and he saith unto the Jews, Behold your King!*” **Verse 15:** “*But they cried out, Away with him, away with him, crucify him. Pilate saith unto them, Shall I crucify your King? The chief priests answered, We have no king but Caesar.*”

The Passover is celebrated on the 14<sup>th</sup> night of the first month. **Leviticus 23:5** “*In the fourteenth day of the first month at even is the LORD'S passover.*” Since the Sabbath occurs every seven days consecutively without any gaps; then the day of the month in which it lands should be in multiples of seven. If we are to believe the lunar sabbath doctrine, the weekly Sabbath would end on the day of the Passover.

But the scripture in **Matthew 28:1** is three days after the Passover! Since Christ was to resurrect three days later; **Matthew 12:40** “*For as Jonas was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth.*” If we add those three days that would make it the seventeenth night (14 + 3 = 17). With simple math we could see this doesn't follow multiples of seven. How then could it be possible that the sabbath ended and the *first day of the week* begins on 17<sup>th</sup> night of the first month? This is one of the many examples illustrating that the Sabbath or the first day of the week was not determined by the new moons.



The Sabbath must kept in accordance to the commandment and not in man's perversions. The most High's words are rich and will teach us properly how to observe his holy day. **1<sup>st</sup> Peters 1:14** *"As obedient children, not fashioning yourselves according to the former lusts in your ignorance:"* **Verse 15** *"But as he which hath called you is holy, so be ye holy in all manner of conversation;"* **Verse 16** *"Because it is written, **Be ye holy; for I am holy.**"* **Verse 24** *"For all flesh is as grass, and all the glory of man as the flower of grass. The grass withereth, and the flower thereof falleth away:"* **Verse 25:** *"But the word of the Lord endureth for ever. And this is the word which by the gospel is preached unto you."*

## To keep it Holy

It is imperative that we learn how to keep the Sabbath day holy as it is written in the scriptures (Bible). To keep it holy, it must be observed from evening to evening; **Leviticus 23:32** *".... from even unto even, shall ye celebrate your Sabbath."* There should be no struggle to know when it is evening since it defined it in **Genesis 1:5** as the *darkness* which *he called Night*. Every Sabbath day will begin when the sun is fully down and it is dark (evening). **Proverbs 7:9** *"In the twilight, in the evening, in the black and dark night:"* Since a new day begins at evening and not at midnight, the seventh day of the week begins on what is known today as Friday evening, and it ends on Saturday evening.

The commandment will have a great effect on many things therefore we must build a strong foundation. Like a lamp it will give us light. *Remember* to keep the Sabbath day holy means we are NOT to work. This is the foundation the Sabbath is based on and nothing is left open for interpretation with God. As unto obedient children he said; **Exodus 20:9** *"Six days shalt thou labour, and do all thy work:"* Generously we are given six working days to provide for our families (in lawful jobs) and to do all our chores. For he also said that, **2<sup>nd</sup> Thessalonians 3:10** *"....if any would not work, neither should he eat."* The "Six days" has greater significance by reminding us how long was the creation.

Although the Creator is almighty and nothing is impossible to him (See, **Matthew 19:26**), he made the world in wisdom and great knowledge (science). Miraculously he could have created everything in one day but then men wouldn't have been able to gain knowledge of his power. **Wisdom of Solomon 13:1** *"Surely vain are all men by nature, who are ignorant of God, and could not out of the good things that are seen know him that is: neither by considering the works did they acknowledge the workmaster;"*

By showing us the steps of how everything was made we could conclude that the earth was not made by chance but by an intelligent Creator. **Jeremiah 10:12** *"He hath made the earth by his power, he hath established the world by his wisdom, and hath stretched out the heavens by his discretion."* Everything in this earth is by intelligent design with purpose and governed by laws glorifying the Almighty God (YHWH). See, **Psalms 19:1-2** and **Proverbs 8:27-29**. This we could easily acknowledge even in ourselves, with the many scientific laws, and in our common tasks. In similar fashion to his likeness of wisdom, we must put forth our efforts orderly to complete our creations. For example,

To build a house we must first plan, afterwards lay a foundation to the building before it could have walls. Everything does not come together in one day by chance.

Glorify and honor the Creator by celebrating the Sabbath. As it was mentioned in the Ten Commandments, **Exodus 20:10** “*But the seventh day is the Sabbath of the LORD thy God: in it thou shalt **NOT DO ANY WORK** [work for pay, our daily routine of chores such as household duties, etc.], thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:” To “**keep it holy**” you are not to do any kind of work or labor. This means you must have the day off from your job and not to conduct any kind of business. In other parts of the scriptures this is called servile work. Therefore if you have a business of your own, it is not lawful and right for you to allow those that you employ (*thy manservant, nor thy maidservant*) even if it is a *stranger* from another nation to work on the Sabbath. Think about it, even the farm animals that plow the field, God provides them with a day to rest.*

**Exodus 23:12** “*Six days thou shalt do thy work, and on the seventh day thou shalt rest: that **thine ox and thine ass** [donkey] **may rest**, and the son of thy handmaid, and the stranger, may be refreshed.*” The Sabbath is a day to look forward to, because you know you are going to get your chance to relax and *be refreshed*. In our past we received no rest as slaves and I’m sure that many of our grandparents would have wished to keep the Sabbath.

**Deuteronomy 5:14** “*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.**”*

**Verse 15:** “*And remember that thou wast a servant [slaves] 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.*” As we read before among the other nations we have no ease, the soles of our feet hurt and we have no rest. Therefore the Sabbath is a blessing, where we are freed from doing servile work and being servants to the world. See, [Lamentations 1:3-8](#) and [Lamentations 5:1-10](#).

In some places our condition of poverty is so terrible that children are employed. Yet this is not the only reason why he said, no labor or work is to be done by *thy son* and *thy daughter*. **Apocrypha Ecclesiasticus 30:13** “*Chastise thy son, and hold him to labour, lest his lewd behaviour be an offence unto thee.*” In the scriptures we are taught that a good parent will discipline their children and will *hold him to labour*; meaning give him chores. Although you have the Sabbath day off this does not mean that you use the holy day to take care of your household duties, chores, and errands. That includes no homework. I’m sure your kids will be looking forward to the Sabbath day!

The Sabbath is a day off also for the caring mother and virtuous wife that does so much for her family. **Proverbs 31:10** “*Who can find a virtuous woman [the most High is revealing how hard it is to find a righteous and good woman]? for her price is far above rubies [if you find her it is like finding a jewel, she is precious].”* **Verse 11:** “*The heart of her husband doth safely trust in her, so that he shall have no need of spoil.*” **Verse 12:** “*She will do him good and not evil all the days of her life [the husband trust her and*

doesn't have to worry about divorce, adultery, breaking the laws, and being ruined/spoiled.].” **Verse 13:** “*She seeketh wool, and flax, and **worketh** willingly with her hands.*” The scripture is constantly showing us that you do not have to be employed with a job to be working. The Heavenly Father did not have any employer to rest from. Neither do you need to be employed to cease (stop) from your own works as God did from his. Some of the duties of a wife and mother are professions for others. Let’s see how much mom needs a break.

From the verse above we should already know that sewing, knitting, or crocheting is not relaxing but working *willingly with her hands*. **Proverbs 31:14** “*She is like the merchants’ ships; she bringeth her food from afar* [You could depend on your mom or wife to make and bring your food; even if it is far, and especially when you forget it.].” **Verse 15:** “*She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens* [Sometimes mom/wife wakes up before everyone to make sure breakfast is ready].” **Verse 16:** “*She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard* [Some mothers/wives not only take care of the household but work hard to support their family. One example is buying a field to plant things that they could eat from and sell.].” **Verse 17:** “*She girdeth her loins with strength, and strengtheneth her arms* [The Israelite woman is strong spiritually and physically; all her labor shows this to be true.].” **Verse 18:** “*She perceiveth that her merchandise* [product like food, clothing, oils, cream, etc...] *is good: her candle goeth not out by night* [she wakes up early and goes to bed late].”

The examples above provided insight of the statutes; meaning laws that explain how to keep the commandment. Ultimately we have learned how much work mom does for us. Normally she cooks for us but this is forbidden on the Sabbath day. For others cooking is the way to produce (make) merchandise to sell, and people work at restaurants, bakeries, etc. **Exodus 35:2** “*Six days shall work be done, but on the seventh day there shall be to you an holy day, a Sabbath of rest to the LORD: whosoever doeth work therein shall be put to death.*” **Verse 3:** “*Ye shall **kindle no fire throughout your habitations upon the Sabbath day.***” Since no work is to be done, kindling a fire on the Sabbath it is not allowed; this is the same as cooking or heating up food. Do not worry the commandment is not forbidding you from eating. There are many things you could eat without having to cook, such as fruits, salads, sandwiches, cereals, etc.

The Heavenly Father also said that we could prepare BEFORE the Sabbath a meal and eat it the next day (no heating up). This is another option that he gave us; **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:**...*” When Moses spoke these words it was the day before the Sabbath known to our forefathers as the day of preparation. **Mark 15:42** “*And now when the even was come, because it was the **preparation, that is, the day before the Sabbath,***” See also [Luke 23:54-56](#). Moses taught a very important lesson, that we must prepare before the Sabbath comes. Have everything ready before Friday sundown.

**Exodus 16:23** “*...bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.*” To kindle no fire upon the Sabbath day is clearly explained here to mean, that we are forbidden from cooking. By the Heavenly Father stating “*bake*” or “*seethe*” (boil) what you need before the Sabbath and keep the left overs until the morning. Remember there is no heating up

of the food on the Sabbath. Do not worry it will not go bad, put it in a container and eat it. **Exodus 16:24** “*And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein.*”

Since the most High commanded the children of Israel to prepare before the Sabbath; part of preparing is purchasing what you need before the Sabbath. The Heavenly Father forbids buying and selling on the Sabbath day. **Nehemiah 10:31** “*And if the people of the land bring ware [any merchandise or goods] or any victuals [food] on the Sabbath day to sell, that we would not buy it of them on the Sabbath, or on the holy day:...*”

An example of this was during the Burial of Christ. **Luke 23:56** “*And they returned, and prepared spices and ointments; and rested the Sabbath day according to the commandment.*” Notice that after the death of Christ the believers still kept the Sabbath. The women that believed his teachings *prepared spices* that they purchased before the Sabbath; to put on his body. **Mark 16:1** “*And when the Sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, had bought [before the Sabbath] sweet spices, that they might come and anoint him.*”

In our history we were given the opportunity to return to our land and rebuild. During the Persian and Medes captivity (slavery) we learn the great lesson that buying and selling is indeed work and evil to do on the Sabbath. **Nehemiah 13:15** “*In those days saw I in Judah some treading wine presses [crushing grapes with their feet to make wine] on the Sabbath, and bringing in sheaves [going into the fields to cut down and gather in bundles of wheat], and lading asses [making their donkeys to carry heavy bags]; as also wine, grapes, and figs, and all manner of burdens [heavy loads], which they brought into Jerusalem on the Sabbath day: and I testified against them in the day wherein they sold victuals [food].*” Sellers to make their merchandise available will carry heavy loads and even try to produce it on the Sabbath. There is no doubt that sellers are working. Buyers are partakers of the evil, moreover they also carry burdens with their purchase on the Sabbath.

**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 [make holy] ye the Sabbath day, as I commanded your fathers.*” Carrying a burden doesn’t necessarily only mean things purchased, in other words it is carrying anything heavy. Especially if it is not for the keeping of the Sabbath or laws; like lifting weights for exercise.

**Nehemiah 13:16** “*There dwelt men of Tyre [men of other nations, Hamites] also therein, which brought fish, and all manner of ware, and sold on the Sabbath unto the children of Judah, and in Jerusalem.” Verse 17:* “*Then I contended with the nobles of Judah, and said unto them, What EVIL thing is this that ye do, and profane the Sabbath day?*” Just because a person is of another nation it does not give us the excuse to be evil and buy from them on the Sabbath. If our communities do not purchase from the other nations on the Sabbath; it will force them to be closed and cater to us. Causing it to be easy for our people to keep the Sabbath day; even when they seek employment.



**Nehemiah 13:18** *“Did not your fathers thus, and did not our God bring all this evil upon us, and upon this city? yet ye bring more wrath upon Israel by profaning the Sabbath.”* The leaders and people were reminded by Nehemiah that one of the reasons they went through the evil of slavery and their city was once destroyed by the Babylonians, is due to them profaning the Sabbath. If they did not repent more wrath (punishments) was to be brought upon them.

This generation must learn from the words that were spoken by Nehemiah. We are already suffering slavery, what more wrath do you desire? **Jeremiah 17:27** *“But if ye will not hearken unto me to hallow the Sabbath day, and not to bear a burden, even entering in at the gates of Jerusalem on the Sabbath day; then will I kindle a fire in the gates thereof, and it shall devour the palaces of Jerusalem, and it shall not be quenched.”*

**Nehemiah 13:19** *“And it came to pass, that when the gates of Jerusalem **began to be dark** before the Sabbath, ...”* The Sabbath doesn't begin until it is fully **dark**. Showing us again that the Sabbath day begins at evening! **Nehemiah 13:19** *“...I commanded that the gates should be shut, and charged that they should not be opened till after the Sabbath: and some of my servants set I at the gates, that there should no burden be brought in on the Sabbath day.”* Right before the Sabbath began, Nehemiah closed the gates of the city preventing anyone from coming in to sell on the Sabbath.

**Nehemiah 13:20** *“So the merchants and sellers of all kind of ware lodged without Jerusalem once or twice.”* **Verse 21:** *“Then I testified against them, and said unto them, Why lodge ye about the wall? if ye do so again, I will lay hands on you [he threatened the sellers of the other nations telling them that he would come with force against them] . From that time forth came they no more on the Sabbath.”* **Verse 22:** *“And I commanded the Levites [the priests] that they should cleanse themselves, and that they should come and keep the gates, to sanctify the Sabbath day. Remember me, O my God, concerning this also, and spare me according to the greatness of thy mercy.”*

If we desire mercy let us cleanse ourselves and keep our gates (homes and congregation) sanctified on the Sabbath day. **Isaiah 56:2** *“**Blessed is the man that doeth this, and the son of man that layeth hold on it; that keepeth the Sabbath from polluting it, and keepeth his hand from doing any evil.**”* Many of our people make excuses to break the Sabbath. **Apocrypha Ecclesiasticus 32:17** *“A sinful man will not be reprov'd [corrected], but findeth an excuse according to his will.”* Not realizing that they are taking away the blessings of the most High God and bringing upon themselves the judgment of the Heavenly Father.

**Micah 2:10** *“Arise ye [Wake up!], and depart [from sin]; **for this is not your rest** [Kingdom]: because it is polluted, it shall destroy you, even with a sore destruction.”* Remember that this is not your rest therefore if you pollute the Sabbath you will be destroyed. Babylon will fall, this world (kingdom) is temporal; therefore seek the kingdom of heaven. Above we read in **Exodus 35:2** *“...whosoever doeth work therein [on the Sabbath day] shall be put to death.”* That judgment was not only for back then; the generation of Moses. Think about it, didn't we suffer slavery because we broke the Sabbath?

**Exodus 31:13** “*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.*” All throughout our generations the Sabbath was commanded by God for us to keep. It is a sign that He sanctify us, meaning to cleanse us of our sins and make us holy. See, [Leviticus 20:7-8](#).

**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.*” The majority of the time when this is read, many imagine that this was only talking to the generations before Christ. But it also applies to us, Today (See, [Hebrews 3:7-19](#) and [Hebrews 4:1-12](#))!

This is the commandment and judgment of the most High God to all generations (forever). **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.*” **Verse 16:** “*Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a perpetual covenant.*” The word perpetual means everlasting; never ending is the judgment and commandment to the nation of Israel.

The scriptures tell us that our people are rebellious and do not listen to the laws. They rather listen to lies than any warning from God. Read, [Isaiah 30:8-10](#). Hence many will read *shall surely be put to death* and decide to continue to break the Sabbath. Justifying it with their carnal excuses and perverting scriptures that they do not understand claiming that they have grace. But what they do not know is that Christ did not do away with judgment. See, [Matthew 23:23](#). When Moses said you *shall surely be put to death* for breaking the Sabbath, in our ignorance we simply think of the body dying.

**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.*” What most do not realize is that within that same verse it also said “*that SOUL shall be cut off*”. Christ taught us the same teachings in saying; **Mark 8:36** “*For what shall it profit a man, if he shall gain the whole world, and lose his own soul?*” Is working on the Sabbath really worth losing your soul?

**Hebrews 10:26** “*For IF WE SIN WILFULLY after that we have received the knowledge of the truth [after you repented in Christ having understanding of the law and judgment], there remaineth no more sacrifice for sins [there is no animal sacrifice and Christ died only once for us],” Verse 27:* “*But a certain fearful looking for of JUDGMENT and fiery indignation, which shall devour the adversaries.*” If you choose to disobey the heavenly Father thinking that you will have grace; the scripture explains that the only thing you have looking forward to is Judgment.

**Hebrews 10:28** “*He that despised Moses’ law died WITHOUT MERCY [grace] under two or three witnesses:*” If you broke any law that is a sin worthy of death; you died without mercy. See, [Deuteronomy 21:22](#) and [1<sup>st</sup> John 5:16](#). An example is found in the book of [Numbers 15:30-36](#). A man was found breaking the Sabbath by picking up

sticks. Moses did not know what to do and asked God; who commanded him to stone the man without mercy.

**Hebrews 10:29** “Of how *much sorer punishment, suppose ye, shall he be thought worthy, who hath trodden under foot the Son of God, and hath counted the blood of the covenant, wherewith he was sanctified, an unholy thing, and hath done despite unto the Spirit of grace?*” The apostle Paul asked the question, how much worse do you think the punishment will be under Christ? Since that person trampled Christ and the blood that cleansed them from sin. The blood that gave them grace, that they might be holy before God; by giving them a chance to repent and keep his commandments. Today the heavenly Father is revealing to you how he will judge the world. By his righteousness which is the laws, statutes, and judgments. In other scriptures the judgment that Christ will bring is called the second death. See, [Revelations 20:11-15](#).

You might have broken the Sabbath in your ignorance but now is the time to repent; confess the sin to God and no longer break the law. **Acts 17:30** “*And the times of this ignorance God winked at; but now commandeth all men every where to repent:*” **Verse 31:** “*Because he hath appointed a day, in the which he will judge the world in righteousness [according to the laws and judgments] by that man [Christ] whom he hath ordained; whereof he hath given assurance unto all men, in that he hath raised him from the dead.*” The heavenly Father has been merciful to you in that he did not put you to death; instead he is giving you a chance to learn how *he will judge the world in righteousness.* **Psalms 119:7** “*I will praise thee with uprightness of heart, when I shall have learned thy righteous judgments.*”

Now that we are aware of the heavenly Father’s judgment we are not to sin willfully to fulfill our own pleasures. **Isaiah 58:13** “*If thou turn away thy foot from the Sabbath, from doing thy pleasure on my holy day [if you stop doing your own desires such as chores, cooking, buying, work, etc.]; 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 [talking business or any kind of wickedness]:*”

By honoring the heavenly Father in keeping the Sabbath you will learn how much a blessing and delight it is. The Israelite family suffers great plight and oppression; princes are living as servants without rest in great poverty. **Matthew 11:28** “*Come unto me, all ye that labour and are heavy laden, and I will give you rest.*” **Verse 29:** “*Take my yoke upon you, and learn of me; for I am meek and lowly [humble] in heart: and ye shall find rest unto your souls.*”

You will *call the Sabbath a delight* not only because your body is refreshed, but because *ye shall find rest unto your souls.* **Leviticus 23:3** “*Six days shall work be done: but the seventh day is the Sabbath of rest, an holy convocation; ye shall do no work therein: it is the Sabbath of the LORD in all your dwellings.*” This statute in the book of Leviticus explains to us how we will “*Come unto*” Christ and “*learn*” from his example. Since the Sabbath is a *holy convocation* meaning a holy gathering or assembly. **Luke 4:16** “*And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the Sabbath day, and stood up for to read.*” The custom of Christ was according to the commandment, he did not work on the Sabbath. Instead he kept the day as a *holy convocation* regardless of what city he was in.

The same is with the beloved Apostle Paul, who is slandered by many in Churchianity as one that did not keep the Sabbath. Contrary to the misrepresentation of Paul the scripture says, **Acts 13:13** “*Now when Paul and his company loosed from Paphos, they came to Perga in Pamphylia: and John departing from them returned to Jerusalem.*” **Verse 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.*” It was also the custom or as another scripture said the manner of Paul to keep the Sabbath with fellowship (*holy convocation*) in his travels. **Acts 17:2** “*And Paul, as his manner was, went in unto them, and three Sabbath days reasoned with them out of the scriptures,*”

In the assembly, what are you to expect on the Sabbath? **Acts 13:15** “*And after the reading of the law and the prophets the rulers of the synagogue sent unto them, saying, Ye men and brethren, if ye have any word of exhortation for the people, say on.*” **Verse 16:** “*Then Paul stood up, and beckoning with his hand said, Men of Israel, and ye that fear God, give audience.*” Remember when the heavenly Father said that by keeping the Sabbath we will know that he sanctifies us? The reason should now be obvious, by going to the assembly on the Sabbath day we learn his words (the laws) and receive exhortation to comfort us.

It is not like the churches where you do not learn anything instead all you hear is irrelevant words of men. The laws will give you wisdom of how to become holy and do things right. By studying the prophets we will learn the history and prophecies spoken to us. See, **[Psalms 19:7-11](#)**. We will also receive answers to our questions and solutions to our problems from within the words of God. **Romans 15:4** “*For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.*” In all your dwellings, Israelites should be coming together to study, pray, and fellowship on the Sabbath; it’s the commandment!

Unfortunately, the majority of brothers and sisters that awaken to the fact that they are descendants of Israel remain the same old man or woman in sin. They continue to live as heathens without guidance from the scriptures and without hope towards the way of salvation. This is caused by thinking that they will learn everything from Google (the Internet) without fellowship. **Hebrews 10:25** “*Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.*” They are not realizing that this world has been set in a dangerous path where many will fall. See, **[Matthew 7:13-14](#)** and **[2<sup>nd</sup> Esdras 7:6-10](#)**.

Moreover, they are losing out on the rest that Christ promised if they don’t “*Come unto*” him. **Matthew 18:20** “*For where two or three are gathered together in my name, there am I in the midst of them.*” By not keeping the Sabbath as a holy convocation you are separating yourself from the Spirit. **1<sup>st</sup> Corinthians 16:18** “*For they have refreshed my spirit and yours: therefore acknowledge ye them that are such.*” It is a beautiful thing when brothers and sisters gather themselves. Hearing and seeing the many gifts of the Spirit being shared with each other, that our spirits may be refreshed (comforted). Again when a person decides that they will not keep the Sabbath as a holy convocation they are excluded from the blessings. **1<sup>st</sup> John 1:3** “*That which we have seen and heard declare we unto you, that ye also may have fellowship with us: and truly our fellowship is with*



*the Father, and with his Son Jesus Christ.” Verse 4: “And these things write we unto you, that your joy may be full.”*

**Exodus 31:17** *“It is a sign [because it shows that you have fellowship with God] 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.”* The heavenly Father does not want his people to continue in the cursed conditions that they are in. As his children he wants his joy to be fulfilled in us, where we will finally find rest and be refreshed forever. In the prophecies he promised this unto us.

**Isaiah 58:13** *“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:”* **Verse 14:** *“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.”*

He promised salvation to those that find the joy of his TRUTH, which view the Sabbath as a delight and holy unto him. **Deuteronomy 33:29** *“Happy art thou, O Israel: who is like unto thee, O people saved by the LORD, the shield of thy help, and who is the sword of thy excellency! and thine enemies shall be found liars unto thee; and thou shalt tread upon their high places.”* As you can see, to **ride upon the high places of the earth** meant to be saved. To be fed with the **heritage of Jacob** is a great blessing.

This is easily seen in the prayer of Isaac (the father of Jacob); **Genesis 27:28** *“Therefore God give thee of the dew of heaven, and the fatness of the earth, and plenty of corn and wine:”* **Verse 29:** *“Let people serve thee, and nations bow down to thee: be lord over thy brethren, and let thy mother’s sons bow down to thee: cursed be every one that curseth thee, and blessed be he that blesseth thee.”* The blessing of Isaac, promised the descendants of Jacob (Israel) to be *lords* over all nations. This means no longer living in fear of oppression or poverty but having *plenty*. Moreover having the holy land that will have the *dew of heaven* as the Garden of Eden.

The Heavenly Father continues with his promises in the prophecies by saying; **Jeremiah 17:24** *“And it shall come to pass, if ye diligently hearken unto me, saith the LORD, to bring in no burden through the gates of this city on the Sabbath day, but hallow [make holy] the Sabbath day, to do no work therein;”* **Verse 25:** *“Then shall there enter into the gates of this city kings and princes sitting upon the throne of David, riding in chariots and on horses, they, and their princes, the men of Judah, and the inhabitants of Jerusalem: and this city shall remain for ever.”* The same God who put us in slavery for our disobedience said that he could make us kings and princes of the earth. Servants walk on foot while masters ride on horses, this has been our reality. In the past we were princes; can you imagine yourself like that, the people and New Jerusalem remaining forever? See, [Ecclesiastes 10:7](#).

**Isaiah 66:22** *“For as the new heavens and the new earth, which I will make [the kingdom of Heaven; New Jerusalem], shall remain before me [it is forever], saith the LORD, so shall your seed [children] and your name [fame and glory] remain.”* **Verse 23:** *“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.*” This prophecy shows the children of Israel will be keeping the Sabbath in the kingdom of God. As the commandment said the Sabbath it is to be kept forever. Therefore do not believe the lies of Churchianity and of false brethren which attempt to corrupt what God wrote with his own finger. **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 [the Ten Commandments], **written with the finger of God.**”*

The most High has not changed his mind about the Sabbath. **Malachi 3:6** *“For I am the LORD, **I change not**; therefore ye sons of Jacob are not consumed.”* Those that keep the Sabbath will not be consumed (destroyed). **Isaiah 66:24** *“And they shall go forth, and look upon the carcasses [dead bodies] of the men that have transgressed [sinned and disobeyed] against me: for their worm shall not die, **neither shall their fire be quenched**; and they shall be an abhorring unto all flesh.”* In the kingdom of God, they that keep the Sabbath will be able to see those that were destroyed by Christ because of their sins (breaking the laws, Sabbath, etc.). **Isaiah 66:15** *“For, behold, the LORD will come with fire, and with his chariots like a whirlwind, to render his anger with fury, and his rebuke with flames of fire.”*

**2<sup>nd</sup> Thessalonians 1:7** *“And to you who are troubled **REST WITH US**, when the Lord Jesus shall be revealed from heaven with his mighty angels,”* **Verse 8:** *“**In flaming fire taking vengeance on them that know not God, and that OBEY not the gospel of our Lord Jesus Christ:**”* **Verse 9:** *“Who shall be punished with everlasting destruction from the presence of the Lord, and from the glory of his power;”*

The most High is seeking now true worshipers that will not be as our forefathers, with an unbelieving heart deceived by sin. Although there is much more to learn about the Sabbath day the commandment is plain, keep it holy. This will build a strong foundation to understand the rest of the other scriptures that many attempt to pervert. This foundation has another purpose, to learn how to keep the feast days (holy days) which are also known as Sabbaths. We invite those that want to restore the foundation that has fallen and to repair our nation by keeping the Sabbath as a holy convocation with us. If you are looking for rest reach out, regardless of what city you are in. Shalam (Peace)!