

# THE SABBATH DAY

The Sabbath Day (just as circumcision) was given as a sign between Yahuah and the nation of Yisharal. It was given as an Everlasting Covenant to the nation (EX 31). It was included in the Ten Commandments written on tables of stone (EX 20 ... DEUT 5). These were written with the finger of Alahim Himself. The Jews themselves say that it was never intended for the Gentile but was the heritage of Yisharal. Sabbath observances require a Tabernacle/Temple, a Priesthood and a sacrifice, for on this day there were to be extra burnt offerings lifted up, besides the daily sacrifice (NUM 28).

The word “**Sabbath**” simply means “**Rest**” or “**Cessation from work.**” So it is a 'stopping' and a 'putting off' of the works and efforts of man in his flesh. Alahim worked six days in creation and rested the seventh day. He blessed the seventh day, setting it apart from the rest of the working week. It became a day of rest and Yisharal's weekly Sabbath pointed back to the rest of Alahim in creation (GEN 2:1-3).

Yahuah said through the Prophet Ezekiel that He had given His Sabbaths to be a **SIGN** to Yisharal (EZ 20:12). The Sabbath is called “a **DELIGHT**, the set-apart of Yahuah and honourable.” (IS 58:13). Sabbath Psalms were also composed for use on this set-apart day. (PS 92). The weekly Sabbaths in Yisharal pointed back to Creation's Rest like a '*Shemithah Heartbeat*' that's been continuing ever since ... but it also looks forward to a redemptive rest which would come at the close of Alahim Yahusha's working week.

The way Yahuah commanded Yisharal to keep the Sabbath was basically in the following manner. There was first, to be a stopping of work (in general) and the doing of one's own pleasures, and secondly, a set-apart gathering or a delighting oneself in Yahuah and His Divine Torah Laws. No business was to be transacted on the Sabbath day (NEH 10 & 13)

The Showbread was to be changed every Sabbath day (LEV 24:8 ... I CHRON 9:32). They were “**to remember the Sabbath**” (EX 20:8). This spoke of the inward state of the heart and being. They were “**to observe the Sabbath**” (DEUT 5:12). This spoke of the outward keeping of its Divine Torah Laws and Instructions. Violations of the Sabbath day were judged by stoning to death (EX 35:1-3). No fires were to be lit on the Sabbath. Hence this man was stoned for gathering sticks on the Sabbath (NUM 15:32-41).

However, over the years, the Sabbath keeping became polluted and a real mockery to Alahim. He lamented a number of times through Ezekiel over the fact that Yisharal “**polluted My Sabbaths**” (EZEKIEL 20:12-24).

At one time the disciples plucked ears of corn on the Sabbath and the Pharisees challenged Yahusha that they were breaking the Sabbath. Yahusha used two illustrations of violations of Old Covenant Torah Law to refute their argument. David partook of the Showbread which was only Torah Lawful for the Priests to eat and the Priests in the Temple off the Sabbath sacrifices, yet neither are counted as Sabbath violations. Hence neither were the disciples violating the Sabbath by eating a little plucked corn (MATT 12:1-8 ... LUKE 6:1-5).

Immediately following this incident, Yahusha went into the Synagogue on the Sabbath where there was a man with a withered hand. They asked Him if it was lawful to heal on the Sabbath day. Their motive was to have something to accuse Him of. Yahusha threw the challenge back into their face. Would they lift a sheep out of the pit it had fallen into on the Sabbath, or loose an ox for watering and not count this as work? Then He told them it was lawful to do good on the Sabbath and then healed the man. The Pharisees went out and held council how they might destroy Him. **They were more interested in the keeping of a day (or their interpretation of it) than the healing of the sick and suffering** (MATT 12:9-14 ... LUKE 6:6-12).

A study of the Gospels show the hypocritical inconsistency of Yahusha's times as to the keeping of the Sabbath. The Jews would lead an ox or an ass to watering on the Sabbath and not count that work. They would offer sacrifices in the Temple yet not count that work. They would even circumcise a man on the Sabbath yet not count it a violation of Sabbath rest. Yet when Yahusha loosed people from their sicknesses or infirmities, the Jews charged Him with violation of the Sabbath Laws. When He taught and healed and did good deeds on the Sabbath they accused Him of breaking the Torah Law and were angry with Him.

All of this proves how the Torah Law of Alahim concerning the Sabbath had been corrupted by religious, pharisaical traditions and interpretations of the Torah Law never commanded by Yahuah Alahim. **YAHUSHA CAME TO SHOW THEM WHAT IT TRULY MEANT TO OBSERVE THE SABBATH, BY WORSHIPING ALAHIM AND HIS REIGN, WHILE TEACHING, PREACHING, HEALING AND BLESSING THOSE IN SPIRITUAL AND PHYSICAL NEED.**

He summarised the Ten Commands into Two (**LOVE**) and gave two fundamental statements concerning the Sabbath : (MARK 2:27-28)

**A.** The Sabbath was made for man and not man for the Sabbath. So the day was given for man's benefit, not man given for the benefit of a day. Mankind needs physical rest and recuperation, as well as time for spiritual refreshment.

**B.** The Son of Man is Master of the Sabbath. He is over and above the keeping of a day. The Jews kept the LETTER (of sin and death) of the Sabbath, with numerous additions, and missed the SPIRIT (of life and love) of the Sabbath and then went on to murder the Master of the Sabbath !!

The way the average Jew keeps the Sabbath today (Fri Sunset or Lunar, services, special candles, bread, blessed cup of wine etc etc) ... this is the religious blueprint (of shadow-teachings) that have permeated the Messianic/Natsarim/Yahuah-Only believers today, but the critical component that's missing is the One who gives true Sabbath Rest: YAHUSHA ... and the transformation He underwent to achieve this REST through His life and sacrifice. The Sabbath (to be kept properly) had to have the Sabbath Sacrifices (the body and blood of the two lambs). By this Yahuah was teaching Yisharal that true rest can only be upon the basis of the atoning blood. And of course this required an officiating Priesthood to offer those sacrifices. But the Jew today is devoid of these things, not having their Temple or Priesthood (or Yahuah ... as He's dead ...and they reject Yahusha).

**So there can be no true Sabbath without blood atonement.**

Then on the other hand, the Sabbath Rest pointed to Messiah Yahusha who alone could only give true rest. The day (like all feasts/appointed times) pointed to the Person, not the Torah-Law. The Jews in Messiah's time became so wrapped up in the day of rest with its distortions that they impaled the One who could give them true rest on a Torture Stake. They killed Him while at the same time professing to keep the Feast and the Sabbath days (JOHN 18:28; 19:31; ACTS 13:27).

Our Master Yahusha Messiah is the sacrifice and the rest of Alahim for He is Alahim. All is fulfilled in His person and work. So by receiving Him, there is cleansing from sin in His new perfect divine blood and one finds true Sabbath, true rest. And for this reason He calls us to come to Him and He will give us rest ... and to learn of Him and we will find rest (MATTHEW 11:28-30). When sin is ultimately dealt with and made an end of (through overcoming), then Yahusha will bring in the seventh Day of Rest as in the Eternal Millennial Kingdom Rest. This is the Sabbath that remains for the people of Alahim but can only be entered into and enjoyed by accepting His blood of redemption.

### ***“Why don’t Your disciples keep the Sabbath?”***

(Still asked today) ... Yahusha did not reject the observance of the Sabbath (for it's His own Torah) but He did reject the traditions and burdens which the Jews had placed on the people. Yahusha showed them what true Sabbath keeping was and declared that He was Master even of the Sabbath day, and because He is Master of the Sabbath day, He is Master of every other day too. The early Assemblies were stressed by these type of questions also, especially with the coming in of the Gentiles. The *'Judaizing Teachers'* endeavored to bring the Gentiles under the Old Torah Laws by the rite of circumcision and sabbath-keeping, however Paul dealt specifically with both of these things and showed that **Yahusha's New re-married Bride is under a New Blood-Covenant**. There are believers today who would seek to impose the original, ancient Sabbath-Keeping (along with other ceremonial Torah Laws and Feasts) on the Bride. So the mindset of the Galatians became a mixture of Torah Law and favor/freedom, Moses and Yahusha, and this brought believers into ceremonial bondages, robbing them of their true blood-bought liberty in Yahusha.

### ***Why did Messiah keep the Sabbath?***

Yahusha kept the Sabbath as Alahim intended it to be kept, not in the LETTER but in the SPIRIT. This He did by worshiping the Father, teaching and preaching and healing the sick and diseased and ministering to the poor and needy. Yahusha also kept the Sabbath because He was *“born under the Torah to redeem them that were under the Torah”* (GALATIANS 4:4-5). The moment Yahusha was impaled He became a curse and a debtor for all the crimes committed against Yahuah's Torah Law (GAL 5:3). Sabbath-keeping and fleshly circumcision were two of the greatest signs of Yahuah Alahim's Old Covenant with the chosen nation of Yisharal.

### ***Why did the Disciples keep the Sabbath?***

The Book of Acts shows that the Disciples kept the Sabbath. Paul made it a practice to preach and teach in the Jewish Synagogues on the Sabbath Day. The reason Paul especially did this was to fulfill the Gospel commission *“To the Jew first, and then to the Gentile”* (ROMANS 1:17). Paul went to the Synagogues because he was a Jew and knew that it was the best time to get the Gospel to the Jews as they assembled there.

The Disciples (as natural Jews) also did the Sabbath Day as they were in the great transitory period from the Old Covenant to the New Covenant, where the shadows were being fulfilled right before their very eyes, firstly in Yahusha then in them!

### ***When were the Sabbaths to cease?***

1. Even under the Old Covenant when Yisharal was keeping the Sabbaths, Alahim spoke in no uncertain terms concerning their hypocritical observances (IS 1:10-17; LAM 2:6). He spoke through the prophet Hosea that He would cause their Feast Days, and Sabbaths to cease (HOSEA 2:11). This He did at the Torture Stake when Yahusha fulfilled them as a passing shadow. Paul then devotes two passages concerning the subject of the keeping of days, telling the Colossians that *'no man was to judge them in meat, or in drink, or in respect of an set-apart day, or of the new moon, or of the Sabbath days which were but a shadow of things to come for the body of Messiah'*.

**MESSIAH HIMSELF IS THE SUBSTANCE OF THE SHADOW** (COL 2:11...16-17).

He also wrote to the Romans that *'one man esteems one day better than another man esteems every day alike'*. This covered the attitude of Jews and Greeks. He said for every man to be *'fully persuaded in his mind and regard their days as unto Alahim'* (ROMANS 14:5-7). Paul never imposed on Jew or Gentile the keeping of a certain day, for he understood that the ultimate Sabbath-Rest (that Yisharal in the wilderness-provocation failed to enter) was but **A TYPE AND SHADOW FOR THE GREAT PREPARATORY REST OF ETERNAL LIFE.**

### ***Which Covenant is the Bride under today?***

The Sabbath is the sign and seal of the Old Covenant, formally given to Moses. (EX 31.. EZ 20:1-12). It was not the sign or seal of any of the previous Covenants nor of any Covenants which followed. When Yahusha came, **He was born under the Old Covenant to fulfill it and transform its old behavioural applications through His death and resurrection-Life and Yahusha Alahim.** Just before His death He established the New Covenant in His own body and blood through the symbols of bread and wine as Melchizedek Himself. (MATT 26:26-28).

Paul clearly tells us that the Old Covenant was old and decaying, and ready to vanish away - that it was a ministration of death and to be done away (2 COR 3:1-18..HEB 8:6-13). **The New Covenant had its own sign and seal, even a true and supernatural rest, which is the immersion of the set-apart Spirit and divine heart operation ... which empowers the candidate for eternal life to run their race, overcome the world and it's ways and achieve the Tabernacles Joy or REST** (IS 28:9-11 ... ACTS 2:1-4). To take the Sabbath day and impose the keeping of it upon the Bride today (Jew or Gentile) is to take the sign and seal of the Old Covenant and ADD IT to the sign and seal of the New Covenant. **It is a confusion of Covenants.** Once a believer knows which Covenant they are under it settles for them the matter of Sabbath-Keeping.

All Old Covenant Shadow-Teachings, Appointed Feasts, Commands, Ceremonies, Tabernacles/Temples, furnishings and Priesthood were completed, fulfilled, exposed, enlightened and transformed at Yahusha's death and resurrection, so Yahusha's Bride is under the New Blood-Covenant and has its sign and seal placed upon the heart ... through following Yahusha and transforming, having the supernatural love and life-component of Yahusha's Torah now written on their hearts to behave in everyday life .

All the Old Covenant types and shadows of REST pointed to Yahusha and then to the Millennial/Eternal rest. Noah, whose name means “**Rest**” found rest in the Ark of Alahim (GEN 6:13-16). Ruth the Moabitess found “**Rest**” in the land of Bethlehem-Judah, *‘the house of bread and praise’* (RUTH 1:9). Yisharal found “**Rest**” in the land of promise, in Canaan land (HEB 3:11,18). The Ark of the Covenant sought “**Rest**” for Yisharal in their journeys (NUM 10:12, 33-36). The Temple of Alahim was built by King Solomon, a man of rest, wisdom and peace and it was here the Ark eventually found “**Rest**” (2 CHRON 6:41-42). The seventh month, Tabernacles, was a month of “**Rest**” (LEV 23). The seventh year was a year of “**Rest**” and release for the land and people (LEV 25:4-5). The fiftieth year was a Jubilee year and also a year of “**Rest**” for the land and the people (LEV 26:34-35).

All these point to **REST IN YAHUSHA**. He is the Rest-Bringer and Rest-Giver. And when sin, sickness, disease and death (and Satan and his demons) are cast into the bottomless pit and finally into the Lake of Fire, then there will be true rest, eternal rest. Until then, **the Bride enjoys that supernatural rest which alone is found in Yahusha Alahim** (MATT 11:28-30... HEB 3-4). Sin broke Yahuah’s rest and mankind’s rest in creation, and only when sin is dealt with in deliverance behaviour (personally and also globally), then and then alone will perfect rest be found!

So in conclusion, the Bride should be fully persuaded in their own heart (through divine revelation) as to the setting aside of a literal day of the week. Deliverance is not dependent upon a literal Sabbath-keeping of any day of the week. All depends on Yahusha and **HIS FINISHED WORK** and our daily supernatural relationship of obedience to **HIS WORD** - the true voice within the words of Torah (ROMANS 14:5-7).

Various countries have different days of the week set aside for rest and recuperation and the Bride will do well to take advantage of this and make it a time of rest and rejoicing, standing firm in the liberty that has made us free, **servicing Yahusha our Messiah, Deliverer and Alahim every day of the week and availing ourselves to hear, listen and do, following Yahusha through the feast-shadows to the death of sin and self, for the Crown of Life, where we find true Sabbath Rest. We cease from our own dead works, behaviours and efforts of ego and fleshly-self and rest in the finished work of Yahusha Alahim, in Whom there is ETERNAL REST, and therefore fulfilling the ‘Everlasting Covenant’ of Sabbath rest in Himself as the Head and now through the Body of His chosen and anointed Bride ... as Kings and Priests of the New Creation Melchizedek Order !**

Jewish history becomes a real warning and an example of what happens when we hold the shadow, the type, the promise and the prophecy and never come to the substance and the fulfillment (supernatural reality) in Yahusha.. It is sadly possible to know the letter of the Torah Law and that which kills and miss the Spirit which gives the supernatural and eternal life.

**Therefore it is not in the keeping of a day but in the receiving of a person — the Slain Lamb Messiah Yahusha — that one finds the true rest of Alahim! Therefore with fresh new eyes, we may truly declare “*Let us keep the Feasts*” (*sabbaths*) through daily behaviour of loving-kindness !**

