

Clear Distinction Ministries

Study Notes

Night #13: **“The Sabbath & the Gospel: I Will Give You Rest!”**

Rest (Sabbath): The Fruit of Coming to Jesus!

- If you were sent to a bakery for a purchase what would you expect to leave with? Baked goods! If you were sent to a paper store for a purchase what then would you expect to leave with? Paper surely!
What exactly do we expect to receive when we go to our Saviour Jesus?
- The Bible teaches that **REST** is what we receive from Him. the sinner comes to Jesus weary, exhausted and burdened with a heavy load of cares. Our Saviour **LIFTS THAT BURDEN, EVERY BURDEN** and in its place, He gives His children **HIS REST...Matt. 11:28-29**
- Interestingly enough, the word **“SABBATH,”** from the Hebrew Word *“shavat”* actually means **REST**. To the weary soul seek Him **Jesus offers His Sabbath Rest!** That Sabbath, that rest, according to **Matt. 11:28** is **not a WORK performed to bring us to Jesus**. No. it is not a work but **a REST received only from Jesus**. **Sabbath keeping is therefore a sign, a memorial, an evidence of our coming to Him for He alone can give REST/SABBATH to our souls.**
- To further prove this point, we need only ask the question where exactly did Sabbath keeping originate? The Bible is clear that the keeping of the Bible Sabbath, the seventh-day Sabbath originated with **GOD’S CREATION** in the beginning. **It was God that rested. It**

is therefore His rest, His Sabbath and none can ever have it unless they first come to Him and receive it...Gen. 1:1 & 2:1-3

- Who created in the beginning? **GOD, OUR CREATOR DID.** Who rested on the seventh day and made the Sabbath holy? **GOD, OUR CREATOR DID.** The Bible teaches that it was in fact **CHRIST THAT CREATED ALL THINGS**. Two things can here be concluded: 1) Christ is God (this does not diminish the fact that the Father is God) and 2) **CHRIST, BEING OUR CREATOR WAS THE ONE WHO RESTED ON THE SEVENTH DAY AND THEREFORE THE SABBATH ORIGINATES WITH HIM**. This is indeed why He alone is called “**Lord of the Sabbath.**” The Sabbath is a gift from Him “made for **MAN**” and not just the Jews...***John 1:1-3 & 14, Col. 1:12-17, Heb. 1:1-3, Mark 2:27-28***
- Often, the inquiry is made concerning the Sabbath day, **how can we know which day is really the seventh?** Many, knowing that Christ resurrected on “the first day” of the week, Sunday (***Mark 16:9***) also claim Sunday, to be the Lord’s Sabbath day which Scripture calls “the seventh-day” of the week. It can’t be both beloved. **An interesting fact is that in most languages, over 100 to be exact, the very word used for the seventh day of the week, Saturday, is a word meaning Sabbath and rest.**

When is the Sabbath?

<u>Language</u>	<u>Saturday Called</u>	<u>Meaning</u>
Indonesian	Sabtu	Sabbath/Rest
Bosnian	Subota	Sabbath/Rest
Armenian	Shabat	Sabbath/Rest
Ukranian	Subota	Sabbath/Rest
Somali	Sabti	Sabbath/Rest
Latin	Sabbatum	Sabbath/Rest
Spanish	Sabado	Sabbath/Rest
Russian	Subbota	Sabbath/Rest
Georgian	Sabati	Sabbath/Rest
Arabic	Sabet	Sabbath/Rest
Czech	Sobota	Sabbath/Rest
Greek	Savvato	Sabbath/Rest
Italian	Sabato	Sabbath/Rest
Romanian	Sambata	Sabbath/Rest
Bulgarian	Sabota	Sabbath/Rest

In over 100 languages, the day we call Saturday has a name close to Sabbath and means rest.

- **When God created all things, He chose to name the seventh day (what we today know as Saturday) the Sabbath. All other days were called by their numerical sequence (1st day-6th day and then the Sabbath). Today however, in an effort to forget the Creator and His Sabbath, the enemy has led men to name these days after various God's and planets. Sunday is named after the Sun god, Monday (Lunes) is named after the Moon/lunar god, Tuesday (Martes) is named after the god of Mars, Wednesday (Miercoles) is named after the Norse god Oden and the god of Mercury, Thursday**

or Thor's day is named after Oden's son Thor, Friday (Viernes) is named after the god of Venus and then Saturday is named after the god of Saturn.

- It is a scientific fact that a day is measured by the time it takes the earth to rotate in front of the sun, a month is measured by the lunar or Moon cycle and a year is measured by the time it takes for the earth to revolve around the Sun just once (causing changes in season as it rotates). **All these, days, months and years can be measured and accounted for in relation to the celestial bodies. How does man account for the weekly cycle of seven days? Where did we get that from? The seven day week cycle is as old as man himself and yet there is no celestial body, not the Moon, not the Sun, nor any other that is responsible for this continuous cycle of seven. We find its origin way back there in the beginning with CHRIST OUR CREATOR.** For a man to think to change that special 7th day to some other day, is as hurtful as a spouse neglecting the significance of their anniversary. The Sabbath is the anniversary of that original celebration between Adam, Eve his wife and Christ their Creator.

The Sabbath: A Sign of Creative & Redemptive Power:

- We now see that the seventh day Sabbath, that rest given to us by Jesus alone is a sign of His power to create. The Bible shows us that this day ought to be "**REMEMBERED**" and yet it is so easily forgotten by so many today. That very day is also a sign of God's power to

SANCTIFY His church—make them holy by faith...**Ex. 20:8-11 & 31:12-13 & 16-17**

- There are those who would dispute our need to honor the day as Christians, since it was commanded to the children of Israel. Two things should be considered here: 1) there was no Jew in Eden when the Sabbath was instituted **FOR MAN. The Sabbath predates all nationalities and was gifted to us all on the basis that we share the same Creator** and 2) it is those who belong to Christ that God acknowledges today as “*the seed of Abraham*” (**Gal. 3:29**), whom we call Israel.
- Upon returning from Mount Sinai with the original tablets that contained the ten commandments, Moses discovered Israel worshipping a golden calf. Moses broke the tablets of stone as a result and God needed to supply Israel with another set of tablets (**Ex. 32**). **When later reading the 4th commandment we find that Moses said the Sabbath was given, not only as a memorial of creation but to commemorate Israel’s deliverance from slavery in Egypt...Deut. 5:12-15**
- It was by faith in the blood of the Lamb, Christ Jesus that Israel was delivered after the 10th plague. This was known as Passover (**Ex. 12, John 1:29**). Thus, true Sabbath keeping is a sign of God’s power to deliver us from bondage to sin even as He delivered ancient Israel from bondage in Egypt. The Sabbath commemorates **PASSOVER** and **DELIVERANCE**. All of which we find **FULFILLED IN CHRIST ALONE**. The Bible says we should not judge men by “sabbath days,” (plural) (**Col. 2:16**). This is not in reference to the Sabbath day (singular) which will be celebrated in the New earth (**Is. 66:22-23**)

but those **sabbath days or feasts of the law of Moses such as Passover**. The reason we don't celebrate the Passover in 2021 by slaying a Lamb is because **CHRIST IS OUR PASSOVER** and the fulfillment of every one of those feasts is directly connected with Him... *1 Cor. 5:7-8*

- **True Sabbath keeping centers in Christ alone! He is the reason for the day! He is both CREATOR & REDEEMER and the seventh day is a sign of our relationship with Him (Is. 43:1)**. Many have since discarded the Sabbath day but the Bible teaches us that "**there remains** a REST" for God's people to enter into and that God, who blessed the seventh day "would not afterward have spoken of another day" ...*Heb.4:1-11*

"The Sabbath, therefore,-the seventh day of the week,-is God's rest.

God gave the Sabbath as a sign by which men might know that He is God, and that He sanctifies. [Eze. 20:12 & 20](#). **Sabbath-keeping has**

nothing whatever to do with justification by works, but is,

on the contrary, the sign and seal of justification by faith; it is

a sign that man gives up his own sinful works and accepts God's

perfect works! Since the Sabbath is not work, but a rest, it

is the mark of rest in God through faith in our Lord Jesus Christ. No

other day than the seventh day of the week can stand

as the mark of perfect rest in God, because on that day alone did God rest

from all His works. **It is the rest of the seventh day, into which He**

says the unbelieving cannot enter. It alone of all the days of the week

is the rest day, and it is inseparably connected with God's perfect work."

(The Present Truth Vol. 12, June 11th 1896 pg. 369.11-370.1)

“The Sabbath will be the great test of loyalty, for it is the point of truth especially controverted. When the final test shall be brought to bear upon men, then the line of distinction will be drawn between those who serve God and those who serve Him not. While the observance of the false sabbath in compliance with the law of the state, contrary to the fourth commandment, will be an avowal of allegiance to a power that is in opposition to God, the keeping of the true Sabbath, in obedience to God's law, is an evidence of loyalty to the Creator. While one class, by accepting the sign of submission to earthly powers, receive the mark of the beast, the other, choosing the token of allegiance to divine authority, receive the seal of God.”

(The Great Controversy pg. 605.2)

- How close are we to the **MARK OF THE BEAST** (Papacy) crisis? How near are we to the enforcement of **SUNDAY WORSHIP BY LAW?** Are there talks of such developments today? In 2021 are we any nearer to the fulfillment of this prophecy?

September 1, 2020

VATICAN CITY — The COVID-19 pandemic has shown how the Earth can recover “if we allow it to rest” and must spur people to adopt simpler lifestyles to help a planet “groaning” under the constant demand for economic growth, Pope Francis said Tuesday.

In his latest urgent appeal to help a fragile environment, Francis also renewed his call for the cancellation of the debts of the most vulnerable countries. Such action would be just, he said, since rich countries have exploited poorer nations’ natural resources.

“In some ways, the current pandemic has led us to rediscover simpler and sustainable lifestyles,” Francis said in a written message.

“Already we can see how the Earth can recover if we allow it to rest: the air becomes cleaner, the waters clearer, and animals have returned to many places from where they had previously disappeared,” he wrote. “The pandemic has brought us to a crossroads.”