

# Everlasting Gospel Bible Studies

## Lesson 26

### THE SABBATH FROM EDEN TO EDEN



Today many people believe that the seventh-day Sabbath (Saturday) was given by God to the Jews only. They believe that the Ten Commandments were introduced for the Jewish nation at Mount Sinai and abolished by Jesus' death. But the Sabbath was made for all mankind. God rested on the first Sabbath at the end of creation week. The Sabbath is a memorial of Creation (Exodus 20:8, 11) and is a sign of sanctification between God and His people (Ezekiel 20:20).

Jesus kept the Sabbath, as did the apostles after Jesus ascended to heaven. Today the majority of Christians celebrate Sunday as a holy day, but this custom has no biblical basis. The true seventh-day Sabbath was introduced at the beginning of this earth's history and will be kept by the saints in heaven throughout eternity.

## A. THE SABBATH IN THE GARDEN OF EDEN

1. How did God observe the seventh day of creation week?  
Genesis 2:2

2. Because God rested from work, how did God designate that we should keep the seventh-day Sabbath?

### a) Exodus 20:8

**NOTE:** God knew that it would be easy for man to forget the Sabbath; therefore He introduced the fourth commandment with the word "remember."



*Hamilton Seventh-Day Adventist Church*  
Taking the Three Angel's Messages to the world

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**b) Exodus 20:10**

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**NOTE:** On the Sabbath we are to cease from all regular labor and secular activity.

**c) Exodus 20:11**

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**NOTE:** We are to rest and spend the time in peaceful and holy communion with our Creator.

## **B. THE SABBATH BEFORE AND AFTER SINAI**

- 3. What was the command regarding gathering of manna in preparation for Sabbath? Exodus 16:5; 16:4, 22-30**

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- 4. When did the Lord promise to give Israel manna? Exodus 16:1; Exodus 19:1**

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**NOTE:** Even before reaching Sinai, the Israelites already knew the Sabbath law, for God commanded them to gather twice the quantity of manna on the sixth day, for there would be none sent on Sabbath. Therefore when Moses was given the law of God written on tables of stone, the fourth commandment was to "Remember the Sabbath day, to keep it holy" They were being reminded of something they had forgotten.

- 5. As what was the Sabbath recognized later on? Exodus 31:13**
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## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**NOTE:** The Sabbath is a perpetual and everlasting memorial of God's creation and creative power.

**6. On which day did Jesus go into the synagogue? Luke 4:16; Mark 6:2**

**7. What did Jesus tell the disciples to pray for when fleeing from persecution? Matthew 24:20**

**NOTE:** The partial fulfilment of this prophetic passage did not occur until Jerusalem was besieged and destroyed in A.D. 70. It is evident that Christ expected His followers to be still observing the Sabbath at that time.

### 8. What did Jesus say about Himself and the law? Matthew 5:17

**NOTE:** Jesus did not come to destroy (change or put away) the law which includes the Sabbath, but to fulfill it (to keep it).

**9. Why did Mary and the other women have to wait one day before they could embalm Jesus' body? Luke 23:54 -24 1, Matthew 28:1; Mark 16:1, 2**

**NOTE:** Immediately after Jesus was crucified, His followers were careful to keep the seventh-day Sabbath.

#### 10. What did Paul do on the Sabbath? Acts 13:14

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**NOTE:** This episode occurred about A.D. 45, fourteen years after the crucifixion.

#### 11. What did Paul do for one-and-a-half years in Corinth? Acts 18:4, 11

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**NOTE:** This episode occurred about A.D. 52. Paul had now kept more than one thousand consecutive Sabbaths since the crucifixion, and preached on the Sabbath to both the Jews and the Greeks.

### D. THE SABBATH THE TRUE DAY OF WORSHIP

#### 12. What will not happen to the law? Matthew 5:18

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**NOTE:** Christ and the apostles kept the Sabbath. Christ, as the Lord of the Sabbath (Matthew 12:8) says that the law (including the Sabbath commandment) will not be changed. Therefore no man has the right to change the law. Nevertheless the majority of Christians worship on Sunday, the first day of the week.

In A.D. 321 the Roman Emperor Constantine decreed Sunday to be the official day of worship for both pagans and Christians. Many Christians keep Sunday, believing it to be the Lord's day, but the Bible refers to the Lord's day as the Sabbath, for Christ is Lord of the Sabbath (Mark 2:28).

### E. THE SABBATH IN HEAVEN

#### 13. When the temple of God was opened in heaven, what did the apostle see? Revelation 11:14

**NOTE:** John saw in heaven the ark of His testament which contains the Ten Commandments, including the Sabbath commandment (Deuteronomy 10:1-5; Hebrews 9:3-4). Thus we know that the Sabbath will continue to be observed when the saints are in heaven.

#### 14. How often will we worship with our Creator in heaven? Isaiah 66:23

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**NOTE:** Unlike our Sabbaths here on earth, we will be able to worship in the actual presence of the Creator Himself?

### SUMMARY

Christ Himself introduced the Sabbath as a part of His law at the time of creation. He again presented it to His people, the Israelites, in the form of the Ten Commandments on Mount Sinai. Christ is the Lord of the law for He is the Lawgiver. Christ is also the Lord of the Sabbath (Matthew 12:8). Just as He instructed the Israelites of the Old Testament to keep the Sabbath, Christ Himself observed it along with the apostles of the New Testament. Today, we still have the same law in the Holy Bible. We are still to observe the Sabbath today and will continue to do so throughout the ceaseless ages of eternity.

### PERSONAL COMMITMENT

As a true follower of Christ, I desire to walk in His steps and with His power. I will keep the Sabbath holy just as He did.

Signed: \_\_\_\_\_