Should Christians Keep the Biblical Sabbath?

Revised, edited and presented in book form

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Introduction: Should Christians Keep the Sabbath?

Have you ever wondered why there are so many reasons that professed Christians have to not keep the Sabbath and why many of these explanations even contradict each other? This booklet is dedicated to revealing in brief the constantly growing list of a multitude of explanations why many Christians say we do not have to keep this day holy. The first thing I noticed with sites opposing the fourth Commandment was that they devoted themselves to coming up with as many explanations as possible to try and prove that the fourth Commandment no longer applies. It was also not hard to see that these people did not have a love of the truth but were determined to destroy the truth at any cost and did not care how they abused scripture to do so. Biblical exegesis was never used but eisegesis was rampant. The points below will slowly reveal this as we move through the growing list of reasons that even contradict. If they were truth then there would never be any contradiction and everyone would have the same reason but not so.

****There are some genuine misunderstandings about the Sabbath and most arise from the confusion between the Ten Commandments and the sacrificial law that is also called the ordinances, Mosaic Law or the Law of Moses. The sacrificial law was observed for centuries and thus it took quite some time for the Gospel to spread and for the Jews especially to understand that the sacrificial law ended at the cross when Christ became our one and final perfect sacrifice. This was a common problem that Paul had to deal with and took time to inform everyone that they no longer had to offer up these animal sacrifices. Romans 14:5, Colossians 2:14-17 and Galatians 4:9-10 are such times Paul had to deal with this problem as you will soon see.****

Ungodly Excuses For Not Keeping the Seventh day Sabbath as God Intended

Below is a point by point list of the rationalizations and misunderstandings given by those who want to avoid spending time with God on His holy day, which He made to be a blessing for us. The Biblical truth will be given straight after each justification that is in bold italics. So if you are looking for an excuse to avoid this precious Commandment of God's then pick
your reason as many others have when they read the lies on satanically inspired web sites. Just be prepared for the response of Jesus such as Matthew 7:21-23 if you choose to do so.

1. **The Sabbath was not made at creation as the word is not used. Incorrect.** The word translated *rested* in Genesis 2:3 is “shabbath” in Hebrew and means Sabbath. So the first occurrence in the English translations may be Exodus 16 but in the original Hebrew text it is actually Genesis 2:3. And Saturday is called the Sabbath in more than one hundred languages to this very day just as God named it at creation and these languages date back to Babel in Genesis 11. God also said it “is a sign between me and the children of Israel forever.” Now note carefully why. Because “in six days the LORD made heaven and earth, and on the seventh day he rested [shabbath], and was refreshed.” Exodus 31:17. Parentheses are added. So this confirms the Sabbath existed from the beginning when it was added as the Seventh day of the week at creation. And did you note that the word “rested” in Exodus 31:17 is also “shabbath” in Hebrew and hence actually states God rested on the Sabbath after he finished creating and was refreshed. And also very relevant is that the words translated “perpetual” and “forever” in Exodus 31:17 are the same Hebrew word (H5769 ’olām) and mean just what they say. In the following scriptures are also the same Hebrew word that is used for “perpetual” and “forever”; Exodus 31:13-17, Genesis 3:22, Genesis 9:16, Genesis 21:33, Psalms 103:17, Psalms 119:142, Psalms 145:13 and Isaiah 40:8.

2. **God was not tired on the Seventh day and so has nothing to do with the fourth Commandment.** Some say in response to God resting on the Seventh day that He does not get tired and the Bible only says He rested because he had finished all His work. God getting tired may or may not be true, but the fact is God still said He rested. So if God does not get tired then why did He rest? The only logical reason we have is that He either does get tired or He was setting an example of what the day was for which lines up with His Commandment and all other scripture. As stated before God said in Exodus 31:17 that the Sabbath “is a sign between me and the children of Israel forever” because “in six days the LORD made heaven and earth, and on the seventh day he rested [shabbath], and was refreshed.” Parentheses are added. Also noted before, the word “rested” is “shabbath” in the Hebrew as per Genesis 2:3. So it actually says that God was refreshed after taking a Sabbath rest. Did you note when God made this day and that He said He was refreshed from resting? So perhaps God does rest, and if not, then He is showing us that we should rest on this day so we will be refreshed. Saying that “God rested only means that He had finished His work” is eisegesis and does not make sense or line up with any scripture.

3. **The fourth Commandment was not kept until Exodus 16 as this is the first time the word is used. Not true.** As already demonstrated the word *rested* in Genesis 2:3 is “shabbath” in Hebrew and means Sabbath. Exodus 16 comes before the giving of the Ten Commandments and this chapter does not say they just started keeping this Commandment but shows it was already being kept. So if they were already keeping it when did they start doing so? God said Cain was guilty of sin for killing his brother but how can that be? Scripture says that where there is no law that there is no transgression. (Romans 4:15; 1 John 3:4) So if there was no law then Cain could not be guilty of the sin of murder. And Genesis 26:5 says that Abraham
was keeping all of God's Commandments, Statutes and Laws. So how could that not include the Sabbath being one of God's Commandments? **So it is not an assumption to say that while the Commandments were not officially codified and written down, God's people obviously knew them and were keeping them.** And we also know that Saturday is called Sabbath *today* in over one hundred languages as God named it at creation which dates back to Genesis 11 when God confused the languages at Babel. Since they were keeping the fourth Commandment before the Commandments were officially given, then we know they were keeping God's Commandments before God wrote them in stone. And points 1 and 2 above reveal that God rested on the Sabbath after He created it and was refreshed. And since Cain knew at least one of the Ten Commandments, and Abraham knew all of them, and the Sabbath was made at creation for this purpose, then why not then? This makes perfect sense. **But saying they just started keeping it out of the blue in Exodus 16 when scripture shows they already knew the Commandment is not looking for the truth.**

4. **The Sabbath is a day of bondage and works.** Here is one of the biggest misunderstandings. If only more knew the real truth they might not be so busy trying to avoid this blessed day. The Sabbath is a SIGN that we are His children who He loves and sanctifies, and it is a day that God desires us to rest on so we do *not* burn out and become ill and hence is for our well being. It is also a beautiful day of fellowship and worship which God desires for those who truly love Him to devote entirely to Him. So what part of this sign that is resting for our health or spending quality time one on one with our Creator is legalism, bondage or just too much of an effort? Some say that keeping the Sabbath is works but I am talking about resting. It is those teaching against the Commandment who are talking about work! Perhaps those who have chosen to call the day legalism or too much of an effort should set their Creator straight and tell Him, “I do not have to love you Lord! That is legalism and just too much of an effort! You don’t expect me to spend quality one on one time with you do you? I like you Lord but let’s not push the boundaries. I have other things to do!” The Sabbath is our favourite day of the week and it is a real blessing to the tens of millions who do understand what this Commandment is about. It is very sad for those who have been deceived and have no idea what a blessing this day is and what they are missing out on. (Isaiah 58:13-14)

5. **You cannot go out of your place on the Sabbath.** I find it hard to get my head around some saying Exodus 16:29 says we cannot go out of our place on the Sabbath so the day must be a burden. God's children were still traveling in the wilderness during those 40 years at this stage and Exodus 16 speaks about the manna that God rained down from heaven and how no manna fell on the Seventh day. On other days the manna would keep for one night only without spoiling but when it was kept an extra night over the Sabbath it still remained sweet and fresh. Some of these non-Jews thought they could keep any day as the Sabbath and went out of their places to find manna when they should not have. When they did not keep the Seventh day as God Commanded, as far as God was concerned they were breaking all of His Commandments and laws. So when Exodus 16:29 says they remained in their places, it is just saying they did not go out looking for manna when God said there would be none. There was nowhere else to go in those times anyway as they were traveling in the wilderness. So they
were either out gathering manna or staying in their places. Shame on those trying to manipulate scripture like this to try and prove we should not keep this special day. Only those deceived by our adversary would do such a thing which also reveals this day does matter or Satan would not be coming up with so many contradictory lies and excuses to try and make us believe otherwise.

*****I think most people know that Jesus kept the Commandment according to His custom (Luke 4:16) and that He and everyone else did not remain indoors every Seventh day and scripture does not say that we have to. The fourth Commandment is intended to be a blessing and not a burden as Jesus constantly demonstrated to the Pharisees who made the day into many burdensome man made rules that God never intended.*****

6. Those that broke the Sabbath were stoned. Some use the argument that since people were stoned for breaking the Sabbath and that they are not anymore, the fourth Commandment must be abolished. But note that not only those breaking the fourth Commandment were stoned but also adulterers (Leviticus 20:10). And those who broke the third Commandment were also put to death (Leviticus 24:16). Being put to death used to be the penalty for wilfully breaking any of the Ten Commandments, not just the fourth. But it did not apply when they were broken in ignorance, meaning not willfully, so death was easily avoided. God ruled the people directly under the theocracy of Israel and commanded immediate punishment for certain flagrant acts of disobedience. God still feels the same today, but punishment is delayed until the Day of Judgment because of Jesus who now says, "He that is without sin among you, let him first cast a stone" John 8:7. Note that being cut off meant to be put to death and then read Numbers 15:28-36 and note that being cut off (put to death) applied to all the Commandments that were not broken in ignorance. (Verses 28-31) Straight after these verses we find an example that just happened to be the Sabbath. (Verses 32-36) It could have been any Commandment and it would have still been the same result. Compare the Good News Bible with the King James above for verses 30-31 in regards to being “cut off” for further confirmation that this phrase means being put to death for willfully breaking any Commandment.

7. Jesus broke the Sabbath hence so can we. If Jesus broke the fourth Commandment then he would have been a sinner and could not have been our Saviour. Those using this appalling excuse should consider more carefully what they are accusing Christ of. Note in John 9:14-24 who is accusing Jesus of breaking the fourth Commandment. Hence if one chooses to believe the accusation of the Pharisees, then one has to accept that they (and the others) are also correct in calling Jesus a sinner for doing so. In John 5:18 the Pharisees accused Jesus of breaking the fourth Commandment yet again for healing a man on the Sabbath. When John wrote the words Jesus broke the Sabbath, he was describing Jesus' actions from the Pharisees' perspective (compare John 9:14-16) which we will see the evidence of in a moment. The Pharisees also accused Jesus of blasphemy for making Himself equal with the Father but were no more correct on this allegation than they were on their accusation of Jesus breaking the fourth Commandment. Note the words of
Jesus in Matthew 12:10-12 as to if healing on the Sabbath is sin. **Jesus states it is lawful to do well and heal on the Sabbath.** See did Jesus break the Sabbath for detailed information.

8. **The Sabbath is just for Israel.** That is true and those quoting this are confessing the Commandment is for them and apparently do not even know it. Here is something that the majority of Christians have missed or do not seem to understand and also why some get so much Bible prophecy incorrect. **Paul says that those who are Israel of the flesh (as in literal Israelites), are NOT Israel anymore today.** This changed 3.5 years after the cross. Read the 70 weeks of Daniel for the explanation. Paul states in Romans 9:6-8, Galatians 3:28-29 and Isaiah 41:8 that those who belong to Christ are Israel today and are Abraham's seed and heirs according to the promise. Now please note this final point that also reveals this is correct or Gentiles cannot be under the New Covenant at all. Read Hebrews 8:10 to see who the New Covenant was only made with. **If you are not Israel then you are out in the cold. It is that simple!**

9. **The Sabbath is only for the Jews.** How can that be? **The Commandment itself says it is also for the “stranger who is within your gates.” (Exodus 20:8-11)** And Saturday is still called the Sabbath in over one hundred languages as God named it at creation and these languages date back to Babel in Genesis 11 that predates the Jews. **God is “is not the author of confusion” (1 Corinthians 14:33)** who wrote nine laws for everyone mixed with one just for the Jews. And especially when there was a law that was ONLY for the Jews and God did not write it there. The children of God in Exodus 16 were also not Jews and so this appalling or very ignorant excuse requires no further explanation!

10. **Christ ended the Mosaic Law so the Commandment no longer applies to Christians.** This one is either deliberate deception or ignorance. The Mosaic Law and the Ten Commandments are clearly two separate laws although I have seen many try and prove otherwise but the truth speaks for itself for those who want it. The Mosaic Law was instituted because God's people broke the Ten Commandments and we are told it was added because of sin until Christ comes. **The Mosaic Law was written by Moses (hence its name) and was written in a book that was stored on the OUTSIDE of the Ark of the Covenant. (Deuteronomy 31:24; Deuteronomy 31:25-26)** The Ten Commandments on the other hand were written by God and were written in stone and were stored on the INSIDE of the Ark of the Covenant under the mercy seat, which is under the Shekinah glory which represented the very presence of God Himself. **(Exodus 20:1, 22; Exodus 32:16; Exodus 31:18; Deuteronomy 10:5)** So these two separate laws were written by two separate entities and were stored in two different locations. One was established because man sinned and the other is the law of God and is a reflection of His very own character. And since scripture says that the Mosaic Law was added until the seed (Jesus) should come because the law was transgressed. (Galatians 3:19) Then what other law was transgressed? The Mosaic Law contained all the sacrifices that were introduced because God's Ten Commandment law was transgressed (broken). **To argue that the Mosaic Law and the Ten Commandments are the same is as foolish as saying that when one sinned they had to commit adultery to make reconciliation for their sin. Before the cross when someone sinned they had to**
take an animal sacrifice and have its bloodshed by the temple priest. This abysmal justification should require no further explanation.

11. **The Sabbath is a ceremonial law.** This is effectively the same excuse as the one above so please see the above point if not already read. To state the obvious, the Mosaic Laws were written in the Mosaic Law and the Ten Commandment laws were written in the Ten Commandment law! The Sabbath is the fourth Commandment and was first written and spoken by GOD!

12. **The two greatest commandments end the fourth Commandment.** We find this in Matthew 22:35-40 but those who know scripture will already know that Jesus was quoting Deuteronomy 6:5 in the Old Testament and this verse is 17 verses after the second reading of the Ten Commandments where no one can say the fourth Commandment was not relevant. This is also why Jesus said ALL the law hangs on these two Commandments just as it did in the Old Testament when this was first spoken in Deuteronomy 6:5.

13. **Galatians 3:10 says you are cursed if you obey the law.** Why would anyone be cursed for loving another person or God? It saddens me when some go this far to avoid a precious Commandment of God. The verse says you are cursed if you do not do what is written in the “Book of the Law.” This is what Moses wrote in a book and hence is the Mosaic Law, not the Ten Commandments. You certainly would be cursed if you continued to make all the animal sacrifices that Christ ended on the cross.

14. **Galatians 4:9-10 says the Sabbath is bondage.** No it does not. The word Sabbath does not occur in the entire book of Galatians. Paul is referring to something that had days, months and years in various seasons. This is the law of sacrifices with its feast days, monthly new moons and yearly sacrificial sabbaths such as Passover and the Day of Atonement just to name two. James states the Ten Commandments are the perfect law of liberty meaning freedom, not bondage. (James 1:25; James 2:10-12) The sacrificial law on the other hand meant having to take an unblemished animal to the temple priest to be sacrificed every time you sinned before the cross and was indeed bondage. See Albert Barnes and People's New Testament Commentaries. See also Galatians 4:9-10 for detailed information.

15. **Romans 14:5 says the Commandment is abolished.** Not true. The word Sabbath does not even occur in this chapter, or the entire book of Romans for that matter. God’s holy day is always called the Sabbath or Sabbath day and is never just flippantly referred to as a day. The word alike was also added by the translators and is NOT in the original text and also tends to make it appear to say something it is not saying. The issue in this passage was between Jews and Gentiles and the keeping of the sacrificial feast days which are several and why more than one day is implied. See Adam Clarke and Albert Barnes Commentaries. See also Romans 14:5-6 for detailed information.

16. **Colossians 2:16 says not to let anyone judge you for not keeping the Lord’s Sabbath.** No it does not. It says not to let anyone judge for not keeping the ordinances (verse 14) which was the sacrificial law of Moses and hence sabbath days, which is also definitely plural in the original Greek text and refers to many such as
Passover and the Day of Atonement Sabbath and five others. Luke 1:6 also identifies the ordinances and the Commandments as being different. Ezekiel 45:17 is the perfect parallel to Colossians 2:16 and reveals that everything described in this verse is what was done to make reconciliation for sin. It is also not unclean food or drink as some modern translations imply but meat and drink [offerings] that belonged to the ordinances, or sacrificial law if you prefer. How can I be sure? To begin with, there is no such thing as unclean drinks in the Bible and so that translation has to be wrong. Compare Galatians 4:10 and Colossians 2:16 and see Adam Clarke and Albert Barnes Commentaries. See also Colossians 2:16 for detailed information.

17. Colossians 2:14 says the Ten Commandments were nailed to the cross. This is the same as the above point so no, it does not. This verse says the ordinances were nailed to the cross, not the Ten Commandments. Luke 1:6 also reveals the ordinances and the Ten Commandments are not the same thing. The only law that ended at the cross is the one that Jesus replaced by becoming our perfect sacrifice. This was the ordinances that are also called the law of sacrifices or the Law of Moses. See the above point. And read were the Ten Commandments nailed to the cross for detailed information.

18. Ephesians 2:15 says the Ten Commandments were abolished. You will note that it does not say the Ten Commandments but the ordinances which were practiced because of sin were abolished in His flesh on the cross. Luke 1:6 shows the ordinances and the Ten Commandments are different. It was the ordinances that caused the enmity between Jews and Gentiles as the Gentiles knew they were under no obligation to obey the Law of Moses. See Albert Barnes Commentary. See also Ephesians 2:15 for detailed information.

19. The New Covenant abolishes the law. The Bible says no such thing. God said He found fault with the Old Covenant. But what did He say was the fault? (Hebrews 8:6-10) You will note that God said the fault was with the people who were not obeying His law. So what did God do in the New Covenant? God said He would write His law in our hearts and minds instead of on stone tablets so we would internalize His law and desire to love and obey it. (Ezekiel 36:26-27; Hebrews 8:10) God did not say some of His law either. He said My Laws meaning all 10 of them! See does the New Covenant abolish the Ten Commandments for detailed information.

20. Every day is holy unto the Lord, and Christians should worship God every day. I agree and do! And so did everyone else that kept the fourth Commandment in the Old Testament. Perhaps these so called Christians should set God straight and tell Him, “Your Commandment is wrong God because I worship you every day!” It is really not wise to mock God and His Commandment like that. God blessed only the Seventh day and He sanctified only the Seventh day and every day cannot be Holy. Only God can make a day Holy. His children in Exodus 16 thought that they could keep any day instead of the Seventh day also and God was so angry with them that as far as He was concerned they were breaking ALL His laws. The Commandment is not just about worship but is also a day of rest. If you keep every day as the Sabbath you will not be Holy, you will be Lazy! It should be
obvious to any truth seeker that it is not possible to keep every day and when God commands something, He means it.

21. **The Sabbath is not in the New Covenant.** Incorrect. The diligent truth seeker will note that scripture actually proves it has to be in the New Covenant. Exodus 24:3-8; Hebrews 9:11-18 and Hebrews 12:24 reveal that the Old and New Covenants were sealed with blood. Hebrews 9:15-17 says that a Covenant requires the death of the testator and has no power while the testator lives. And **Galatians 3:15 says a Covenant cannot be changed after the death of the testator.** So the New Covenant was sealed by the blood of Jesus that afternoon when He died and it cannot be changed afterwards by anyone. When Luke was referring to the woman preparing spices and ointments for the body of Christ, He said, “...they rested the Sabbath day according to the Commandment.” Luke 23:55-56. This was after the New Covenant was sealed by the blood of Christ and they were still keeping the Sabbath according to how the Commandment instructs. Luke wrote this half a lifetime after the cross and there was no way he would not have known if it was changed. Some also say it was changed to Sunday in honour of the resurrection but it is impossible for Sunday to belong to the New Covenant for the same reason being that it cannot be changed after it was sealed by the death of Christ. See is the Sabbath in the New Covenant for detailed information.

22. **Matthew 24:20 does not prove the Sabbath was kept after the cross.** Not so. Those trying to avoid this Commandment say that it was probably only Jews that Jesus was referring to but that is not possible for several reasons. To begin with, Matthew 24 is one of those passages with a dual application. It applied to both the time the temple was destroyed by the Roman army in 70 A.D. and also to the time just before the second coming of Christ. Speaking of the destruction of the temple and Jerusalem in 70 A.D., Jesus said to His disciples that every stone of the Jewish Temple would be “thrown down and that there will not be one stone left upon another.” Matthew 24:1-3. The disciples asked Jesus when this would be AND what shall be the sign of His coming. If you want to apply the Sabbath only to the Jews in Matthew 24:20 then you also have to apply the second coming as only being for the Jews also. This eisegesis would also only apply if the fourth Commandment was only for the Jews which is impossible.

23. **Romans 10:4 says Christ is the end to the Law.** If you stop and think about it for a moment you will realize that Jesus was an end to the law that He replaced by His own final sacrifice. This passage and other scripture reveals it was the Law of Moses (sacrificial law) that ended with Christ and not the Ten Commandments of which the Lord's Sabbath is the fourth. Here are just a few scriptures that would contradict an end to the Ten Commandments. (Matthew 5:17-19; Luke 16:17; Romans 2:13; Romans 3:31; Romans 7:7; Romans 7:12; Revelation 22:14). See Adam Clarke's Commentary.

24. **The Sabbath was made for man. Correct!** (Mark 2:27) it was made to be a blessing to man but this obviously does not change or abolish a Commandment of God. Why would anyone think it does unless they are looking for a reason? All the Commandments were made for man and I would hope no one will say we can pick and choose which of the others they
want to obey also. **The Sabbath was made for man in the beginning in the Old Testament where everyone kept it so what has changed? Nothing!** The issue here was that Pharisees had challenged Jesus over the picking of corn for lunch and the response from Jesus was that this day was made to be a blessing to man, not a burden, and it is not a blessing if you have to go hungry!

25. **We are under grace and not law.** Paul showed that grace did not mean we could continue in sin which is breaking the law of God. (1 John 3:4; Romans 4:15) Paul says, shall we continue in sin because we are under grace? In the strongest possible words he says, “God forbid!” (Romans 6:14-15) And in the next verse he says we either continue breaking the law which is “sin unto death” or we obey it which is “obedience unto righteousness.” (Romans 6:16) An easy choice I believe.

26. **Jesus is the Sabbath rest.** This rationalization is eisegesis at its best. This is one of the newest and worst justifications that came after many started teaching the truth on Hebrews chapter 4 that teaches the fourth Commandment remains for Christians today. In verse four we find the use of the word sabbatismos that means a literal not symbolic “sabbath keeping.” Jesus is our SPIRITUAL rest NOT our PHYSICAL rest. The Thayer dictionary and the Bible in Basic English also translate the Greek word sabbatismos correctly to an equally literal phrase of “Sabbath keeping.” Professor Andrew T. Lincoln also agrees in regards to taking “Sabbatismos” literally. So this excuse was one Satan produced to come against this truth. **For every truth Satan always has at least one lie to come against it.** To begin with, the Sabbath is a day of physical rest and knowing Jesus does not and cannot give you physical rest. Jesus said that not even the equivalent of a comma or a full stop is going to pass from His law as long as Heaven and Earth are still here which they obviously are. (Matthew 5:18, Luke 16:17) The fourth Commandment is the largest of all ten and to say Jesus is the Sabbath abolishes the entire Commandment and that is a lot of commas and full stops! Matthew 11:28 is also often quoted to imply that Jesus will give you physical rest in place of the Sabbath which is impossible. This verse speaks of spiritual and not physical rest and that should be obvious to anyone seeking truth. People’s New Testament Commentary explains it well. **“Labor and are heavy laden. Feel heavily the burdens of life, of sin and sorrow.”**

27. **The Sabbath was changed to Sunday in the Bible.** So which is it? Ten Commandments, Nine Commandments, no Commandments or Ten Commandments but the Sabbath was changed to Sunday? Those opposing the truth have any one of these excuses and often all four but are so busy trying to prove that this Commandment does not matter that they do not notice they contradict themselves. No one can agree why this Commandment supposedly does not matter so we need to recognize that Satan is behind this and attacking the law of God as he did from the beginning. Acts 20:7 and 1 Corinthians 16:2 are nothing but bad assumptions as someone worshipping on a particular day of the week does not change a Commandment of God. Neither of these verses say the fourth Commandment was changed to Sunday and it is not possible anyway as the New Covenant cannot be changed after it was sealed by the blood of Jesus on the cross.
There is not ONE single scripture showing ONE single person in a Church on Sunday in the New Testament, which you certainly would find if the day had been changed. And not forgetting that Jesus said His law would not change. (Matthew 5:18, Luke 16:17) Every single scripture that shows anyone in the Church are all on the Sabbath only!

Here are some proof texts that unlike Acts 20:7 are not assumptions. (Acts 13:14, Acts 13:27, Acts 13:42-44, Acts 15:21, Acts 17:1-2 and Acts 18:4) Those opposing the truth say these meetings in the Church are not worship meetings. So by that we would not have one regular Church gathering in the entire Bible and that would also be no different from saying that Christians in the Church today are not worshipping God either! As for Sunday, in the time of Christ days ended at sunset and began after sunset. (Genesis 1:5; Leviticus 23:32) So careful examination of this passage reveals that Acts 20:7 is actually Saturday evening and not Sunday anyway. Some Bible translators were observant and noticed this and translated this verse accordingly. Many also fail to realize that breaking of bread was done at every meal and the last supper was just that with some symbolism added. (1 Corinthians 11:24) And in 1 Corinthians 11:25 being the next verse you will notice Paul said we can have communion as often as we desire. So in the time of Christ communion was celebrated on any day. Note the feeding of the crowds in Matthew 15:36 was not communion and yet Jesus “gave thanks” and “broke the bread.” And in Acts 2:46 we again see that breaking of bread was done with every meal and does not imply communion. And Acts 27:34-36 also shows that they “gave thanks” and “broke the bread” which in this case was a meal for strength and survival. In any case, we find four verses further on in the context of Acts 20:11 that this was just a meal. See Acts 20:7.

28. John 20:19 shows the Commandment was changed to Sunday. This rationalization is so bad and the truth so obvious I nearly did not include it. And like Acts 20:7, someone worshipping on any other day of the week does not change a Commandment of God. In any case, John 20:19 does not show the Apostles celebrating the resurrection of Jesus as some claim. The verse says the apostles were hiding in fear of the Jews and did not even believe Jesus was resurrected. Mark 16:11-14 shows Jesus rebuking them for their unbelief. If this one does not reveal the deliberate attempt at deception then nothing will.

29. Romans 3:28 says we are not justified by the deeds of the law. If one reads through to the conclusion of this chapter we find out if that means not having to obey the law. In Romans 3:31 Paul asks is the law made void through faith? He says in the strongest possible words, “God forbid! We establish the law.” We are not justified by keeping the law because we cannot keep it perfectly and so we would fail. By faith the repentant sinner goes to God with Christ’s merits and the Lord credits to you the obedience and righteousness of His Son, who did keep it perfectly. Romans 2:13 informs us that it is those who obey the law that are justified. See Romans 3:28 for detailed information.

30. Ephesians 2:8-9 says by grace are you saved through faith. This is true but it does not mean we can disobey God's law. This is the same situation as Romans 3:28 which says we are not justified by the deeds of the law and Romans 3:31 revealing that the law is NOT made
void through faith. We are not justified by keeping the law because we cannot keep it perfectly and hence we would fall a long way short if we tried. It is by faith the repentant sinner goes to God with Christ’s merits and the Lord credits the obedience and righteousness of His Son to you because He did keep it perfectly. Romans 2:13 informs us that it is not the hearers of the law, but the doers of the law that are justified. When we sin we repent and confess our sin (1 John 1:9) and then believe by faith that the blood of Christ cleanses us of all sin. It is then that we receive the free gift of God which is His grace. This is His unmerited and undeserved favour that you do not deserve but get anyway because of Christ interceding for us on our behalf through His death and resurrection. However, there is no sacrifice that will cover wilful and un-repented sin. (Hebrews 10:26-29) There are also those who teach by faith alone and nothing else but James 2:20 says that, faith without works is dead and in James 2:24 states by works a man is justified, and not by faith only.

31. **If you are going to keep the fourth Commandment then you have to keep all 613 Old Testament laws.** The foolishness of this one saddens me deeply. By this statement those opposing the truth are claiming there is no difference between the law of sacrifices and the moral law (Ten Commandments). So in other words, slitting the throat of a lamb because you sinned, and thou shalt not commit adultery is the same thing. If I have to explain this one in more detail then the reader is not looking for truth in the first place! So enough said.

32. **Galatians says the Ten Commandments were only until Christ.** All expert theologians agree that the letter from Paul to the Galatians is about judaizing teachers that insisted they should still be observing all the rites of the Mosaic Law (sacrificial law) such as circumcision and the feast days and sacrificial sabbaths such as Passover. They taught that Paul was inferior to the other Apostles and that the sacrificial law was still binding and necessary for justification. Every chapter except for chapter 6 refers to the sacrificial Law of Moses and NOT the Ten Commandments. See what is the law in Galatians for detailed information.

33. **Jesus fulfilled and abolished the law.** The word fulfil in Matthew 5:17 means to give full meaning to the law and does NOT mean to abolish. The NIRV explains the meaning of fulfil in these words, “I have come to give full meaning to what is written” and the CEV reads, “I did not come to do away with them, but to give them their full meaning.” And how could it abolish the law anyway when Jesus just finished saying that He did not come to destroy the law and that it would last as long as Heaven and Earth and that we are not only to obey it but teach it also. How do you obey or teach a law that has ended? There are other scriptures that use the same Greek word used inMatthew 5:17 and if fulfil meant to bring an end to the law, then our “Joy,” our “Righteousness,” the “Word of God,” our “Obedience” and other things would also be ended. This particular Greek word “fulfil” does not and cannot mean to bring to an end or destroy.

34 **Only Seventh Day Adventists keep the Commandment and so must be wrong or there would be more Churches.** If keeping the fourth Commandment was truth then indeed there would be more Churches and there are! As more and more Churches look for the truth
and continue to study the Word they are finding the relevance of the fourth Commandment and what happened to it. As a result there are now over 550 different Sabbath keeping denominations and the count continues to grow.

35. The Sabbath was a shadow. A shadow of what exactly? You will not hear the answer to this one without it being a twisted lie. The shadows Paul refers to in Colossians 2:17 are related to the holyday's being the feast days that were practiced because of sin and came in after sin. Passover was a shadow of the crucifixion for instance and all the feast days were instituted because of sin and are all shadows of a future event. The fourth Commandment was made before sin has nothing to do with sin other than it is sin to break it and hence cannot be a shadow of anything. All theologians have never disagreed on this as it is so obvious. It is only those opposing the truth that come up with ignorant statements like this one.

36. Revelation 1:10 says the Lord's Day is Sunday. Not true. This verse does not even give so much as a hint of Sunday. The Bible does say that Jesus has a special day and all verses say He is Lord of the Sabbath day which is Saturday. (Matthew 12:8; Mark 2:28 and Luke 6:5) Accredited historical records reveal everyone was still keeping the Seventh day being what we call Saturday until sometime after the Jewish wars (70-90 A.D.) when some switched to Sunday in fear of persecution for Judaism. It was more than 300 years after the cross when an early Church historian wrote that Rome begun calling Sunday the Lord's Day. “In the year 325, Sylvester, Bishop of Rome (AD 314-337), officially changed the title of the first day, calling it the Lord's day.” (Lucium, Historia Ecclesiastica, p. 739) Sunday is a tradition of man and against the will of God and Jesus said that those who keep traditions in place of his Commandments are hypocrites. (Mark 7:6-9). See Revelation 1:10 for detailed information.

37. Isaiah 66:22-23 does not teach we keep the Sabbath forever. Some claim that since Revelation 21:23, 25 says we have no need of the sun or moon and there shall be no night. Then how could we be keeping the Sabbath from one new moon to another? And so they claim this passage in Isaiah says nothing about Sabbath worship and it just means that we will perpetually worship Him. This error comes about from either not wanting truth or an inability to understand the book of Revelation that is written as a chiasm and not in chronological order. These verses apply to the millennium when we are in what the Bible calls the “great city, the holy Jerusalem” (Revelation 21:10) that descends out of heaven onto the New Earth God creates. (Revelation 21:1) Hence it is the Holy city that eventually descends from heaven that is lit by the light of God and thus has no sun or moon. The New Earth on the other hand will have a sun and a moon just as the current one has and needs. The moon is needed for the tides to keep the seas moving which is a necessity. Either way, God is not a liar and if God says that we will come to worship Him from one Sabbath to another then that is exactly what He means. God specified a measurement of time twice in this passage and obviously because time will be measured as it always has. The Greek Septuagint also reveals that Isaiah 66:23 should have been translated as month and not new moon. The following also verifies it will be kept forever. Remember God said it “is a sign between me and the children of Israel forever.” And note why. Because “in six days the LORD made
heaven and earth, and on the seventh day he rested [shabbath], and was refreshed.” Exodus 31:17 Parentheses are added. Did you note the word “rested” in Exodus 31:17 is also “shabbath” in Hebrew and hence actually says that God rested on the Sabbath after creating and was refreshed! So this verse alone confirms the Sabbath was made at creation and will be kept forever. Note also that the words translated “perpetual” and “forever” in Exodus 31:17 are the same Hebrew word and means what it says. There are other words in the following scriptures that are also the same Hebrew word used for “perpetual” and “forever” in Exodus 31:13-17. Genesis 3:22, Genesis 9:16, Genesis 21:33, Psalms 103:17, Psalms 119:142, Psalms 145:13 and Isaiah 40:8. Remember those who belong to Christ are Israel today.

38. We do not know what day it is. Not the words of a truth seeker. Any one of the following three points confirm when the Sabbath day is. The Jews have kept the Sabbath on every seventh day being what we call Saturday for more than three thousand years before the cross and still are right to this very day. Jesus was a Jew and there was no conflict with the Pharisees who were always looking for a way to condemn Christ. They condemned Jesus on how He kept the Sabbath but never on the day being kept. More than a hundred nations around the world call every seventh day the Sabbath in their own language and this also always falls on the day we call Saturday. And of course scriptures such as Luke 23:52-56, 24:1-2 also reveal that the Sabbath is Saturday. Note carefully that Luke shows it falls between what we call Good Friday and Easter Sunday. See the same passage from the Good News Bible for further clarity on the day names.

39. The calendar has been changed. The only Calendar change since the cross was by Pope Gregory XIII (Gregorian calendar) in 1582. Before this date we had the Julian calendar from Julius Caesar but it was eleven minutes out each year. So Pope Gregory corrected the error by dropping ten days from the Calendar. So in 1582, the Calendar went from Thursday, October 4 to Friday, October 15. While ten days were dropped, Friday still followed Thursday and so the weekly cycle was not affected. And again this is confirmed by the fact that more than one hundred nations in the world still call Saturday the Sabbath today that dates back to Genesis 11. The day named Sabbath in each particular language still coincides with the Seventh day being our Saturday, which also coincides with the Seventh day which the Jews could never have lost count of. See has the calendar changed the Sabbath day for detailed information.

40. Pentecost falls on a Sunday and Jesus rose on a Sunday. This argument has no biblical foundation. The day Pentecost falls on or the day Jesus rose on does not change a Commandment of God. If scripture does not say so, it is not so.

41. It is a burden because you cannot light a fire if you are cold. I can understand why some may genuinely believe this based on Numbers 15:32 where they stoned a man for gathering sticks on the sabbath but it is in fact not true.

You will note in the previous verses that being stoned was ONLY for wilfully breaking God's Commandments but not when it was done in ignorance or accidentally. So we know this man was gathering sticks when he did not have to and was wilfully and
deliberately breaking a Commandment of God. We also know it was not cold and hence there was no need and why it was wilful sin. How can I be so sure? By lining up this incident with ALL other scripture. Jesus said to the Pharisees that the Sabbath was made for man when they told Him He could not pick corn on the Sabbath when he was hungry. What Jesus was saying to them is the day was made to be a blessing to man. (Mark 2:27) That means not going hungry or being cold or left sick. Jesus said it is lawful to do well on this day such as healing the sick or pulling an animal out of a pit it had fallen into. (Matthew 12:10-12) Jesus also said in Mark 2:25, “Have you never read what David did, when he had need, and was an hungered?” Jesus used the words “When he had need?” as things of necessity are lawful to do on the Sabbath and eating is a necessity. If you are cold or freezing in the wilderness then lighting a fire to keep warm would not be breaking the Commandment since that would be a necessity. Jesus revealed the following in regards to this day being made for man and to be a blessing to him and not a burden: [1] Human needs are more important than human traditions or ritual requirements. (Matthew 12:3-4, Matthew 12:10-12) [2] The work performed in connection with the Temple service is in keeping with the requirements of the Commandment. (Matthew 12:5) [3] Christ is greater than the Temple (Matthew 12:6) or the Sabbath day. (Matthew 12:8)

Some have said that the issue of the fourth Commandment is not really clear in the Bible or that the Commandment is not repeated in the New Testament as clearly as it was in the Old Testament and so therefore must be irrelevant. But it was man who divided the Bible into the Old and New Testaments and God put no such division between them. So just because the Translators divided the Bible into two books called the Old and New Testaments does not mean everything starts again in the New. Everything from the Old Testament continues into the New just as if it was one book not divided. The only changes between the Old and the New Testaments are what we are specifically told has changed. So you also do not establish if one of the Ten Commandments still exists in the New Testament by looking for it being repeated. To the contrary, you have to look to see if there is an unmistakable instruction that says a Commandment is gone or changed and if scripture is silent then it still exists. God does not work on assumptions and especially on something as important as His Moral law such as His Sabbath. If a Commandment of God was changed then the Bible would be screaming the change at us.

The Sabbath is what is called the test Commandment by many which comes from Exodus 16 where God says He would test the people to see if they would keep His law or not. How did God test the people? He tested to see if they would keep the fourth Commandment on the specific day He blessed and sanctified.

*****When they did not keep the fourth Commandment on the Seventh day as instructed, God accused them of breaking all His law.*****

James was no doubt referring to the above (i.e. breking all his law when he said the following in James 2:10-12.

(AMPC) For whosoever keeps the Law [as a] whole but stumbles and offends in one [single
instance] has become guilty of [breaking] all of it.  

For He Who said, You shall not commit adultery, also said, You shall not kill. If you do not commit adultery but do kill, you have become guilty of transgressing the [whole] Law.  

So speak and so act as [people should] who are to be judged under the law of liberty [the moral instruction given by Christ, especially about love].

The mark of the beast or the mark of the Catholic Church also revolves around the fourth Commandment. (See what is the mark of the beast in the Understanding End Times Prophecy book). And God knew that Satan would attack this Commandment and that many would fight to bury it, and this is why He made it an end time issue which will be the final climactic event where God is going to see who loves Him enough to obey Him even if it means persecution. Hence once again it will be the test Commandment to see who truly loves God. So what if the issue on the fourth Commandment was made extremely clear? No one could debate or argue it, right? This is undoubtedly not what God wanted. God knows that only the truth seekers who truly love Him will see the obvious about the fourth Commandment and they are the ones that do truly love and belong to Him and only they will pass the final test.

*****Besides the multitude of Old Testament scriptures that still apply in the New Testament unless told otherwise, we have Luke using very unmistakable words that say “they rested the Sabbath day according to the Commandment” and this was after the cross where the New Covenant had been sealed by the blood of Jesus and hence cannot be changed which shows the Sabbath is in the New Covenant. And we have the witness of everyone in the New Testament Church since all Church meetings are on the Sabbath only.*****

Acts 20:7 is not in a Church and was in fact Saturday evening. Remember that in Biblical times a new day started at sunset and not at midnight as it is today. See Acts 20:7. And we are also told that a Sabbath rest belongs for the children of God in Hebrews. See Hebrews 4:9. There is a lot more and none of the evidence is assumptions, misunderstandings or abused scripture like the above forty plus excuses and reasons.

So where is that one crystal clear scripture that says the Sabbath of the Lord thy God has been removed and no longer has to be kept? And if this supposed one unmistakable scripture did exist, then why it isn’t the same reason everyone gives? Instead we have loads of excuses and abuse of any scripture that can be used to try and make scripture say what it does not and this alone makes it very obvious that Satan is at work here.

**Statements made by The Papacy and Historians concerning SUNday worship:**

* “The Sun was a foremost god with heathendom. ... The sun has worshippers at this hour in Persia and other lands. ... The PAGAN Sunday dedicated to Balder, became the Christian Sunday, sacred to Jesus.” — Catholic William Gildea, Doctor of Divinity, wrote in The Catholic World, March, 1894, page 809.

* “Reason and sense demand the acceptance of one or the other of these alternatives: either Protestantism and the keeping holy of Saturday, or Catholicity and the keeping holy of
Sunday. Compromise is IMPOSSIBLE.” — Cardinal James Gibbons, archbishop of Baltimore and noted writer, said in The Catholic Mirror, December 23, 1893.

Doctor Alexander Hislop, in his classic work, The Two Babylon’s, page 105, says this: “To conciliate the Pagans to nominal Christianity, Rome, pursuing its usual policy, took measures to get the Christian and Pagan festivals [that’s the Sabbath and Sunday] amalgamated, and ... to get Paganism and Christianity now far sunk in idolatry in this as in so many other things, to shake hands.” He says further: “A glance at the main pillars of the Papal system will sufficiently prove that its doctrine and discipline in all essential respects have been derived from BABYLON.”

“In ancient Babylonia the SUN was WORSHIPPED from immemorial antiquity.” — Sir James G. Frazer, an authoritative scholar, makes this statement in his book The Worship of Nature, Volume 1, page 529.

“It is interesting to note how often our Church has availed herself of practices which were in common use among pagans ... Thus it is true, in a certain sense, that some Catholic rites and ceremonies are a reproduction of those of pagan creeds...” — (The Externals of the Catholic Church, Her Government, Ceremonies, Festivals, Sacramentals and Devotions, by John F. Sullivan, p 156, published by P.J. Kennedy, NY, 1942).

Did Emperor Constantine Change the Sabbath from Saturday to Sunday?

Many are asking did Constantine change the Sabbath from Saturday to Sunday. The short answer is No! Did Constantine's first Sunday law play a key part in the final change of the Sabbath from Saturday to Sunday? The answer is an unmistakable resounding Yes!

Please consider carefully the following two questions. Does Satan hate God and His law? And since breaking the law of God is sin, would Satan attack and attempt to change God's law and deceive us on the truth of obedience to it?

The wise will understand that Satan would and has attacked the Ten Commandment law of God and that there can be no doubt that he would do so. When did he first begin this attack on planet earth? In the very beginning in the Garden of Eden. (See also the Catholic version of the Ten Commandments in the book titled Understanding End Times Prophecy).

And while the second Commandment defines who and what we should not worship, the fourth Commandment defines who it is we do worship. Most are unaware of this fact and yet there is no shortage of scriptures both stating and demonstrating this. Satan wanted to be worshipped like the most High (Isaiah 14:12-14) and so instituted his own church and his own day of worship. And when did this begin? This can be traced back as far as the tower of Babel around 2000 B.C. See the origin of Babylon and Sun worship (in the book titled Understanding End Times Prophecy) first for a better understanding of this topic and the role
of Emperor Constantine. It should come as no surprise that Satan has had no trouble in finding those he can deceive into posting false information about the Sabbath and hence attack any facts that prove there has been foul play with the fourth Commandment. So in an attempt to cover up the truth on the part Constantine played that resulted in the final change to the Sabbath, the proponents' whole argument is typically that Emperor Constantine did not change the Sabbath and only instituted the first Sunday law. That much in fact is true, but there is a lot more to the story which they very conveniently fail to mention like why and the major role Constantine did play in the change of the Sabbath to Sunday.

The deceived proponents usually say something like it is well documented that the early Church adopted Sunday as their day of worship. This statement is false and based on the abuse of two or three scriptures that refer to the first day of the week such as Acts 20:7 and 1 Corinthians 16:2. And if their statement was true, then there would have to be a very clear instruction from God as Jesus made it extremely clear that no change would occur to the law. This is the Ten Commandment law of God and something this important does not change on assumptions. There would always be very clear scriptures if there were to be so much as a jot or a tittle of a change. See Matthew 5:18 and Luke 16:17.

If the early Church really had changed to Sunday worship, the Apostles would have been instructed to do so by God and yet no such instruction exists. And absolutely all scriptures relating to worship in the Church would be on Sunday in the book of Acts if this were true, which would be many scriptures. So how many verses are there in the book of Acts showing Christians worshipping in the Synagogue (Church) on the first day of the week? Zero! There is not one single scripture! How many scriptures are there that show both Jew and Gentile worshipping in the synagogue on the Sabbath? Every single one of them and more than you can count on both hands! Not just those two or three scriptures that say “first day of the week” that do not even occur in a Church and are bad assumptions and deliberate attempts to bury a Commandment of God. Here are just a few examples of scriptures that are not assumptions unlike those trying to prove a fallacy: Mark 1:21, Mark 6:2, Luke 4:16, Luke 6:6, Luke 13:10, Acts 13:14, Acts 13:27, Acts 13:42, 44, Acts 15:21, Acts 17:1-2 and Acts 18:4. These same people who are determined to squash the truth on the Sabbath day also typically quote Colossians 2:16, Galatians 4:10 and Romans 14:5. Are these scriptures all talking about the same thing? Yes! Are they talking about the Sabbath of the Lord? Not a chance! See the following link: Galatians and the law for a very misunderstood book.

Note what The People's New Testament (1891) by B. W. Johnson states in regards to these scriptures.

“Romans 14:5 – One man esteemeth one day above another. A second difference of opinion is now cited. Some, Jewish converts or Gentiles who did not understand that the old covenant was ended, believed that the Jewish sabbaths and new moons should be kept sacred.
Compare Col_2:16, and Gal_4:10.”

This Bible commentary links all three passages but not with the Sabbath of the Lord thy God but the Mosaic Law with all the Jewish ceremonial sabbaths such as Passover and the Day of Atonement as well as the New Moon festivals etc. These were practiced because of sin and that is why they all ended at the cross.

Here is another from the Treasury of Scriptural Knowledge by Canne, Browne, Blayney, Scott on Romans 14:5.

“Romans 14:5 – esteemeth: Gal_4:9-10; Col_2:16-17”
Again we see that all three passages are connected. But with what? They are connected with the Ceremonial Law NOT the Ten Commandments. (See Colossians 2:16, Galatians 4:9-10 and Romans 14:5-6 for full detail. See also Adam Clarke and Albert Barnes Commentaries on Colossians 2:14-16, Albert Barnes and People's New Testament Commentaries on Galatians 4:9-10 and People's New Testament and Adam Clarke Commentaries on Romans 14:5).

There are many web sites out there claiming these scriptures end the fourth Commandment but how many really know that these scriptures are quoted in ignorance and do not refer to the Ten Commandments or the Sabbath at all, but to the sacrificial law that was practiced before the cross when the Ten Commandments were broken? I believe this shows one of two main things. Those erecting these erroneous web sites are either deceived by Satan or they just simply have no idea on the sanctuary service and just read these scriptures and decide what they think they mean when in fact they have no idea. If you study the real truth on these passages, you will know that when you encounter anyone quoting these scriptures that they do not understand Biblical truth and thus one cannot trust anything they do say.

One such site called got questions has truth mixed with error on every topic I read and yet so many are linking to their pages because what they write sounds good even though most of their material is seriously wrong. Don't just believe what tickles your ears but examine the scriptures daily as the Bereans did. (2 Timothy 4:3-4, Acts 17:11) Now is not the time to be apathetic as the return of Christ is imminent and so Satan is working harder than ever to spread lies on crucial topics. Further below you can find the real truth on the very significant part that Emperor Constantine did play in the change to the Sabbath.

So how do those that oppose the Sabbath truth say this Commandment has ended? It was changed to Sunday in the Bible. Wrong! Colossians 2:16 says let no one judge you for keeping it. Wrong! Romans 14:5 says we can observe any day. Wrong! Galatians 4:9-10 says the day is bondage. Wrong! It is only nine Commandments now. Wrong! All Ten Commandments were nailed to the cross. Wrong! The Sabbath is a ceremonial law. Wrong! It does not matter what day we keep. Wrong! We do not know the true day so we should not bother. Wrong! We are under grace so the law is gone. Wrong! The calendar has changed and the day is lost. Wrong! Jesus broke the Sabbath so we can too. Wrong! Jesus is our Sabbath rest so the day is gone. Wrong! The Sabbath was only for the Jews. Wrong again! So which is it? It seems that all those who say the Sabbath is abolished cannot decide on why they say this Commandment is gone. Does anyone see a problem here? To begin with, many of these reasons contradict each other and so have to be wrong! If the Sabbath Commandment was really abolished then there would have to be one clear reason that everyone would agree on but not so! Why are there so many different reasons?

Because they all have one thing in common. They are all excuses perpetuated by Satan!

In 312 A.D., prior to his pivotal victory over his rival Maxentius at the Battle of Milvian Bridge, Constantine became a “Christian” after claiming to see in broad daylight a vision of “a cross above the sun” with these words emblazoned, “in hoc signo vinces” (by this sign conquer”). After defeating his enemies and becoming Emperor of Rome, Constantine presided in full royal pomp over the “First Council of Nicea” in 325 A.D.

As a shrewd political genius, his scheme was to unite Christianity and paganism in an effort to strengthen his disintegrating empire. Constantine knew that pagans throughout the empire worshiped the sun on “the first day of the week,” and he discovered that many Christians and especially in Rome and Alexandria also kept Sunday because Christ rose from the dead on
that day. So Constantine developed a plan to unite both groups on the common platform of Sunday keeping. On March 7, 321 A.D., he passed his famous national Sunday law:

**First Sunday Law enacted by Emperor Constantine - March, 321 A.D.**

“When the venerable Day of the Sun let the magistrates and people residing in cities rest, and let all workshops be closed. In the country, however, persons engaged in agriculture may freely and lawfully continue their pursuits; because it often happens that another day is not so suitable for grain-sowing or for vine-planting; lest by neglecting the proper moment for such operations the bounty of heaven should be lost. (Given the 7th day of March, Crispus and Constantine being consuls each of them for the second time [A.D. 321].)” Source: Codex Justinianus, lib. 3, tit. 12, 3; trans. in Philip Schaff, History of the Christian Church, Vol.3 (5th ed.; New York: Scribner, 1902), p.380, note 1.

Now a **professed Christian**, Constantine nevertheless remained a devout sun worshipper. “The sun was universally celebrated as the invincible guide and protector of Constantine,” notes Edward Gibbon in his classic *Decline and Fall of the Roman Empire*, ch. xx, par. 3.

Constantine even printed coins which “bore on the one side the letters of the name of Christ, on the other the figure of the sun god.” Arthur P. Stanley, *History of the Eastern Church*, lect. vi, par. 14.

Again, Constantine’s promotion of Sunday observance was part of his definite strategy to combine paganism with Christianity: “The retention of the old pagan name of dies Solis, or 'Sunday,' for the weekly Christian festival, is in great measure owing to the union of pagan and Christian sentiment with which the first day of the week was recommended by Constantine to his subjects, pagan and Christian alike, as the ‘venerable day of the Sun.’” – Stanley’s *History of the Eastern Church*, p. 184.

In spite of the rising popularity of Sunday sacredness, Church historian Socrates Scholasticus (5th century) wrote: “For although almost all churches throughout the world celebrate the sacred mysteries [of the Lord's Supper] on the Sabbath of every week, yet the Christians of Alexandria and at Rome, on account of some ancient tradition, have ceased to do this.” – Socrates Scholasticus, *Ecclesiastical History*, Book 5, ch. 22.

Another historian also confirmed this by stating, “The people of Constantinople, and almost everywhere, assemble together on the Sabbath, as well as on the first day of the week, which custom is never observed at Rome or at Alexandria.” – Sozomen, *Ecclesiastical History*, Book 7, ch. 19. Thus even in the 5th century, Sabbath keeping was universally prevalent (except in Rome and Alexandria) along with Sunday keeping.

**Many Christians kept both days, but as the centuries wore on, Sunday keeping grew in prominence and especially within Roman Catholic territories.**

In 330 A.D., Constantine moved his capital from Rome to Constantinople (modern Istanbul), thus preparing the way for the Roman Catholic Popes to reign in Rome as the successors of Constantine.

*****As the Papal Church grew in power, it opposed Sabbath observance in favour of Sunday sacredness and made the day change official in the Council of Laodicea (A.D. 363-364). Constantine’s law had now been fully integrated into the Papal Church and the final step of the Sabbath to Sunday change was complete.*****

So around the year A.D. 364, the Catholic Church outlawed Sabbath keeping in the Council of Laodicea when they decreed 59 Canon laws. The following is the relevant Canon
law: Canon XXIX: “Christians must not judaize by resting on the Sabbath, but must work on that day, rather honouring the Lord’s Day; and, if they can, resting then as Christians. But if any shall be found to be judaizers, let them be anathema from Christ.” (Percival Translation).

Four hundred years after the death of Christ and one hundred years after Constantine's linking of Church and State by his Sunday law edict, Rome and Alexandria were the only places in the world where many of the Christians kept only Sunday and not the true Sabbath. Why was it that Rome and Alexandria were also the first locations that Sunday worship began? Because this is where the pagan practices of Babylon eventually landed after it was conquered. And what was the dominant pagan practice that the Babylonian priests brought with them? Sun worship which was done on Sun-day! See the link: the history of Sunday worship for more detail.

So one can understand why Rome and Alexandria did not bother to keep the true Sabbath as they had not done so for 200 years. Throughout the entire history of the changeover from Sabbath to Sunday, Rome and Alexandria had worked together. Alexandria provided the philosophical reasons for the changes and Rome provided the decrees and anathemas.

*****Constantine's help was given only to the worldly Church leaders at Rome and those Christians that resisted the errors that were being introduced into the Church met with his opposition. “Unite with the bishop of Rome or be destroyed,” was Constantine's position.*****

“Great as were the favors which Constantine showed to the church, they were only for that strong, close-knit, hierarchically organized portion that called itself Catholic. The various [so-called] heretical sects could look for no bounty from his hands.” – Williston Walker, A History of the Christian Church, page 105.

*****The change of the Sabbath to Sunday was totally completed by the seventh century as the Popes consolidating their enormous power persecuted all who resisted their innovations. Did Satan use Constantine to play a key part in his plan to change the Sabbath to his day being Sunday? The answer is clear! From sun worship 2000 B.C., to Sunday worship in the Church. Satan infiltrated the Christian Church and most are oblivious to the fact that this has happened or understand the relevance. Sunday or “dies solis”, the day of the sun came from Satan worship and is his day. The mystery Babylonian religion went straight into the Church of Rome and that is why God calls her Babylon.*****

GOD’s Ten Commandments, The True Sabbath or Ceremonial Law?

Colossians 2:16

This verse would have to be the most abused and misunderstood Bible passage in regards to the ordinances of the ceremonial law. So what actually is the ceremonial law, and is it possible for this passage on Colossians 2:16 to refer to the Ten Commandments or just the Lord's Sabbath as some claim?

The ceremonial law with its sacrificial system pointed the people to the coming of Christ. Every time the blood of an animal was shed in the old Jewish temple, it was a reminder to the
onlooker that One would come and die for his sin. Hence, John the Baptist pointed to our Lord and declared the significant words, “Behold the Lamb of God.” When Jesus died on the cross of Calvary, the veil of the great temple curtain was torn from top to bottom to signify that the entire ceremonial system was forever finished. No longer do the priests need to offer up sacrifices.

How do the Ten Commandments and this Ceremonial law relate to each other? If a man sinned, he broke LAW No. 1 - the Moral law of the Ten Commandments. So then he brought his offering, according to LAW No. 2 - the law of sacrifices, and he received forgiveness. LAW No. 1 defines sin, for sin is the transgression of the moral law. (1 John 3:4) LAW No. 2 defined sacrifices, the Ceremonial law which was the remedy for sin. When the Israelite sinned, he broke the first law. To secure forgiveness he had to obey the second law. So here are two very distinct laws.

When the One great and perfect final Sacrifice was offered that Friday afternoon and the true Passover Lamb bowed His head and died and cried out, “It is finished”, the now obsolete ceremonial law that pointed the people to His sacrificial death was nailed to the cross. Jesus is now the permanent remedy for when we break LAW No. 1. When we now sin, we genuinely repent and ask Jesus for forgiveness.

While the word ceremonial is spoken frequently of in scripture, the term ceremonial law is not. In the KJV Bible, it is normally translated to ordinances which Strong's dictionary translates to as being a law of ordinances or ceremonial law. As it was a system of commandments given by God to Israel, there can be no doubt that it was a law which involved ceremonies so it will be frequently called the ceremonial law. Since this law ended at the cross it was only observed by literal Israel.

The key to understanding Colossians 2:16 is found two verses earlier in Colossians 2:14. The key phrase is, “Blotting out the handwriting of ordinances.” The Greek word for blotting is “exaleipho”, pronounced “ex-al-i'-fo”. Strong's dictionary gives the definition; “to smear out, that is, obliterate (erase tears, figuratively pardon sin): - blot out, wipe away.” The next keyword in this verse is “handwriting” and the Greek word is “cheirographon”, pronounced “khi-rog'-raf-on” and the definition is, “something handwritten ("chirograph"), that is, a manuscript (specifically a legal document or bond (figuratively)): - handwriting.” And the last and final very important word we need to look at is “ordinances”, Greek word is “dogma”, pronounced “dog'-mah” and the Strong's definition is “a law (civil, ceremonial or ecclesiastical): - decree, ordinance.”

Did you note the last one? It means “a law”, but what type of law? The two words we should be very familiar with now are “ceremonial” i.e., “ceremonial law” and “ordinances” which comprised the things contained in the ceremonial law.

The Thayer dictionary is even clearer and you will note that it does not say the Ten Commandments. It directly and unmistakably says the “Law of Moses” outright. Thayer Definition: “The rules and requirements of the Law of Moses; carrying a suggestion of severity and of threatened judgment.”

So what was nailed to the cross as Paul explains in verse 14? The “Law of Moses,” which is also called the “Mosaic Law”, the “Book of the Law” and as we have just seen by the definition given by the KJV Bible, the “Ordinances.” There should be no doubt that the ceremonial law is not the Moral law and that Paul has said that we no longer need to observe the holy feast days that were associated with the ordinances as some
erroneously teach. This was the whole problem that Paul was addressing as some Jews were still doing this.

The ceremonial law was for Israel alone as the Gospel did not go to the Gentiles for 3.5 years after Jesus died on the cross. This is why there is so much confusion between the ceremonial law and the Ten Commandments. That one and final perfect sacrifice of Jesus ended this whole sacrificial system, thankfully giving us no requirement to obey this law. Since Jesus replaced this law, He has become the remedy for sin, which is the breaking of God's Ten Commandment law.

So just to make sure there can be no misunderstanding. The ceremonial law was practised when one sinned and that sin was the breaking of the Ten Commandments. So which one of these is a ceremonial law? Which one do we practise if we sinned before the cross? Do we go and commit adultery to make reconciliation for our sin? Or do we take a lamb for sacrifice to the temple priest to cover our sin such as adultery? Note also that our God is “is not the author of confusion” (1 Corinthians 14:33) and did not place a ceremonial, sacrificial law that was practised when we sinned, with a law that when broken was sin. We can rest knowing God is not the author of confusion and ALL Ten Commandments are moral laws.

Now that we have a clear distinction between these two laws, we can now look at all the verses that such an astonishing amount of controversy occurs over. The verses in contention are Colossians 2:16, Galatians 4:9-10 and Romans 14:5. Since Colossians 2:14-17 is the main area of confusion we will cover that first.

Colossians 2:16 reads “Let no man therefore judge you in meat, or in drink [offerings], or in respect of an holyday, or of the new moon, or of the sabbath days:” And so the belief of some is the fourth Commandment was deleted from stone. What was actually done away with here was the ordinances (ceremonial law). This is clearly seen by noting what Paul said two verses earlier. Colossians 2:14 reads, “blotting out the handwriting (has to be Moses handwriting) of ordinances that was against us, which was contrary to us, and has taken it out of the way, nailing it to the cross.” Paul then goes on to say, so “Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days:“

Luke 1:6 KJV also demonstrates that the ordinances and the Ten Commandments are two totally different things. It states, “And they were both righteous before God, walking in all the Commandments and ordinances of the Lord blameless.” And Hebrews 9:1-2 says, “Then verily the first covenant had also ordinances of divine service, and a worldly sanctuary. 2 For there was a tabernacle made; the first, wherein was the candlestick, and the table, and the showbread: which is called the sanctuary.” The first Covenant had also the ordinances as well as the Ten Commandments, but the New Covenant has only the Ten Commandments that God now writes in our hearts so it will be our hearts desire to obey Him. God said that the fault with the Old Covenant was the people would not obey it and nowhere does God say that His law lost any Commandments. When God said he will write His law on our hearts, He meant all of His Ten Commandment law.

Did you note in Hebrews 9:1-2 that these ordinances belonged to the Hebrew sanctuary sacrificial system. It was the ceremonial law that was nailed to the cross and “not one jot or one tittle” of any of the Ten Commandments. The obvious differences between the Ten Commandments and the ordinances of the ceremonial law are that the Ten
The Ten Commandments were placed in the Ark.

Commandments were written by God's finger, written in stone, placed inside the Ark of the Covenant, are love, eternal, for all people and is sin to break them. The ordinances were in Moses handwriting, written in a book, placed in a pocket on the outside of the Ark of the Covenant, are not love, not eternal, were only for the Jews and were practised because of sin. When that One great and perfect and final Sacrifice was offered that Friday afternoon, when Jesus cried out, “It is finished,” and the true Passover Lamb bowed His head and died, that now obsolete ceremonial law that pointed people to His sacrificial death was nailed to the cross once and for all.

So is the phrase “sabbath days” in Colossians 2:16 referring to the Lord's Sabbath? Definitely not. Firstly, every Greek scholar will tell you that “sabbaths” is unquestionably plural here, which there were several in the ordinances of the ceremonial law, and secondly, everything in verse 16 belonged purely and solely to the ordinances, which Paul specifically tells us is in verse 14. Paul also exhorts that the contents of verse 16 was nailed to the cross because that is what had to be practised because of sin prior to the cross, and of course why it ended at the cross. Sin is breaking of the Ten Commandments (1 John 3:4) and the Sabbath is one of the Ten Commandments. Think very carefully about what God actually calls HIS Sabbath. We find more than once the phrase, “But the seventh day is the Sabbath of the LORD your God.” It is the Lord's Sabbath! The ceremonial sabbaths belonged to Israel only and were very significantly called “Her sabbaths” and are never referred to as the Sabbath of the Lord let alone the Sabbath of the Lord your God. The Sabbath of the Lord was not kept for breaking the Sabbath of our Lord or any other Commandment for that matter. This of course makes no sense at all.

Studying the table below will give clarity between the ceremonial sabbaths mentioned in Colossians 2:16 and the fourth Commandment, the Sabbath.

<table>
<thead>
<tr>
<th>Sabbath of the Lord</th>
<th>Ceremonial Sabbaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spoken by God personally</td>
<td>Spoken by Moses</td>
</tr>
<tr>
<td>(Exodus 20:1, 8-11)</td>
<td>(Exodus 24:3)</td>
</tr>
<tr>
<td>Written in stone by God Himself</td>
<td>Written by Moses hand on paper</td>
</tr>
<tr>
<td>(Exodus 31:18)</td>
<td>(Exodus 24:4)</td>
</tr>
<tr>
<td>Put inside the Ark of the Covenant</td>
<td>Stored on the outside of the Ark</td>
</tr>
<tr>
<td>(Deuteronomy 10:5)</td>
<td>(Deuteronomy 31:26)</td>
</tr>
<tr>
<td>Was made at creation</td>
<td>Were made after Sinai</td>
</tr>
<tr>
<td>(Genesis 2:1-3)</td>
<td>(Exodus 20:24)</td>
</tr>
<tr>
<td>Was established before sin</td>
<td>Were established after sin</td>
</tr>
<tr>
<td>(Genesis 2:1-3)</td>
<td>(Exodus 20:24)</td>
</tr>
</tbody>
</table>
| Breaking the Sabbath is sin  
  *(1 John 3:4)* | These were kept because of sin  
  *(See Leviticus)* |
|---------------------------------------------------------------|---------------------------------------------------------------|
| It is a law of love  
  *(Matthew 22:35-40, Isaiah 58:13-14)* | They were not love  
  *(Colossians 2:14, Galatians 4:9-10)* |
| It is a law of liberty  
  *(freedom)*  
  *(James 1:25, 2:10-12)* | They were bondage  
  *(Galatians 4:9-10, Colossians 2:14)* |
| The Sabbath is for everyone  
  *(Mark 2:27, Hebrews 4:9-10)* | Only for the children of Israel & Jews  
  *(Old Testament)* |
| God calls it *MY* Sabbath  
  *(Exodus 31:13, Ezekiel 20:20)* | God calls them *HER* sabbaths  
  *(Hosea 2:11, Lamentations 1:7)* |
| The Sabbath is eternal  
  *(Exodus 31:16-17, Isaiah 66:22-23)* | Were nailed to the cross  
  *(Colossians 2:14, Ephesians 2:15)* |

**Consider the following three questions:**

1) Why didn't God put His Sabbath with all the ceremonial sabbaths in Moses hand writing if it was to end at the cross?

2) Why didn't God put His Sabbath with the Jewish ceremonial sabbaths that ended at the cross, if His Sabbath was only for the Jews?

3) Why would our omniscient (all knowing) God put His Sabbath in His eternal law of love if it is not eternal or not love?

**Observe how every single part of Colossians 2:16 and associated verses do refer to the ceremonial law.**

Unfortunately, most modern Bible translations have translated the word meat in verse sixteen incorrectly and most non-Jews get this wrong and this includes some theologians. Ask some Jews that understand Hebrew. The King James Bible is one of the few translations that does translate these words correctly and is therefore recommended in these studies. So much gets
lost when the translators do not have a good understanding of Jewish culture and terminology. **To be referring to clean or unclean foods here would be totally out of context for this passage.** But when kept in context, every single point here refers to the various holy feast days and the sacrificial sanctuary system. Further clarification can be found in the book of Hebrews. **Note that the context of this passage is undoubtedly the sanctuary service in regards to sacrifices and offerings, of which Jesus Christ became the final perfect sacrifice for us.**

Paul is possibly the author of Hebrews and we see that the meat and drink has to be meat and drink offerings by the unmistakable context of this passage in Hebrews 9:7-14 below. The author speaks of meat and drink [offerings] and carnal ordinances which were imposed until the time of reformation, being Jesus Christ who obtained eternal redemption for us and brought an end to the sacrifices prescribed by the ordinances of the ceremonial law once and for all.

This continues to illustrate the perfect context of Colossians 2:16 and as per Colossians 2:14, we see everything described is part of the ordinances of the ceremonial law, which Paul said in this verse was against us and contrary to us, and it was taken out the way and nailed to the cross by Jesus' perfect sacrifice.

**Hebrews 9:7-14** “But into the second went the high priest alone once every year, not without blood, which he offered for himself, and for the errors of the people: The Holy Ghost this signifying, that the way into the holiest of all was not yet made manifest, while as the first tabernacle was yet standing: Which was a figure for the time then present, in which were offered both gifts and sacrifices, that could not make him that did the service perfect, as pertaining to the conscience; Which stood only in meats and drinks, and divers washings, and carnal ordinances, imposed on them until the time of reformation. But Christ being come an high priest of good things to come, by a greater and more perfect tabernacle, not made with hands, that is to say, not of this building; Neither by the blood of goats and calves, but by his own blood he entered in once into the holy place, having obtained eternal redemption for us. For if the blood of bulls and of goats, and the ashes of an heifer sprinkling the unclean, sanctifieth to the purifying of the flesh: How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?”

As you can plainly see, like Colossians 2:16, nowhere in this passage are clean and unclean foods referred to and nowhere in the Bible where clean and unclean foods are discussed, are there issues of unclean drinks. In fact there is no mention of unclean drinks anywhere in the Bible as they do not exist. **What is spoken of in Colossians and Hebrews are references to meat and drink offerings that were part of the sanctuary service and were in the ordinances of the ceremonial law.** This is all that can be referred to and when done so fits the context perfectly of both passages as it remains harmoniously in context with the sanctuary service.

Since many Bibles have failed in the translation of meat and drink [offerings] in Colossians 2:16, **some try and make meat and drink about dietary laws etc, so let's clarify further.** When Paul says “therefore,” he is referring to what he just spoke of in Colossians 2:14 that was nailed to the cross. So why did Jesus die on the cross? Did He die for the food we eat? **Did Jesus die for any type of religious practise that involved eating and drinking? Of course not! Jesus died on the cross for one thing only and that was our SIN.** Is this really
so hard to understand? **It is meat and drink offerings that were practised because of sin. So simple and perfectly in context.**

So let's re-examine Colossians 2:14-17 again to see if everything does actually refer to the ceremonial law by the fact that the context of the passage remains the same throughout. “Blotting out the handwriting”, the ceremonial law was written in Moses handwriting. “Ordinances”, Strong's dictionary also directly translates this word to ceremonial law, “that was against us, which was contrary to us, and took it out of the way”, the ceremonial law is now against us and contrary to us, as Christ has become that One and perfect sacrifice for us. “Nailing it to his cross”, and of course now that Christ has become that perfect sacrifice for us, no longer are meat and drink offerings and animal sacrifices and all associated holy days necessary, so the ceremonial law was *nailed to the cross*. Moving onto verse sixteen, “Let no man therefore judge you in meat, or in drink”, and as we have now seen were part of the ceremonial law. “Or in respect of an holyday”, these holy days included such days as Passover, Feast of Weeks and many others. “Or of the new moon”, new moon celebrations were also part of the ordinances. “Or of the sabbath days”, Passover, Feast of Unleavened Bread, First Fruits, Feast of Weeks, Day of Atonement, Feast of Tabernacles and many others were all sabbath days.

**When referred to in plural and the context of the passage is the ceremonial law, then the sabbaths referred to can be nothing else but ceremonial sabbaths.** Verse seventeen goes on to say, “Which are a shadow of things to come.”

These sabbaths were called a shadow because Passover was a shadow of the crucifixion and Feast of Weeks was a shadow of Pentecost etc. These Old Testament holy day feasts were shadows of what was to come and once those things had come and gone then the shadows also disappeared. Here is one verse from Leviticus that refers to such feast holy days, which involves meat and drink, that is, meat and drink offerings that Paul also refers to in Colossians 2:16. Leviticus 23:37 “These are the feasts of the LORD, which you shall proclaim to be holy convocations, to offer an offering made by fire unto the LORD, a burnt offering, and a meat offering, a sacrifice, and drink offerings, everything upon his day”

Some who would like us to believe it is only nine Commandments have claimed that the Sabbath of the Lord was a shadow as referred to in Colossians 2:17. Is this true? We have seen that this Hebrew sanctuary system had many feast days that were ceremonial sabbaths and these were all shadows of something. What was Passover a shadow of? Who became our Passover Lamb? On what day was Jesus crucified? What was about to be sacrificed in the
temple when Jesus died and an unseen hand ripped the temple curtain from top to bottom? Jesus of course became our Passover Lamb and died at the exact same time that they were about to sacrifice the Passover lamb in the temple. So was Passover a shadow of something? Most definitely! It was a shadow of the true Passover lamb dying on the cross for our sins.

**Since some are calling the Seventh day Sabbath a shadow, perhaps they would like to tell me what it was a shadow of. Happy hunting because the Sabbath is not a shadow of anything! All these feasts ended at the cross because they were practised because of sin and why they ended with the sacrifice of Jesus. They came about as a result of sin. So when was the Sabbath created?**

Genesis 2:2-3 “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. 3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.” Most Christians do not know that the word translated “rested” in our English Bibles in Genesis 2:3 is actually “shabath” in the Hebrew and means Sabbath. God said the Sabbath “is a sign between me and the children of Israel forever...” Why did God say it was a sign? Because “…in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.” Exodus 31:17 There can be no doubt that the Sabbath was made at creation and was before sin. This is just one of many reasons that it cannot be a ceremonial law as some have erroneously stated and cannot be a shadow of anything as it was instituted before sin and so can have nothing to do with the ordinances of the ceremonial law. The Lord's Sabbath has **never** been associated with sacrifices, and we are told that it is a sign that it is God we love and worship and that it is God that sanctifies us and makes us Holy when we keep His day Holy.

Some will argue this sign and perpetual covenant that was to last **forever** was only made with Israel, but note that we are **children of Israel from Abraham**. Galatians 3:29 “And if you be Christ's, then are you Abraham's seed, and heirs according to the promise.” **We are and have to be children of Israel as both covenants were only made with the house of Israel.** Hebrews 8:10, “For this is the covenant that I will make with the house of Israel...says the Lord: I will put My Laws into their mind and write them in their hearts, and I will be their God, and they shall be My people.” See also Romans 2:28-29, Romans 9:6-8, 1 Corinthians 10:18 and Galatians 6:16.

The final proof and Perfect Parallel that can leave no doubt: Note below the perfect parallel between Colossians 2:16 and Ezekiel 45:17 and that this was a **sin offering,** to make **reconciliation for the house of Israel** for breaking God's **Moral law** (Ten Commandments) as prescribed by the ceremonial law until such time that Jesus nailed this law to the cross. This is what Israel had to do to make atonement for sin, which is the breaking of the Ten Commandments which of course includes the fourth Commandment, the Seventh Day Sabbath. It clearly demonstrates the issue and leaves no doubt as to what Paul was explaining to the Colossians. A comparison is also given in table format for those who prefer that. Note first Strong's dictionary definition for holyday in Colossians 2:16 and that festivals, feasts and holydays are synonymous. Parentheses are added.

G1859 heorte, Of uncertain affinity; a festival: - feast, holyday.

Colossians 2:14-16 “Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross; [sin] 16 Let no man
therefore judge you in meat, or in drink [offerings], or in respect of an holyday [feast], or of the new moon, or of the sabbath days.”

Ezekiel 45:17 “And it shall be the prince's part to give burnt offerings, and meat offerings, and drink offerings, in the feasts [holyday], and in the new moons, and in the sabbaths, in all solemnities of the house of Israel: he shall prepare the sin offering, and the meat offering, and the burnt offering, and the peace offerings, to make reconciliation for the house of Israel.”

The following verse also confirms that the ordinances were by the hand of Moses and are separate from the whole law despite those who would try and tell you that the Law of Moses and the Ten Commandments are the same thing.

2 Chronicles 33:8 “Neither will I any more remove the foot of Israel from out of the land which I have appointed for your fathers; so that they will take heed to do all that I have commanded them, according to the whole law and the statutes and the ordinances by the hand of Moses.”

Two erroneous web sites claim sabbath days in Colossians 2:16 is referring to the Lord's Sabbath because they insist that feast days can only be annual ceremonial sabbath days and thus claim Paul would effectively be saying, “don’t let anyone judge you on sabbath days, new moons and sabbath days” if sabbath days was not the Lord's Sabbath. So the facts are ignored in favour of second guessing what they think Paul is saying. Colossians 2:14 states that the contents of Colossians 2:16 are the ordinances. (Mosaic Law, Ceremonial law). Strong's dictionary states the ordinances are the ceremonial law and the Thayer dictionary states the same in that these ordinances are the Mosaic Law. So the two main and most reputable dictionaries agree that Colossians 2:14-17 refers to the sacrificial law of Moses as you would expect. The sacrificial law of Moses is NOT the Ten Commandments! The Law of Moses is what was practiced for sin until Christ replaced this law and why Colossians 2:14 says it was nailed to the cross. The Lord's Sabbath IS one of the Ten Commandments and was never practised because of sin but the Law of Moses was practised when the Lord's Sabbath was broken! And of course not forgetting the meat and drink offerings, feasts days, new moons and sabbath days are also exactly what was part of the Mosaic law and fits perfectly as already seen.

There were in fact many feast days that were not ceremonial sabbaths! The feast of unleavened bread is a weeklong festival (feast) and only the first and last days were ceremonial sabbaths. So not all feast days are ceremonial sabbaths as these web sites claim! So when Paul said, “don't let anyone judge you in holy feast days, new moons and sabbath days,” that is exactly what he meant!
These same people while trying to give credibility to their fallacy, also try and turn sabbath days into the singular, when the original Greek records “sabbath” as been plural here. The Mosaic law had several ceremonial sabbaths and so “sabbaths” or “sabbath days” is correct and fits. Sabbath day does not fit in any way at all. So what was inspired by God? The original Greek and Hebrew text etc, or the multitude of Bible translations? Obviously the original Greek text was. Many Bibles have wrongly translated “sabbaths” in two places in the singular as sabbath sounded right. But was it? The argument is that since some translations translated “sabbaths” as “sabbath” when the Greek text showed they should have been plural, then “sabbaths” in Colossians 2:16 must also be “sabbath.” This of course is bad logic and just another attempt at attacking the truth of the Lord's Sabbath. The original Greek text is inspired and is what is correct regardless of what some Bible translations may have wrong. Below are two translations that did correctly translate “sabbath” in the plural as the original Greek text was written in regards to the two verses the proponents use for their fallacy. John 19:31 informs us that the crucifixion Passover was a high day meaning that the Passover sabbath fell on the Lord's Sabbath. This is why Matthew 28:1 is in fact correctly sabbaths!

Matthew 28:1 YLT “And on the eve of the sabbaths, at the dawn, toward the first of the sabbaths, came Mary the Magdalene, and the other Mary, to see the sepulchre,”

Matthew 28:1 ALT “Now after [the] Sabbaths, at the dawning into [the] first [day] of the week [i.e. early Sunday morning], Mary the Magdalene and the other Mary went to see the grave.”

Luke 4:16 ALT “And He came to Nazareth, where He had been brought up. And He entered, according to His custom, on the day of the Sabbaths into the synagogue, and He stood up to read aloud [the Scriptures].”

Since Colossians 2:14 says “handwriting of ordinances” which Moses wrote in a book.

It should be clear to all that if God intended for His Sabbath to be temporary, He would have had Moses put it in his own handwriting along with the rest of the ordinances that included all the other temporary Sabbaths that were nailed to the cross. However, the fact is, God did not include the Sabbath that He blessed and sanctified in the beginning at creation, and wrote in stone with His own finger along with the other nine Commandments, and placed inside the Ark of the Covenant of which the original is in heaven right now and will be for all time. This leaves us with only two options. Either God is not omniscient (all knowing) as the Bible tells us and our perfect God made a mistake, or the only other possible answer there can be — God never did have
any intentions on changing or abolishing it and it is to last as long as Heaven and Earth just as Jesus told us. Matthew 5:18 Perhaps Jesus actually meant what He said!

Below are two Bible Commentaries from famous theologians and as you would expect had no trouble in understanding the truth on Colossians 2:16.

Adam Clarke's Commentary on the Bible, LL.D., F.S.A., (1715-1832)

"Colossians 2:14 - Blotting out the hand-writing of ordinances - By the hand-writing of ordinances the apostle most evidently means the ceremonial law: this was against them, for they were bound to fulfill it; and it was contrary to them, as condemning them for their neglect and transgression of it. This law God himself has blotted out.

Nailing it to his cross - When Christ was nailed to the cross, our obligation to fulfill these ordinances was done away."

Colossians 2:16 - Let no man judge you in meat, or in drink - The apostle speaks here in reference to some particulars of the hand-writing of ordinances, which had been taken away, and the necessity of observing certain holydays or festivals, such as the new moons and particular sabbaths, or those which should be observed with more than ordinary solemnity; all these had been taken out of the way and nailed to the cross, and were no longer of moral obligation. There is no intimation here that the Sabbath was done away, or that its moral use was superseded, by the introduction of Christianity. I have shown elsewhere that, Remember the Sabbath day, to keep it holy, is a command of perpetual obligation, and can never be superseded but by the final termination of time. As it is a type of that rest which remains for the people of God, of an eternity of bliss, it must continue in full force till that eternity arrives; for no type ever ceases till the antitype be come. Besides, it is not clear that the apostle refers at all to the Sabbath in this place, whether Jewish or Christian; his σαββατων, of sabbaths or weeks, most probably refers to their feasts of weeks, of which much has been said in the notes on the Pentateuch."

Albert Barnes' Notes on the Bible (1798-1870)

"Colossians 2:14 - Blotting out the handwriting - The word rendered handwriting means something written by the hand, a manuscript; and here, probably, the writings of the Mosaic law, or the law appointing many ordinances or observances in religion. The allusion is probably to a written contract, in which we bind ourselves to do any work, or to make a payment, and which remains in force against us until the bond is cancelled. That might be done, either by blotting out the names, or by drawing lines through it, or, as appears to have been practiced in the East, by driving a nail through it. The Jewish ceremonial law is here represented as such a contract, binding those under it to its observance, until it was nailed to the cross. The meaning here is, that the burdensome requirements of the Mosaic law are abolished, and that its necessity is superseded by the death of Christ.

Of ordinances - Prescribing the numerous rites and ceremonies of the Jewish religion.

Which was contrary to us - Operated as a hindrance, or obstruction, in the matter of religion. The ordinances of the Mosaic law were necessary, in order to introduce the gospel; but they were always burdensome.

Nailing it to his cross - As if he had nailed it to his cross, so that it would be entirely removed out of our way. The death of Jesus had the same effect, in regard to the rites and institutions of the Mosaic religion, as if they had been affixed to his cross.

Colossians 2:16 - Or in respect of a holy day - Margin, part. The meaning is, “in the part, or the particular of a holy day; that is, in respect to it” The word rendered “holy-day” - εορτὴ heorte - means properly a “feast” or “festival;” and the allusion here is to the festivals of the Jews. The sense is, that no one had a right to impose their observance on Christians, or to condemn them if they did not keep them. They had been delivered from that obligation by the
death of Christ; Colossians 2:14.

**Or of the new moon** - On the appearance of the new moon, among the Hebrews, in addition to the daily sacrifices, two bullocks, a ram, and seven sheep, with a meat offering, were required to be presented to God; Num 10:10; Num 28:11-14. The new moon in the beginning of the month Tisri (October) was the beginning of their civil year, and was commanded to be observed as a festival; Lev 23:24, Lev 23:25.

**Or of the Sabbath days** - Greek, “of the Sabbaths.” The word Sabbath in the Old Testament is applied not only to the seventh day, but to all the days of holy rest that were observed by the Hebrews, and particularly to the beginning and close of their great festivals. There is, doubtless, reference to those days in this place, since the word is used in the plural number, and the apostle does not refer particularly to the Sabbath properly so called. There is no evidence from this passage that he would teach that there was no obligation to observe any holy time, for there is not the slightest reason to believe that he meant to teach that one of the Ten Commandments had ceased to be binding on mankind. If he had used the word in the singular number - “the Sabbath,” it would then, of course, have been clear that he meant to teach that that Commandment had ceased to be binding, and that a Sabbath was no longer to be observed. But the use of the term in the plural number, and the connection, show that he had his eye on the great number of days which were observed by the Hebrews as festivals, as a part of their ceremonial and typical law, and not to the moral law, or the Ten Commandments. No part of the moral law - not one of the Ten Commandments could be spoken of as “a shadow of good things to come.” These Commandments are, from the nature of moral law, of perpetual and universal obligation.”

Sadly, there is no shortage of Christians that do not understand Colossians 2:16 or the other passages. They often call the Sabbath a shadow which we have seen is impossible, and some have gone to extreme lengths to even try and prove the “Sabbath Of The LORD” is a ceremonial law, which is what did have the shadows. The Fourth Commandment was never practised because of sin. The ceremonial law was written in a book and why it was also called the “Book of the Covenant.” This is where God would have written it if it was for Israel only but **God by no mistake of course wrote it in stone with the other nine Commandments.** The “Law of Moses” (ceremonial law) is not the Ten Commandments as the Ten Commandments were not practised because of sin. It is sin to break them. We have also seen how God differentiates between the ceremonial sabbaths and His Sabbath by calling His Sabbath, “My Sabbath” and calling the ceremonial sabbaths that were only for Israel, “Her Sabbaths.” The extreme lengths that some people go to just to avoid one Commandment of God saddens me deeply. Do they truly love God or not? Many of these people say that the early Church *habitually* worshipped on Sunday but that is also incorrect. Habitually? Not even close! There are two scriptures and the one most typically used is actually a Saturday night meeting. If these Christians teaching this heresy actually understood their Bibles or wanted the truth they would know this.

**Galatians 4:9-10**

All the various holy day festivals in Colossians 2:16 involved *days* that took place at various *times* of the year as well as *yearly* holy days such as the Day of Atonement (Yom Kippur) and *monthly* such as the New Moon celebrations already discussed. As these were all a shadow of things to come and those things have past and the shadows are now gone, to still observe these days would be putting us back into unnecessary bondage. This is what Paul is speaking of in Galatians 4:9-10 which says, “*But now, after that you have known God, or rather are known of God, how turn you again to the weak and beggarly elements, whereunto you desire again to be in bondage? 10 You observe days, and months, and times, and years.*”
Note that the Sabbath is one of the Ten Commandments of God that defines what sin is and the Commandments of God are never spoken of flippantly such as referring to the fourth Commandment as a day. It is always called “the Sabbath” or “Sabbath day” or “My Sabbath” but it is never referred to superficially as just a day. Paul is not exhorting you can simply ignore anything that is a day, month or year in the Bible such as the Sabbath of the Lord as some have wrongly concluded. He is referring to something that includes all of these things, which is and only can be the ordinances of the ceremonial law. Galatians 4:9-10 is talking about bondage and servitude and the ordinances of the ceremonial law were exactly that, which Paul also states in Colossians 2:14 and throughout the book of Galatians. Note that the ordinances Paul speaks of in Colossians 2:14 are described in Colossians 2:16 and of course did have days [holy days], months [new moon] and years [sabbath days], which were yearly sabbaths. Compare the following two passages.

Galatians 4:9-10 “But now, after that you have known God, or rather are known of God, how turn you again to the weak and beggarly elements, whereunto you desire again to be in bondage? 10 You observe days, and months, and times, and years.”

Colossians 2:14-16 “Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross; ... 16 Let no man therefore judge you in meat, or in drink [offerings], or in respect of an holy day [holy day], or of the new moon [months], or of the Sabbath days: [years eg; Passover, Unleavened Bread, Day of Atonement, Pentecost and three others, which are all yearly sabbaths].” Parentheses are added.

Galatians 4:9-10 is just another one of many passages our adversary abuses to keep us from one of God's Commandments and he has also added further confusion by raising a minority group who insist we must still keep the sacrificial feast days that actually were nailed to the cross. They very conveniently exhort that these were pagan days, months and years, which unless God made a Covenant with Moses on Pagan days (would be blasphemous) is impossible. They also attempt to support this heretical teaching by saying that nowhere in the Bible are months mentioned and therefore must be pagan. Perhaps they do not know what the New Moon festival was and that these were in fact Monthly!

The Galatians had wandered from the truth that Paul had first taught them and began to follow some Judaizing teachers from Jerusalem who insisted that they should still be observing all the rites of the Jewish religion such as circumcision, the feasts etc. These teachers taught that Paul was inferior and insisted that the Law of Moses was still binding and was necessary for justification. This is where most of the confusion originates between the Galatians and the Law. Galatians chapter 4 is not referring to Pagan days as some believe as they were not part of the Mosaic Law and would be totally out of context with what Paul was explaining to the Galatians.

Please read Albert Barnes Commentary on the entire book of Galatians.

The Mosaic Law was indeed bondage but the Ten Commandments on the other hand are a law of liberty. James 1:25 “But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.” And for further clarity James 2:11-12 reads, “For he that said, Do not commit adultery, said also, Do not kill. Now if you commit no adultery, yet if you kill, you are become a transgressor of the law. 12 So speak you, and so do, as they that shall be judged by the law of liberty.” If we keep these points in mind when studying the Bible it will help us
see more clearly what law is being spoken of. We should also check the context of the entire chapter.

Below are three Bible Commentaries from famous theologians that had no trouble in understanding what Galatians 4:9-10 is referring to as you would expect.

**The People's New Testament (1891) by B. W. Johnson**

“Galatians 4:10 Ye observe days. These are specifications of how they were “turning back” to the Jewish law. Compare Col_2:16. The days are the Jewish Sabbaths. The months are the new moons; the times are the Jewish festivals; the years are the Sabbatical years. In observing these there was legal bondage to an obsolete system.”

**Adam Clarke's Commentary on the Bible, LL.D., F.S.A., (1715-1832)**

“Galatians 4:9 Now, after that ye have known God - After having been brought to the knowledge of God as your Savior. Or rather are known of God - Are approved of him, having received the adoption of sons. To the weak and beggarly elements - After receiving all this, will ye turn again to the ineffectual rites and ceremonies of the Mosaic law - rites too weak to counteract your sinful habits, and too poor to purchase pardon and eternal life for you? If the Galatians were turning again to them, it is evident that they had been once addicted to them. And this they might have been, allowing that they had become converts from heathenism to Judaism, and from Judaism to Christianity. This makes the sense consistent between the 8th and 9th verses.”

“Galatians 4:10 Ye observe days - Ye superstitiously regard the [ceremonial] sabbaths and particular days of your own appointment; And months - New moons; times - festivals, such as those of tabernacles, dedication, passover, etc. Years - Annual atonements, sabbatical years, and jubilees.”

**Albert Barnes' Notes on the Bible (1798-1870)**

“Galatians 4:10 Ye observe - The object of this verse is to specify some of the things to which they had become enslaved. Days - The days here referred to are doubtless the days of the Jewish festivals. They had numerous days of such observances, and in addition to those specified in the Old Testament, the Jews had added many others as days commemorative of the destruction and rebuilding of the temple, and of other important events in their history. It is not a fair interpretation of this to suppose that the apostle refers to the Sabbath, properly so called, for this was a part of the Decalogue; and was observed by the Saviour himself, and by the apostles also. It is a fair interpretation to apply it to all those days which are not commanded to be kept holy in the Scriptures; and hence, the passage is as applicable to the observance of saints' days, and days in honor of particular events in sacred history, as to the days observed by the Galatians. There is as real servitude in the observance of the numerous festivals, and fasts in the papal communion and in some Protestant churches, as there was in the observance of the days in the Jewish ecclesiastical calendar, and for anything that I can see, such observances are as inconsistent now with the freedom of the gospel as they were in the time of Paul. We should observe as seasons of holy time what it can be proved God has commanded us, and no more. And months - The festivals of the new moon, kept by the Jews. Num_10:10; Num_28:11-14. On this festival, in addition to the daily sacrifice, two bullocks, a ram, and seven sheep of a year old were offered in sacrifice. The appearance of the new-moon was announced by the sound of trumpets. See Jahn, Archæ. 352. And times - Stated times; festivals returning periodically, as the Passover, the Feast of
Pentecost, and the Feast of Tabernacles. See Jahn, Archæ. chap. 3. 346-360.  
And years - The sabbatical year, or the year of jubilee. See Jahn as above.”

Romans 14:5-6

As with Colossians 2:14-16 and Galatians 4:9-10, there are also those who believe that Romans 14:5-6 refers to the Sabbath of the Lord. Could this be true or is this also just another misunderstanding as are the other two passages?

Colossians 2:16, Galatians 4:10 and Romans 14:5 are in fact all related and all very misunderstood as so often seems to be the case when it comes to God's Moral law, His Sabbath and the temporary ceremonial law which pointed to Christ. Five very respected Bible Commentaries have also been chosen to cover Romans 14:5 as they give very thorough and professional explanations on this verse.

The scripture in contention is Romans 14:5 but other verses are also given so the context of the passage can be seen. Parentheses are added.

Romans 14:1-6, “Him that is weak in the faith receive you, but not to doubtful disputations. 2 For one believeth that he may eat all things: another, who is weak, eateth herbs. 3 Let not him that eateth despise him that eateth not; and let not him which eateth not judge him that eateth: for God has received him. 4 Who are you that judgest another man's servant? to his own master he standeth or falleth. Yes, he shall be holden up: for God is able to make him stand. 5 One man esteemeth one [feast] day above another: another esteemeth every [feast] day alike. Let every man be fully persuaded in his own mind. 6 He that regardeth the day, regardeth it unto the Lord; and he that regardeth not the day, to the Lord he does not regard it. He that eateth, eateth to the Lord, for he giveth God thanks; and he that eateth not, to the Lord he eateth not, and giveth God thanks.”

To begin with, it must be admitted that the word “Sabbath” is not found in the entire chapter. People assume Paul is talking about the Sabbath. But is he really? The chapter begins, “Him that is weak in the faith receive you, but not to doubtful disputations.” Romans 14:1. The NKJV reads, “disputes over doubtful things.” This chapter concerns “doubtful things” and is not a discussion of the Ten Commandments. God's “Big Ten” are not “doubtful,” but exceedingly dear and written personally with the finger of God on two tables of stone.

The Sabbath is one of the Ten Commandments that defines what sin is and the Commandments of God are never spoken of flippantly such as referring to the fourth Commandment as a day. It is always called “the Sabbath” or “Sabbath day” but it is never referred to superficially as just a day. Also very significant is that the word “alike” in verse 5 does not exist in the Greek and is an added word, which tends to convey an idea which the apostle never designed or intended.

It becomes clear from Romans 14 and 15 chapters, that many misunderstandings existed between Jewish and Gentile Christians in relation to certain customs which were sacredly observed by one but disregarded by the other. The main subject of dispute was concerning meats and days. The converted Jew retaining respect for the Law of Moses abstained from certain meats and observed ceremonial days while the converted Gentile understood that Christianity put him under no such obligation or regard to ceremonial points. It also appears that mutual and heartless judgments existed among them and that brotherly love and reciprocal tolerance did not always prevail. Paul exhorts that in
such things no longer essential to Christianity, that even though both parties had a different
way of thinking they might and probably do still have an honest and serious regard for God.
Paul further explains they should not therefore let different sentiments hinder Christian
fellowship and love, but they should mutually refrain and withhold and make allowance for
each other and especially not carry their Gospel liberty so far as to prejudice a weak brother
or a Jewish Christian.

The “weak” brother “eats” some things and “esteems one day above another” while the
strong brother believes that he may “eat all things” and “esteems every day” Romans 14:2, 5.
The early Church was made up of Jewish believers and Gentile converts. Although Paul did
not specify what “days” he was referring to, he could only be talking about the
“esteeming” or “not esteeming” of certain Jewish fast or feast days and certain pagan
feast days when people were especially “eating of those things that are offered in sacrifice
unto idols.” 1 Corinthians 8:4.

A “strong” Jew who knew that “an idol is nothing” would have no scruples about eating
“meat in an idols temple” on a pagan feast day. 1 Corinthians 8-4, 10. Paul warned these
“strong” Jewish believers, “But take heed lest by any means this liberty of yours become a
stumblingblock to them that are weak. [the Gentile convert from idolatry]. For if any man see
thee which hast knowledge sit at meat in the idol's temple [on a pagan feast day], shall not the
conscience of him that is weak be emboldened to eat those things which are offered to idols;
and through your knowledge shall the weak brother perish [if he is drawn back to idolatry],
for whom Christ died? But when you sin against the brethren, and wound their weak
conscience, you sin against Christ. Wherefore, if meat make my brother to offend, I will eat
no flesh while the world standeth.” 1 Corinthians 8:9-13.

There is NO evidence that the discussion about “the weak and the strong” in Romans 14
and 1Corinthians 8 has anything to do with the Sabbath. God has never said “one man
may choose to esteem MY Sabbath, while another man may choose to esteem Sunday.”
Remember that the word alike does not exist and is an added word. God has NOT left it up to
us to “pick a day.” Rather, God has commanded, “Remember the sabbath day to keep it holy
... the seventh day is the sabbath of the Lord thy God.” Exodus 20:8-10. The book of Romans
is very clear, “by the law is the knowledge of sin.” Romans 3:20; 7:7, 12.

When the passage is about a law of bondage as referred to in Galatians 4 or foods and days
as in Colossians 2:16 and Romans 14:5, especially when associated with the sanctuary
service, then we must realize that the Ten Commandments are not being referred to. When
the Ten Commandments are being referenced, you will always know as the context of the
passage will always be centred around love, as that is what the Ten Commandments are. The
Bible tells us in 1 John 4:8 “He that loves not, knows not God; for God Is Love.” As God is
eternal, then Love also must be eternal. 1 John 4:16 says, “And we have known and believed
the love that God has to us. God is love; and he that dwells in love dwells in God, and God in
him.
"Love is inseparable from God and the true Christian, as God is love and love is God.

We were created in love and for love and no other reason. This is why the Ten Commandments are eternal and unchanging, as God changes not, and love changes not, and the guidelines on loving God and man also changes not. Jesus said in Matthew 5:17 that He did not come to destroy the law and that till heaven and earth pass, not one jot or tittle shall pass from the law. He also warned against not teaching the law and said great is he that does teach and uphold the law. Jesus then raises the bar even higher and tells us that if we think the crime we have done the crime as verse 27 goes on to say. Jesus is in no way implying the Ten Commandments are going to be abolished or change, but to the contrary Jesus shows they will become even stricter.

To imply that Colossians 2:16, Galatians 4:10 or Romans 14:5 refer to the Ten Commandments is to take them seriously out of context and also have them fail to line up with other scripture throughout the Bible as well as being in serious and obvious contradiction to many other scriptures.

The remainder of this topic on Romans 14:5 will now be left to some of the world's past but best theologians. By doing this, you can see that what has currently been taught is also backed up by some highly respected and famous theologians.

John Wesley's Explanatory Notes on the Whole Bible
Romans 14:5 - One day above another - As new moons, and other Jewish festivals. Let every man be fully persuaded - That a thing is lawful, before he does it.

Notice how the Treasury of Scriptural Knowledge, which primarily references other verses that are referring to the same topic, has referenced the passages that Paul discussed with the Romans, Galatians and Colossians regarding the ceremonial law also. This as we have now seen is because all these verses are referring to the ceremonial law.

Treasury of Scriptural Knowledge by Canne, Browne, Blayney, Scott
Romans 14:5 - esteemeth: Galatians 4:9, Galatians 4:10; Colossians 2:16, Colossians 2:17

Adam Clarke's Commentary on the Bible, LL.D., F.S.A., (1715-1832)
Romans 14:5 - One man esteemeth one day above another - Perhaps the word day, is here taken for time, festival, and such like, in which sense it is frequently used. Reference is made here to the Jewish institutions, and especially their festivals; such as the Passover, Pentecost, feast of tabernacles, new moons, jubilee, etc. The converted Jew still thought these of moral obligation; the Gentile Christian not having been bred up in this way had no such prejudices. And as those who were the instruments of bringing him to the knowledge of God gave him no such injunctions, consequently he paid to these no religious regard.

Another - The converted Gentile esteemeth every day - considers that all time is the Lord's,
and that each day should be devoted to the glory of God; and that those festivals are not binding on him. We add here alike, and make the text say what I am sure was never intended, viz. that there is no distinction of days, not even of the Sabbath: and that every Christian is at liberty to consider even this day to be holy or not holy, as he happens to be persuaded in his own mind. That the Sabbath is of lasting obligation may be reasonably concluded from its institution (see the note on Genesis 2:3) and from its typical reference. All allow that the Sabbath is a type of that rest in glory which remains for the people of God. Now, all types are intended to continue in full force till the antitype, or thing signified, take place; consequently, the Sabbath will continue in force till the consummation of all things. The word alike should not be added; nor is it acknowledged by any MS. or ancient version.

Let every man be fully persuaded - With respect to the propriety or non-propriety of keeping the above festivals, let every man act from the plenary conviction of his own mind; there is a sufficient latitude allowed.

Albert Barnes' Notes on the Bible (1798-1870)

Romans 14:5 - One man esteemeth - Greek “judgeth” krinei. The word is here properly translated “esteemeth;” compare Act 13:46; Act 16:15. The word originally has the idea of “separating,” and then “discerning,” in the act of judging. The expression means that one would set a higher value on one day than on another, or would regard it as more sacred than others. This was the case with the “Jews” uniformly, who regarded the days of their festivals, and fasts, and Sabbaths (i.e. ceremonial Sabbaths) as especially sacred, and who would retain, to no inconsiderable degree, their former views, even after they became converted to Christianity.

Another “esteemeth” - That is, the “Gentile” Christian. Not having been brought up amidst the Jewish customs, and not having imbibed their opinions and prejudices, they would not regard these days as having any special sacredness. The appointment of those days had a special reference “to the Jews.” They were designed to keep them as a separate people, and to prepare the nation for the “reality,” of which their rites were but the shadow. When the Messiah came, the Passover, the feast of tabernacles, and the other special festivals of the Jews, of course vanished, and it is perfectly clear that the apostles never intended to inculcate their observance on the Gentile converts. See this subject discussed in the second chapter of the Epistle to the Galatians.

Every day alike - The word “alike” is not in the original, and it may convey an idea which the apostle did not design. The passage means that he regards “every day” as consecrated to the Lord; Romans 14:6. The question has been agitated whether the apostle intends in this to include the Christian Sabbath. Does he mean to say that it is a matter of “indifference” whether this day be observed, or whether it be devoted to ordinary business or amusements? This is a very important question in regard to the Lord's day. That the apostle did not mean to say that it was a matter of indifference whether it should be kept as holy, or devoted to business or amusement, is plain from the following considerations.

(1) the discussion had reference only to the special customs of the “Jews,” to the rites and practices which “they” would attempt to impose on the Gentiles, and not to any questions which might arise among Christians as “Christians.” The inquiry pertained to “meats,” and festival observances among the Jews, and to their scruples about partaking of the food offered to idols, etc.; and there is no more propriety in supposing that the subject of the Lord's day is introduced here than that he advances principles respecting “baptism” and “the Lord's supper.”

(2) the “Lord's day” was doubtless observed by “all” Christians, whether converted from Jews or Gentiles; see I Corinthians 16:2; Acts 20:7; Revelation 1:10; compare the
notes at John 20:26. The propriety of observing “that day” does not appear to have been a matter of controversy. The only inquiry was, whether it was proper to add to that the observance of the Jewish Sabbaths, and days of festivals and fasts.

(3) it is expressly said that those who did not regard the day regarded it as not to God, or to honor God; Romans 14:6. They did it as a matter of respect to him and his institutions, to promote his glory, and to advance his kingdom.

Was this ever done by those who disregard the Christian Sabbath? Is their design ever to promote his honor, and to advance in the knowledge of him, by “neglecting” his holy day? Who knows not that the Christian Sabbath has never been neglected or profaned by any design to glorify the Lord Jesus, or to promote his kingdom? It is for purposes of business, gain, war, amusement, dissipation, visiting, crime. Let the heart be filled with a sincere desire to “honor the Lord Jesus,” and the Christian Sabbath will be reverenced, and devoted to the purposes of piety. And if any man is disposed to plead “this passage” as an excuse for violating the Sabbath, and devoting it to pleasure or gain, let him quote it “just as it is,” that is, let “him neglect the Sabbath from a conscientious desire to honor Jesus Christ.” Unless this is his motive, the passage cannot avail him. But this motive never yet influenced a Sabbath-breaker.

Let every man... - That is, subjects of this kind are not to be pressed as matters of conscience. Every man is to examine them for himself, and act accordingly. This direction pertains to the subject under discussion, and not to any other. It does not refer to subjects that were “morally” wrong, but to ceremonial observances. If the “Jew” esteemed it wrong to eat meat, he was to abstain from it; if the Gentile esteemed it right, he was to act accordingly. The word “be fully persuaded” denotes the highest conviction, not a matter of opinion or prejudice, but a matter on which the mind is made up by examination; see Romans 4:21; 2 Timothy 4:5. This is the general principle on which Christians are called to act in relation to festival days and fasts in the church. If some Christians deem them to be for edification, and suppose that their piety will be promoted by observing the days which commemorate the birth, and death, and temptations of the Lord Jesus, they are not to be reproached or opposed in their celebration. Nor are they to attempt to impose them on others as a matter of conscience, or to reproach others because they do not observe them.

The People's New Testament (1891) by B. W. Johnson
Romans 14:5-9 - One man esteemeth one day above another. A second difference of opinion is now cited. Some, Jewish converts or Gentiles who did not understand that the old covenant was ended, believed that the Jewish sabbaths and new moons should be kept sacred. Compare Colossians 2:16, and Galatians 4:10.

*****This ends the Commentaries on Romans 14:5. You will note that the Peoples New Testament commentary above also references Colossians 2:16 and Galatians 4:10. It should now be clear that the context and the meaning of all these three passages is the ceremonial law with all its various holy day festivals, new moons and ceremonial sabbaths.*****

Do we still have to keep the feast days?

There is no doubt about the Sabbath and the other nine Commandments being eternal but the feasts had a purpose. The Bible tells us that they were our schoolmaster to bring us to Christ but then were no longer necessary. What was it that these feasts also had?
They had sacrificial offerings to make reconciliation for our sin. When Jesus said “it is finished,” had he done the job or not? There was certainly something nailed to the cross. So what was nailed to the cross? **It was whatever it was that was practised to make reconciliation for sin before Christ.** These feasts had burnt offerings etc. If one insists they must keep these feasts then they have to do it properly according to how the Bible instructs that they are to be kept. You cannot just decide what part of them you want to do. You do it all or you don't do it at all. Here is just one example for Passover. If one insists on keeping these feasts, then this is what you have to do for Passover just to begin with!

Ezekiel 45:21-25 “In the first month, in the fourteenth day of the month, you shall have the passover, a feast of seven days; unleavened bread shall be eaten. 22 And upon that day shall the prince prepare for himself and for all the people of the land a bullock for a sin offering. 23 And seven days of the feast he shall prepare a burnt offering to the LORD, seven bullocks and seven rams without blemish daily the seven days; and a kid of the goats daily for a sin offering. 24 And he shall prepare a meat offering of an ephah for a bullock, and an ephah for a ram, and an hin of oil for an ephah. 25 In the seventh month, in the fifteenth day of the month, shall he do the like in the feast of the seven days, according to the sin offering, according to the burnt offering, and according to the meat offering, and according to the oil.”

Now here is the problem. If you start doing burnt offerings to make reconciliation for sin then you say to Jesus, “Hey Jesus! When you said it was finished, it was not finished at all…You did not finish the job on the cross at all so I still have to follow these feasts and the burnt offerings etc to cover my sins…”

**Does one really want to deny the work of Jesus on the cross? I hope no one would ever do that! This is why they were nailed to the cross, because Jesus fulfilled this sacrificial system that these feast days belonged to.** I know what the COG teaches and all the other offshoots of the WWCG, which Herbert Armstrong taught who, yes, were proven to be wrong on many things including the feasts etc and he was a proven cult leader and why the Church collapsed. The problem is that the enemy is recruiting more and more people into this system he started. Those teaching observance of the feasts typically use underhanded techniques like painting a real ugly picture for Easter and Christmas to try and turn people from them and then to their Church for the answer to escape this. Yes, there is paganism involved in the origin of these things, but do not forget that Satan wants this to happen and for these two events to be lost as much as possible because they DO result in MANY people coming to Christ. If the world followed Armstrong's teaching then the world would never hear about Christ and that is exactly what Satan wants. Jesus out of the picture! He also wants to add confusion here to keep as many as possible from the Sabbath of the Lord that really is important. It is sin not to keep the Commandments but this feast system was to make reconciliation for sin (**breaking the Ten Commandments**) and pointed forward to Christ. Big difference! We need to understand this. And yes, there are some verses that can be cleverly used and misunderstood to make a convincing argument but there are clear answers to these scriptures if one wants them that also prevents all the contradiction with other scripture that you would otherwise have.

We must not deny the work of Jesus on the cross and in turn add to the confusion that will keep more people from the Sabbath truth and entering the kingdom.
There are some who have recently been trying to make an argument for abolishing the Sabbath based on Hosea 2:11. This one is so obviously and seriously wrong that it is not necessary to read the next page unless you find it of interest.

**Hosea 2:11**

It grieves me deeply that some are so desperate to prove that the Lord's Sabbath is abolished, that they search for any scripture they can abuse for their argument. This has recently become the case with Hosea 2:11 with a few people. As Satan loves to perpetuate false doctrine, I am revealing the truth on this verse before our adversary gets a chance to spread this heresy as he did with Colossians 2:16.

Note first the similarities in context between Hosea 2:11 and Colossians 2:16 in regards to the mention of feast days, new moons and ceremonial sabbath days.

Hosea 2:11 “I will also cause all her mirth to cease, her feast days, her new moons, and her sabbaths, and all her solemn feasts.”

Colossians 2:16 “Let no man therefore judge you in meat, or in drink [offerings], or in respect of an holyday [feast], or of the new moon, or of the sabbath days.”

The reason for the similarities is simply because Hosea 2:11 also refers to the Mosaic Law and its sacrificial system that had meat and drink offerings, feast days, new moons and ceremonial sabbath days.

There is also another very significant fact that proves this. Symbolically, the Bible refers to a Church as a woman as the Church is the bride of Christ. There is much more that could be explained here but I do not think it is necessary to go into further detail to see this. You can read about mystery Babylon in the book “Understanding End Times Prophecy” for more information if required.

Israel was God's Old Testament Church and why you will frequently find God referring to Israel in scripture as a woman and even a harlot when Israel was guilty of idolatry. You will note in Hosea 2:11 the consistent use of the word “HER” as in HER feasts, HER new moons and HER sabbaths etc. “HER” in this case is referring to Israel. These Sabbaths were not God's but belonged to Israel.

These sabbaths such as the Passover sabbath were part of the sacrificial sanctuary system that only Israel had to keep to make reconciliation for sin. Not long after Jesus died on the cross, the Gospel went to the Gentiles, and so they never had to keep them because Jesus replaced this sacrificial law when he became our One and final perfect sacrifice, nailing this law to the cross. This is why they were for Israel only to make reconciliation for sin until Jesus Christ came and fulfilled this sacrificial law. The fourth Commandment on the other hand is the Lord's Sabbath and belonged to Him and was for everyone to keep for all eternity.

So put very simply, God had two very significant laws. The Mosaic Law and the Ten Commandment law. The Mosaic Law was temporary, sacrificial, written on paper, only for the Jews and was nailed to the cross. The Ten Commandments were love, written in stone, eternal and for everyone. If the Lord's Sabbath was temporary and only for Israel, then why didn't God put it in the temporary Mosaic Law with all the other sabbaths that were nailed to the cross? Because it was not temporary! God placed it in His Ten Commandment law that was eternal and for everyone because that is where it belonged! So unless one thinks God is a
fool and the author of confusion and lawlessness, (1 Corinthians 14:33) then this alone also reveals the truth. **To abolish the Ten Commandments would be “lawlessness” which could never be.**

God also makes a very clear distinction between His Sabbath and the ceremonial sabbaths in the Ten Commandments by stating, “But the seventh day is the Sabbath of the LORD your God.” (Exodus 20:10, Deuteronomy 5:14). **Note that this is the Lord's Sabbath and never belonged to Israel. It is God's!** We find this further demonstrated in scripture by God often calling His Sabbath, “My Sabbaths,” as in His weekly Sabbaths, while calling the ceremonial sabbaths that were only for Israel, “Her Sabbaths.” This very clear distinction has been given in Hosea 2:11 that leaves no uncertainty that the sabbaths referred to are only ceremonial such as Passover and the Day of Atonement etc that were all practised because of sin. This is also seen by the context of Hosea 2:11. **Remember that this sacrificial system had feast days, new moons and sabbath days as previously explained. All the following scriptures refer only to the sacrificial sanctuary system.**

**Hosea 2:11 “I will also cause all her mirth to cease, her feast days, her new moons, and her sabbaths, and all her solemn feasts.”**

**Ezekiel 45:17 “And it shall be the prince's part to give burnt offerings, and meat offerings, and drink offerings, in the feast [holyday], and in the new moons, and in the sabbaths, in all solemnities of the house of Israel: he shall prepare the sin offering, and the meat offering, and the burnt offering, and the peace offerings, to make reconciliation for the house of Israel.”**

**Colossians 2:14-16 “Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross; [sin] ... 16 Let no man therefore judge you in meat, or in drink [offerings], or in respect of an holyday [feast], or of the new moon, or of the sabbath days;”**

**Galatians 4:9-10 “But now after you have known God, or rather are known by God, how is it that you turn again to the weak and beggarly elements, to which you desire again to be in bondage? 10 You observe days and months and seasons and years [eg: Passover, Day of Atonement and five others, which are all yearly sabbaths].”** Parentheses are added. These are all part of the Ceremonial Law.

**In contrast note that the following two verses that refer to the Lord's Sabbath, as in the fourth Commandment that is eternal in nature as are the other nine Commandments:**

**Exodus 31:13 “Speak you also unto the children of Israel, saying, Verily MY sabbaths you shall keep: for it is a sign between me and you throughout your generations; that you may know that I am the LORD that does sanctify you.”**

**Ezekiel 20:20 “And hallow MY sabbaths; and they shall be a sign between me and you, that you may know that I am the LORD your God.”**

Whereas the following two verses refer to Israel's **ceremonial sabbaths** that were practised because of sin. Remember that such sin would include breaking the fourth Commandment as sin is the breaking of God's law. (1 John 3:4)
Hosea 2:11 “I will also cause all her mirth to cease, her feast days, her new moons, and HER sabbaths, and all her solemn feasts.”

Lamentations 1:7 “Jerusalem remembered in the days of her affliction and of her miseries all her pleasant things that she had in the days of old, when her people fell into the hand of the enemy, and none did help her: the adversaries saw her, and did mock at HER sabbaths.”

Those attempting to prove Hosea 2:11 is saying that the Sabbath of the Lord is going to cease, state the fulfillment was at the cross, and base this on Matthew 28:1. More on this later.

Reading Hosea chapter 2 reveals that Israel had been guilty of idolatry that God really detests. Hosea 2:1-5 speaks of the idolatry of Israel while Hosea 2:6-13 speaks of God's judgments against them. The time frame here is around 700 B.C. and refers to the capture of the ten Northern tribes of Israel by the Assyrians. These ten tribes were captured, removed, and finally were all scattered.

Also significant is that the word cease in Hosea 2:11 means to stop. It does not mean to abolish. So why did these feast days and ceremonial sabbaths cease? Because Northern Israel did not repent and thus were captured, removed and scattered as God warned. As a result of this, her feast days, her new moons and her sabbaths all ceased for these Northern tribes. These feasts etc did however continue for Southern Israel such as Judah and Jerusalem.

John Wesley's Explanatory Notes on the Whole Bible

“Hosea 2:11 Her feast days - Though apostate, Israel was fallen to idolatry, yet they retained many of the Mosaic rites and ceremonies. Her solemn feasts - The three annual feasts of tabernacles, weeks, and passover, all which ceased when they were carried captive, by Salmaneser.”

So when was the fulfillment of this prophecy, as in when did they cease for Northern Israel? Wesley's Notes on the Bible correctly states it was when they were carried captive by Salmaneser, which was around 722 B.C. This means we are still over 750 years away from the cross. To say Hosea 2:11 refers to the Sabbath of the Lord ceasing is to say that the fourth Commandment ended even before Jesus was born! This is just plain wrong and those teaching this are desperate and clutching at straws. Some erroneously claim that Matthew 28:1 is the so called fulfillment of Hosea 2:11. The problem is that they are over 750 years to late!

These people set out to prove that both uses of the word Sabbath in Matthew 28:1 are plural and on that much they are correct. The phrase “first day of the week” in the Greek actually means “first of the Sabbath” which means this is the first day after the Sabbath. This applies to all New Testament verses using the phrase “first day of the week.” The end argument is that Matthew 28:1 says “In the end of the Sabbaths” and that since it is plural, that it is saying it is the end of the Lord's Sabbaths, as in it was abolished. This phrase is just simply saying at the end of this day. Since his argument is already squashed by the time period of fulfilment and that Hosea 2:11 refers to the ceremonial sabbaths only, it is not necessary to go into this further. But there is a very interesting translation issue here that many people fail to see. So here is more detail on this verse that reveals this thinking wrong three times.

The reason why the word Sabbath should have been translated “Sabbaths” in Matthew 28:1 is because this Sabbath was a High day or High Sabbath.
John 19:31 “The Jews therefore, because it was the preparation, that the bodies should not remain upon the cross on the Sabbath day. (for that Sabbath day was an high day,) besought Pilate that their legs might be broken, and that they might be taken away."

Even though it should be fairly obvious what a high Sabbath is, there are many who disagree to achieve their own means once again so here it is by Commentary. The same is said by every well known and reputable Bible Commentary.

**The People's New Testament (1891) by B. W. Johnson** quotes:

*John 19:31 - That sabbath was a high day.* A double Sabbath, both the weekly Sabbath and a passover Sabbath. It was usual Roman custom to leave crucified bodies on the cross, but out of deference to their wishes Pilate consents that the legs of the victims should be broken in order to hasten death, so that the bodies might be taken down and buried. The legs were crushed with a hammer like a sledge and the shock would bring speedy death.

So the first thing to note is that the word Sabbath in the Greek is actually Sabbaths because it was both the Seventh day Sabbath of the Lord and the Passover sabbath. Remember that Jesus was the true Lamb of God and became our Passover Lamb and the fulfillment of Passover, and why this ceremonial sabbath did end at the cross! Jesus fulfilled the whole sacrificial system with all its ceremonial sabbath days.

Now for the interesting part. Matthew 28:1 reads, “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.”

The “end of the Sabbath”, which is sunset and “dawn” are twelve hours apart, so why do we have this apparent contradiction in Matthew 28:1? The answer is found in the translation of this passage. By reorganizing the last verse of Matthew 27 and the first verse of Matthew 28, the apparent ambiguity completely disappears.

Matthew 27:62-66 “Now the next day, that followed the day of the preparation, the chief priests and Pharisees came together unto Pilate, 63 Saying, Sir, we remember that that deceiver said, while he was yet alive, After three days I will rise again. 64 Command therefore that the sepulchre be made sure until the third day, lest his disciples come by night, and steal him away, and say unto the people, He is risen from the dead: so the last error shall be worse than the first. 65 Pilate said unto them, You have a watch: go your way, make it as sure as you can. 66 So they went, and made the sepulchre sure, sealing the stone, and setting a watch. 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.”

In Matthew 27:62, a request for a guard on the tomb was made on the Sabbath (the day after the preparation) and that the request was for a guard until the third day. By simply moving the text “in the end of the Sabbath,” from the beginning of Matthew 28:1 to the end of the previous verse in Matthew 27:66, which is where it should have been placed when punctuation and chapters and verses were first added, we would have the following.

Matthew 27:66 “So they went, and made the sepulchre sure, sealing the stone, and setting a watch in the end of the sabbath.”

Matthew 28:1 “As it began to dawn toward the first day of the week, came Mary Magdalene and the other Mary to see the sepulchre.”
It was the watch guarding the tomb that began “in the end of the Sabbath.” Since Jesus was to rise the third day, the Roman guards were put in place immediately at the end of the Sabbaths because they anticipated that the body of Jesus would be stolen by the Jews sometime that night.

It is now even more obvious that the phrase “in the end of the Sabbaths” is not referring to the abolishing of the Lord's Sabbath but is just specifying the time when the guard was placed on the tomb. The guard was placed at the end of this High day that was both the Seventh day Sabbath and the Passover sabbath. Some would say it was already obvious this verse was just referring to the end of the day but now it is so clear that no one can dispute the obvious.

So Hosea 2:11 refers to Israel's ceremonial sabbaths such as Passover and the Day of Atonement, which were practised because of sin, and the fulfillment of this prophecy was around 722 B.C. and not at the cross. And Matthew 28:1 was used for nothing more than an attempt at proving a lie. I believe we can confidently state that this argument inspired by Satan is now dead.

How to keep the Sabbath Holy

Jesus said, “If you love Me, keep My Commandments.” John 14:15 Do you truly love Him? Then enjoy the blessings of an uninterrupted day of fellowship, rest and worship on the day He blessed and made holy just for you even if it means enduring tribulation. Shadrach, Meshach and Abednego were prepared to die rather than break a Commandment of God and they were triumphant as a result of their stand.

Just how are we to keep the Sabbath? The scribes and Pharisees tried to legislate in minute detail all that was acceptable or unacceptable to do on the Sabbath. In doing so, they made the Sabbath a great BURDEN which was something God never intended (cf. 1 John 5:3). God gave the Sabbath in Exodus 20 and magnified it in other places in His Word with some specifics, but mainly by expounding broad, spiritual principles. So what does God tell us about Sabbath day observance?

God wrote and spoke these words in the fourth Commandment, “But the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your manservant, nor your maidservant, nor your cattle, nor your stranger who is within your gates” Exodus 20:10. So you are not to do any kind of real work on the Sabbath be it your occupation, personal business, housework or any laborious activity. And neither are those in the environment over which you have control. Of course, preparing or cleaning up after a light meal would not be wrong as we find a number of occasions when Jesus enjoyed a Sabbath meal with others. And He never condemned the practice of hospitality on the Sabbath (cf. Luke 14:1-6). Since Jesus said in Matthew 12:10-12 “…it is lawful to do good on the Sabbath”, such as rescuing an animal or healing the sick, that would no doubt include Essential Services such as Doctors, Nurses and Ambulance etc. Finally, to really understand how God intended the Sabbath to be used, look at what He said in Isaiah 58:13-14 “If you turn away your foot from the Sabbath, from doing your pleasure on My holy day, and call the Sabbath a delight...not doing your own ways, nor finding your own
pleasure, nor speaking your own words, then you shall delight yourself in the Lord; and I will cause you to ride on the high hills of the earth...” So we are not to be doing our own pleasure on God’s Holy Day. That does not preclude doing any enjoyable things on the Sabbath whatsoever, for we are to find delight in it.

The point is that, whatever we do, God must be an intrinsic part of it. A family walk through a natural setting for example, is a wonderful way to get in touch with God who made the beautiful creations we see. When the seventh day arrives, we must stop pursuing our “own ways” (the things we normally do), seeking our “own pleasure” (your normal things of enjoyment) and speaking our “own words” (the everyday things we talk about that do not involve God). This last one is often very hard to follow because “out of the abundance of the heart the mouth speaks” Matthew 12:34. To truly keep the Sabbath in the spirit, we must focus our minds on God and those things He wants us to be concerned with during His holy time. Then, as God promises, we will be truly blessed. And since it is lawful to do good on the Sabbath, we can make encouraging phone calls or write letters to the sick or visit Christians who are lonely. It may also be possible to visit the sick or others in need on the Sabbath or to have them over for an evening meal. Matthew 25:34-36. The Sabbath is also a “…sabbath of rest, an holy convocation” (Leviticus 23:3) and is therefore ideal for worship services. When we fellowship with other people in whom God dwells, we are in fact also fellowshipping with Him (cf. 1 John 1:3, 7). So we should not think of the Sabbath as the day we can’t do this or that! Rather, we should approach this very special day as a period when we can and should really take time to deeply study and thoughtfully analyse the scriptures. It is a time when we can sit quietly, meditating over and thinking through the truly big issues of life. In addition, the Sabbath is the perfect time for unhurried, thoughtful, heartfelt prayer to our Father in heaven to commune with our Creator, to worship Him, to get to know Him intimately. This is how to keep God’s Sabbath holy.

Another way to establish how the Sabbath should be kept is to imagine spending the day with someone you are absolutely head over heels in love with and that you have the opportunity to spend this one specific day with. You would have as many things as possible prepared the day before so you could spend as much time as possible with that person because you are so in love with them and you want every available moment to spend with them. This is NOT legalism - it is LOVE. This is what the Sabbath is all about. Are you head over heels in love with God? If you are then do the same for Him.

The Sabbath is and always has been the real test Commandment (cf. Exodus 16). Many can accept the other nine but the fourth Commandment is quite different. It means living differently from the society around you, perhaps even being looked upon as odd or weird. Yet Jesus said in Luke 14:26-27, “Those who come to me cannot be my disciples unless they love me more than they love father and mother, wife and children, brothers and sisters, and themselves as well.” Does this mean giving up some personal activity on the Sabbath? The answer lies in what your conscience tells you and what the Holy Spirit lays upon your heart. The main consideration is the rest our bodies and minds need and the most beautiful part is that it is a day that we devote entirely to God, i.e. in everything we do, God
should be an intrinsic part. **How spending one day a week with God who we claim to love could ever be called legalism or a burden is beyond me.** Our relationship with Jesus is supposed to be one of faith and trust believing He will always provide our needs when we trust and obey Him. The sacrifice of moving an activity to another day is nothing in comparison to what Jesus did for us in His sacrifice. He was beaten, scourged and nailed to a cross for us. If the only thing that He asks in return is to keep the Sabbath holy then I think our sacrifice is no comparison. **“For this is the love of God, that we keep his Commandments: and his Commandments are not grievous.” 1 John 5:3**

In Daniel 3, King Nebuchadnezzar made a gold *image* with dimensions equal to 666 that he commanded all to worship. Shadrach, Meshach, and Abednego would not disobey God’s Commandment and refused to obey the king. Since they refused, the king threw them into a blazing furnace heated seven times hotter than usual. The King in amazement said, “Why do I see four men walking around in the fire? They are not tied up, and they show no sign of being hurt and the fourth is like that of the Son of God. Praise the God of Shadrach, Meshach, and Abednego! They disobeyed my orders and risked their lives rather than bow down and worship any god except their own. There is no other god who can rescue like this.” As a result, the king promoted them to higher positions in Babylon. Here is a beautiful example of obedience to God. This example is a parallel of Revelation 14 showing how we need to respond in end times, i.e. we should obey God rather than man and not worship the Beast or his image. **So do we worship God on the day specified by the Beast and get the mark of the Beast or on the day God commanded and receive the Seal of God?** Do you love the “praise of men” more than the praise of God? Or do you have the FAITH and the COURAGE to obey God’s Commandments, even if you were to lose your job and perhaps a few of your friends?

### 12 Biblical Concepts on how to keep the Sabbath

1. **The Sabbath is a day to cease our creating, working with the creation and appreciate what God has done in the world and is doing in us.** Genesis 2

2. **Elaborate food preparation is to be done on the day before the Sabbath so that there is no baking or major cooking on the Sabbath.** Exodus 16

3. **The Sabbath is a time to lay our burdens down and rest.** We should not do any servile work on the Sabbath. This includes our entire family, even our servants and beasts of burden and strangers who live among us. Jeremiah 17; Exodus 20 and Deuteronomy 5

4. **The Sabbath is an holy convocation.** We should meet and worship with others. Leviticus 23

5. **We should be reverent and show God that we love, honor and respect His authority.** Psalms 89:7, Habakkuk 2:20

6. **The Sabbath should be a day of delight and rejoicing,** a day which we forsake our thoughts and words for God's thoughts and words. Isaiah 56, 58
7. The Sabbath is a time of healing. Matthew 12, Mark 1, 3, Luke 13-14
8. We are not to buy or sell on the Sabbath. Nehemiah 13
9. The Sabbath is a time to do good and visit and comfort the sick. We should do spiritual work on the Sabbath, serving others. John 5
10. The Sabbath is a time of prayer. Acts 16:13
11. The Sabbath is a time to reason with others about spiritual principles and for ministers to teach the word of God. Acts 17:2, 18:4, 11
12. The Sabbath is a time for Singing. Ephesians 5:19-20, Colossians 3:16, Psalms 92 is called the “Sabbath Psalm”

Sabbath Truth Summary

The Sabbath was not changed in honour of the resurrection. Scripture says the Papacy would change God’s law and History confirms this. God will not accept any day in seven demonstrated by Exodus 16:4-31, which is before Jews and the Commandments being written in stone. God blessed and made holy ONLY the seventh day and that is why we have a seven day week. God’s law of love did not become obsolete at the cross and can no more change than God’s character can. He is the same yesterday, and today, and forever. It is not a special law for one nation only. It is eternal and so was made at creation for all man before sin and Jews and ALL FLESH keep it in the New Earth. God is all knowing and the Sabbath was not made one of God’s eternal Commandments by some oversight. If it were for Israel only, God would have placed it in the ordinances which were for Israel only and ended at the cross. There is no new law in Christ based on Matthew 22:37-40. Jesus was quoting the Old Testament and He said ALL the law hang on these two commandments just as they did also in the Old Testament. Loving your neighbour as yourself means obeying the last six Commandments (Matthew 19:18-19, Romans 13:9) and to love God with all your heart means to obey the first four. The Law is LOVE. If you truly Love God, you would not have other gods before Him or worship idols and you certainly would not take His name in vain. And speaking of Loving and Worshipping God with all your heart, that is EXACTLY what the Sabbath is all about. “Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a PERPETUAL covenant. It is a SIGN between Me and the children of Israel FOREVER…” Exodus 31:16-17. All Commandments show our allegiance but the fourth is a special SIGN of loyalty that we may know we truly love and follow God as His people. We are also children of Israel from Abraham.Galatians 3:29 “And if you be Christ’s, then are you Abraham’s seed, and heirs according to the promise.” We are and need to be children of Israel as both covenants were made with the house of Israel. Hebrews 8:10, “For this is the covenant that I will make with the house of Israel...says the Lord: I will put My Laws into their mind and write them in their hearts, and I will be their God, and they shall be My people.” See also Romans 2:28-29, Romans 9:6-8, 1 Corinthians 10:18, Galatians 6:16 and Daniel's 70 weeks prophecy.
The Bible unmistakably shows that the real test of love is obedience to God. These following scriptures are just three of many that could be quoted. John 14:15 “If ye love me, keep my Commandments.” or 1 John 2:4 “He that saith, I know him, and keepeth not his Commandments, is a LIAR, and the truth is not in him.” and 1 John 5:3 “For this is the love of God, that we keep his Commandments: and his Commandments are not grievous.” This last verse says we should keep God’s Commandments because we love God so much that it is our heart’s desire to do so as Psalms 119 shows and not because we feel obligated to do so. Devoting a whole day to God should be to us a most beautiful and gratifying experience and should be our hearts desire, not something we call a burden or legalism. Jesus spoke of those who said, “Lord, Lord,” but did not do the will of the Father. Then He described many who would seek entrance to the kingdom claiming to be workers of miracles in the name of Christ. But He would sorrowfully have to say, “I never knew you: depart from me.” Matthew 7:21-23. This is terribly sad because Jesus is saying, “Not everyone who calls me ‘Lord, Lord’ will enter the Kingdom of heaven.” Revelation 22:14 describes those who will live with God the Father and Christ throughout eternity in the New Jerusalem: “Blessed are those who do his Commandments, that they may have the right to the tree of life, and may enter through the gates into the city.”

1 John 3:4 GNB says that, “Whoever sins is guilty of breaking God’s law, because sin is a breaking of the law.” So if there were no requirement to keep God’s Commandments, then there would be no sin and if there were no sin, then Jesus did not need to die on a cross for us and therefore the Gospel would be immaterial as would be Christianity and we would be no different to anyone else in this secular world. Do you see how absolutely absurd this is? Some have twisted this the other way by saying if we still have to obey the law then Jesus died for nothing. This is a very distorted view of the Gospel. Jesus redeemed us by His blood and paid the penalty for our sins which was death. He died on the cross so by faith and Grace we can repent and go on living, not go on sinning! This is Satan’s attempt at deceiving us into believing that since we are under Grace we no longer have to keep God’s Commandments. Jesus said if you love me keep my Commandments. He did not say I died for you so you can disobey my Commandments. Paul clarifies this well in Romans 6:14-15, “For sin shall not have dominion over you: for you are not under the law, but under grace. What then? shall we sin, because we are not under the law, but under grace? God forbid.” It really is just this plain and simple. The ceremonial laws that have evidently confused so many were temporary and are gone. The Ten Commandments are Eternal and if we love God and man then we obey ALL of them FOREVER. They are NOT the Ten Suggestions and they are NOT the Nine Commandments and the One Suggestion. The Sabbath is the real test of love for God, yet never have I seen so many people twist and distort the word of God and fight so hard to justify why they can dodge this one Commandment. God is saying that He wants us to fully devote one day a week to Him because He loves us so much and people respond by searching for every excuse under the sun as to why they do not have to spend this time with God. I pray with all my heart that you are not one of them.
Isn’t it sad but interesting that the only part of the Bible specifically written by God’s own hand, His Law, is the part so many people want to excuse away? And isn’t it interesting that the only part of that Law some say is for the Jew only, is the one Commandment that states it was for the “stranger” also? And isn’t it interesting that it is the only Commandment that specifically states it was instituted at Creation long before sin or Jews or ceremonies? And isn’t it interesting that it has not only been kept since creation but will also be kept in the new Heaven and Earth? And isn’t it interesting that the only Commandment man wants to forget is the one God specifically says to “remember?” Jesus said, “For truly I say to you, Till the heaven and the earth pass away, not one jot or one tittle shall in any way pass from the Law...” and Jesus then went on to say “…whoever shall relax one of these Commandments, the least, and shall teach men so, he shall be called the LEAST [by those] in the kingdom of Heaven. But whoever shall do and teach them, the same shall be called GREAT in the kingdom of Heaven.” The thought of being called least by those in Heaven because I have not taught or have relaxed even one of God’s Commandments definitely does not appeal to me in the slightest. There are the most wonderful blessings beyond comprehension both now and in eternity for obeying God’s Commandments and especially when it is done in love for our heavenly Father and our fellow man.

"The Sabbath was MADE for man and not man for the sabbath." (Mark 2:27)

Just stop and have a real good think about this Bible verse concerning the Sabbath day. The majority of professing Christians today believe that the Sabbath only began when the ten commandments were given at Sinai. Is this true? No, and there is solid, clear Bible evidence that the Seventh day Sabbath was in effect before the ten commandments. Notice that Jesus said the Sabbath was MADE. When was it made?

Genesis 2:2-3 .....'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. And God blessed the seventh day and sanctified it; because that in it He had rested from all His work which God created and made.'

Why are there not just six days in a week? Because after the six days of creation work, God MADE another day, the seventh day. Now if God wanted to rest after His work of creating this earth, He could have done so without giving us another day. So why did He give us another day? Take another look at what Jesus said above. He MADE the sabbath day for man! Do you see this clear connection? Jesus said that the sabbath was made and He was pointing us back to the creation week where we can see the sabbath being made.

DID YOU KNOW? The only place we get the 7 day weekly cycle from is the creation week in the Bible. We can see months and years in the solar system that God put in place, but with
the 7 day weekly cycle, we can only see it in the Word of God. Now what does this mean? It means we have to put our faith in God and His Word. I wonder if God intended it this way, so that He could see who were His true followers! **Those who keep the seventh day sabbath of creation are putting their complete trust and faith in the Word of God.**

Now let's take a look at the 4th commandment, and we will see a clear reference to the seventh day of creation being the sabbath day.

"Six days shalt thou labour and do all thy work, but the seventh day is the sabbath of the LORD thy God; in it thou shalt not do any work ... 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." (Exodus 20)

**DO YOU SEE? THE SEVENTH DAY OF CREATION IS THE SABBATH DAY!**

The 4th commandment is so clear about what the sabbath day is. We can see that it is talking about the seventh day of creation as being the Bible sabbath. Now for some reason, many professing Christians will adamantly proclaim that the sabbath day was not instituted at creation week, and yet we have very clear Bible proof in the 4th commandment that says the SEVENTH DAY OF CREATION IS THE SABBATH DAY. Do you see the clear link between the sabbath day of the 4th commandment and the seventh day of creation? I hope so, because they are the one same day, the Bible sabbath!

Big deal!! you say, the Seventh day of creation is the sabbath, so what?! Well, do you know what this means? It means that the sabbath of the 4th commandment was instituted BEFORE sin even entered this world!! And what does THAT mean?

1. **That God intended it to be observed for eternity.**

2. **That it could not be a "shadow" of anything.**

3. **That Jesus did not change or abolish it at the cross.**

4. **That neither the disciples nor any man could change it to another day.**

**You can take away the sabbath as a symbol of Israel's freedom from the bondage in Egypt, but you STILL have the sabbath of creation. You can take away the ceremonial sabbaths in the laws of Moses, but you STILL have the sabbath of creation!**

Unfortunately satan has brought something into many churches today that does away with the seventh day sabbath of creation, and that is, EVOLUTION! Many professing Christians are now embracing the wicked teaching of evolution, and say that God did not create the earth in six literal days as the Bible clearly teaches, but rather that He let it evolve over a "period" of time. How do they come to this conclusion? Because they put their trust in the teachings and foolish wisdom of men, rather than in the clear teaching and great wisdom of our Creator GOD.
So how is it that the majority of Christians keep the first day of the week as the sabbath day, instead of the true Bible seventh day sabbath? Who Was the Sabbath Made For?

Was the seventh day sabbath made for the Jews, as the majority of professing Christians claim? There is so much we can get from that simple quote of Jesus above in Mark 2:27. Not only does it point us back to creation and the institution of the seventh day sabbath then, but Jesus also confirms that the sabbath was made for who? MAN, ie. ALL of mankind. Now why doesn't Jesus say that the sabbath was made for the Jews? Well, how many Jews were there at creation? None! There was MAN and WOMAN, Adam and Eve. **So was the sabbath day made for the Jews? Of course not. It was MADE during creation week by God, for EVERYONE!**

Lord of the Sabbath Day

"Therefore the Son of man is Lord also of the Sabbath." (Mark 2:28)

What is it that entitles Jesus to be LORD of the sabbath day? It's the fact that He is the Creator! In John 1:10 and Colossians 1:16 we find that Jesus is the Creator of this world. Which means that it was Jesus Himself who created the seventh day sabbath for mankind. This is how He is Lord of the sabbath.

**Do you see this amazing Bible truth? Jesus created the heavens and earth. He created the seventh day sabbath. He never changed or abolished the seventh day sabbath during His ministry on earth, therefore the sabbath of the 4th commandment still stands and is binding on everyone today! However it is not a burden or a curse, it brings with it great blessings as we receive God’s Grace through faith in Jesus to obey ALL the Ten Commandments of God.**

'I know that, whatsoever God doeth, it shall be forever; nothing can be put to it, nor anything taken from it.' (Ecclesiastes 3:14)

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http://www.sabbathtosundaychange.com/  http://www.thesabbathday.co.uk/

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