

THE CREATION OF THE SABBATH

1 How many days were involved in the creation of the world?

GENESIS 1:31 “Then God saw _____ that He had _____, and indeed it was _____ good. So the _____ and the _____ were the _____ day.”

God created the world in six literal days. The days were divided into two segments, evening and morning. The 24-hour measurement of time that we enjoy today was established at creation.

2 Since God created the world in six literal days, why is the week seven days long?

GENESIS 2:1-3 “Thus the heavens and the earth, and all the host of them, were _____. (2) And on the _____ day God _____ His work which He had done, and He _____ on the _____ day from all His work which He had done. (3) Then God _____ the _____ day and _____ it, because in it He _____ from all His work which God had _____ and made.”

According to the Bible only the seventh day of the week was blessed. God used six days to create everything that has a physical dimension; and the seventh day to create a spiritual dimension. That is why He blessed the seventh day, sanctified it, and rested on it. The seventh day was blessed before sin. It was created in a perfect environment. Therefore, since everything that God made was “very good,” so also is the seventh day.

3 What did God call the seventh day of the week and what reason did He give?

EXODUS 20:10-11 “But the _____ day is the _____ of the LORD _____. (11) For in _____ days the LORD _____ the _____ and the _____, the sea, and _____ that is in them, and _____ the _____ day. Therefore the LORD _____ the _____ day and _____ it.”

God titled the seventh day “Sabbath.” Sabbath means “rest.” It was not only the day God rested, it was the day He sanctified or set apart. Only the Sabbath bears the distinction as being “set apart.”

4 What command did God give concerning the seventh day?

EXODUS 20:8-9 “Remember the _____ day, to _____ it _____. (9) _____ days you shall _____ and do _____ your _____.”

God designated the first six days of the week as workdays. He only made the seventh day holy, commanding us to keep it the way He made it. Furthermore, God said, “Remember”; God expects us to observe the

Sabbath perpetually. The Sabbath is an eternal memorial of Creation.

5 For whom did Jesus make the Sabbath?

MARK 2:27-28 “And He said to them, ‘The _____ was made for _____, and not _____ for the _____. (28) Therefore the Son of Man is also Lord of the _____.’”

The Sabbath Day was blessed when only Adam and Eve existed. Some incorrectly teach that the Sabbath is distinctly a Jewish institution. When the seventh day was blessed and sanctified, the Jewish nation did not exist. Abraham was called by God 2100 to 1800 years before Christ and His offspring gave rise to the Jewish nation. Thus, Jesus said the Sabbath was made for man as were the other nine Commandments.

6 The Ten Commandments were written on Stone at Mt. Sinai. How do we know that the Sabbath existed before Sinai?

EXODUS 16:29 “See! For the LORD has given you the _____; therefore He gives you on the _____ day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day.”

The Sabbath was mentioned before Sinai because the Commandments were already in existence. When the Israelites went out on the Sabbath to find manna, the Lord spoke to Moses.

7 What did God say to Moses when the Israelites ignored God’s instruction not to go looking for manna on the Sabbath?

EXODUS 16:27-28 “Now it happened that some of the people went out on the _____ day to _____, but they found _____. (28) And the LORD said to Moses, ‘How _____ do you refuse to keep _____ and My _____?’”

God not only referred to the Sabbath as being violated, but His laws and Commandments. By asking, “How long” it is evident that the Sabbath and the other nine Commandments already existed.

8 What evidence does the Bible give for the existence of God’s Law long before it was written on Stone at Sinai?

GENESIS 26:5 “Because Abraham obeyed My voice and kept My charge, My _____, My statutes, and My _____.”

Abraham was from Chaldea, a province of the Babylonian empire. He was not a Jew. Abraham was promised a blessing “Because” of his obedience to God’s requirements—His Commandments, Statutes, and laws.

9 Is the Sabbath Commandment connected to works?

EXODUS 20:10 “But the _____ day is _____ of the LORD _____ God. In it you shall do _____: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates.”

This Sabbath is the only day of creation week designated for rest. God ceased from work on the seventh day, thus He invites us to do the same. It is the day work ceased. More significantly its observance answers the greater question, who is your God?

THE SEVEN DAYS OF CREATION WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Creation of Day & Night	Creation of Firmament (Heavens)	Creation of Vegetation Fruit, Trees	Creation of Sun, Moon, Stars	Creation of Birds & Sea Creatures	Creation of Animals, Humanity	Creation of Sabbath

Genesis 1:31–2:3 (NKJV) “Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the sixth day. (Genesis 2:1) Thus the heavens and the earth, and all the host of them, were finished. (2) And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. (3) Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”

Creation took place in a sin-free environment. The first and last process of creation is as connected and perfect as each individual day. From the first day of creation until the present, creation remains unaltered because, “Jesus Christ is the same yesterday, today, and forever.” Hebrews 13:8 (NKJV).

10 What about the sabbaths that were nailed to the cross?

COLOSSIANS 2:16-17 “So let no one judge you in _____ or in _____, or regarding a _____ or a _____ or _____, (17) which are a _____ of things to come, but the _____ is of _____.”

The “sabbaths” referred to in Colossians include ceremonies, “foods,” “drinks,” “new moons,” and “festivals.” The last day of creation has nothing to do with ceremonies of food, drinks, and festivals. Furthermore, the weekly Sabbath is not associated with these elements. The observance of the fourth commandment does not require the use of ceremonial elements, it simply requires us to rest from our labor.

11 What are the “shadow” elements that were nailed to the cross and are no longer to be observed?

EPHESIANS 2:15 “Having _____ in His flesh the enmity, that is, the _____ of _____ contained in _____, so as to create in Himself one new man from the two, thus making peace.”

The apostle Paul refers to them as the “law of commandments contained in ordinances.” Paul further emphasizes why these were abolished. He wrote in Colossians 2:14, “Having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross.”

12 How does the writer of Hebrews describe the laws that were a “shadow” of good things to come?

HEBREWS 10:1 “For the _____, having a _____ of the good things to come, and not the very image of the things, can never with these same _____, which they _____ continually year by year, make those who approach _____.”

HEBREWS 9:9-10 “It was _____ for the present time in which both _____ and _____ are offered which _____ make him who _____ the service perfect in regard to the conscience— (10) concerned only with _____ and _____, various _____, and fleshly _____ imposed _____ the time of _____.”

Over 600 shadow ceremonies were connected to the law of Moses. Unlike the law of God written on two tablets of stone, 2 Kings 14:6 shows us that these ordinances were, “Written in the book of the Law of Moses.” These ordinances were given after sin entered the world to become a “shadow” of the work that Christ would accomplish.

13 How long were the ceremonial sabbaths, its laws and its ordinances to last?

GALATIANS 3:19 “What purpose then does the _____ serve? It was _____ because of _____, till the _____ should _____ to whom the _____ was _____; and it was appointed through angels by the hand of a mediator.

The ceremonial law was added because of transgression and would last until the “Seed should come.” The seed referred to is Christ. The laws of Moses contained approximately seven ceremonial sabbaths, pointing to Christ. That is why John wrote, “Behold the Lamb of God who takes away the sin of the world!” John 1:29 (NKJV).

14 How does the apostle Paul explain the end of the Law of Moses and the relevance of Christ?

ROMANS 10:4-5 “For Christ is the _____ of the _____ for _____ to everyone who _____. (5) For _____ writes about the _____ which is _____ the _____, ‘The man who does those things shall live by them.’”

The law of Moses contained shadows like requiring the sacrifices of lambs, bulls, goats, drink offerings, and ceremonial sabbaths. Paul wrote in Hebrews 7:19, “For the law made nothing perfect; on the other hand, there is the bringing in of a better hope, through which we draw near to God.”

15 How did Jesus show that the Sabbath would still exist after the cross?

MATTHEW 24:20 “And pray that your _____ may not be in winter or on the _____.”

By these words Jesus shows that he did not intend to destroy the Sabbath. In 31 A.D. Jesus spoke of the destruction of Jerusalem that took place in 70 A.D. Why would Jesus refer to the Sabbath 39 years after His ascension if he planned on abolishing it?

16 Was the Sabbath kept in the New Testament?

ACTS 13:42 “..The _____ begged that these words might be _____ to them the next _____.”

ACTS 13:44 “On the next _____ almost the _____ city came together to _____ the _____ of God.”

ACTS 18:4 “And he reasoned in the synagogue _____ and persuaded both _____ and _____.”

The Sabbath is mentioned more than 50 times in the New Testament. It is as enduring as Christ. Jesus is our example in all things. The Bible records, “So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read.” Luke 4:16 (NKJV). How can we follow Christ and not walk as He did?

17 In Isaiah 58:13 what does God call the Sabbath?

ISAIAH 58:13 “If you turn away your foot from the _____, from doing your pleasure on My _____, and call the _____ a _____, the holy day of the _____ honorable, and shall honor Him...”

Unlike the countless attempts to present the Bible Sabbath in a false light, God calls the Sabbath “My holy day” and “A delight.” Anyone that honors it and follows the example of Jesus will understand and experience the blessing only found in God’s blessed day.



One of the greatest blessings of God is a day of rest. The seventh day of creation week was crowned with the blessing of Heaven as God rested from all His creative work. God not only rested but also sanctified and set apart the last day of the week as holy. The blessing of creation week was reiterated in the fourth of the Ten Commandments. God said that we must “Remember the Sabbath Day to keep it holy” because “The seventh day is the Sabbath of the LORD your God.” Exodus 20:8, 10.

Those that recognize the God of creation as their Lord will honor the day He blessed. To set aside another day of the week as “a holy day” is to assume that we have the power to bless just as God has the power to bless. Only God has the power and the authority to make anything holy.

When God said, “Remember the Sabbath day to keep it holy,” He was reminding us that He had already made the seventh day holy. As you study you will also discover that honoring tradition can never connect us to a true relationship with God. We know that the day that God blessed is what we call Saturday. Furthermore, the record of Jesus’ death, burial, and resurrection confirms that the only day that God blessed is the Sabbath. Jesus rose on the day after the Sabbath, which is known as Easter Sunday. If you desire a relationship based on truth, God calls you to honor the only day He blessed—Saturday the seventh day, Sabbath.