

# Sabbath Scripture

The creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

## **Genesis 2:1-3**

The Lord appeared again to Abraham near the oak grove belonging to Mamre. One day Abraham was sitting at the entrance to his tent during the hottest part of the day. He looked up and noticed three men standing nearby. When he saw them, he ran to meet them and welcomed them, bowing low to the ground.

“My lord,” he said, “if it pleases you, stop here for a while. Rest in the shade of this tree while water is brought to wash your feet. And since you’ve honored your servant with this visit, let me prepare some food to refresh you before you continue on your journey.”

“All right,” they said. “Do as you have said.”

So Abraham ran back to the tent and said to Sarah, “Hurry! Get three large measures of your best flour, knead it into dough, and bake some bread.” Then Abraham ran out to the herd and chose a tender calf and gave it to his servant, who quickly prepared it. When the food was ready, Abraham took some yogurt and milk and the roasted meat, and he served it to the men. As they ate, Abraham waited on them in the shade of the trees.

## **Genesis 18:1-8**

The Lord asked Moses, “How long will these people refuse to obey my commands and instructions? They must realize that the Sabbath is the Lord’s gift to you. That is why he gives you a two-day supply [of manna] on the sixth day, so there will be enough for two days. On the Sabbath day you must each stay in your place. Do not go out to pick up food on the seventh day.”

## **Exodus 16:28-29**

Remember to observe the Sabbath day by keeping it holy.

You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

## **Exodus 20:8-11**

Tell the people of Israel: “Be careful to keep my Sabbath day, for the Sabbath is a sign of the covenant between me and you from generation to generation. It is given so you may know that I am the Lord, who makes you holy. You must keep the Sabbath day, for it is a holy day for you. . . . The people of Israel must keep the Sabbath day by observing it from generation to generation. This is a covenant obligation for all time.”

## **Exodus 31:13-14, 16**

You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest, an official day for holy assembly. It is the Lord's Sabbath day, and it must be observed wherever you live.

## **Leviticus 23:3**

While Moses was on Mount Sinai, the Lord said to him, "Give the following instructions to the people of Israel. When you have entered the land I am giving you, the land itself must observe a Sabbath rest before the Lord every seventh year. For six years you may plant your fields and prune your vineyards and harvest your crops, but during the seventh year the land must have a Sabbath year of complete rest. It is the Lord's Sabbath. Do not plant your fields or prune your vineyards during that year. And don't store away the crops that grow on their own or gather the grapes from your unpruned vines. The land must have a year of complete rest. But you may eat whatever the land produces on its own during its Sabbath. This applies to you, your male and female servants, your hired workers, and the temporary residents who live with you. Your livestock and the wild animals in your land will also be allowed to eat what the land produces.

"In addition, you must count off seven Sabbath years, seven sets of seven years, adding up to forty-nine years in all. Then on the Day of Atonement in the fiftieth year, blow the ram's horn loud and long throughout the land. Set this year apart as holy, a time to proclaim freedom throughout the land for all who live there. It will be a jubilee year for you, when each of you may return to the land that belonged to your ancestors and return to your own clan. This fiftieth year will be a jubilee for you. During that year you must not plant your fields or store away any of the crops that grow on their own, and don't gather the grapes from your unpruned vines. It will be a jubilee year for you, and you must keep it holy. But you may eat whatever the land produces on its own. In the Year of Jubilee each of you may return to the land that belonged to your ancestors.

"When you make an agreement with your neighbor to buy or sell property, you must not take advantage of each other. When you buy land from your neighbor, the price you pay must be based on the number of years since the last jubilee. The seller must set the price by taking into account the number of years remaining until the next Year of Jubilee. The more years until the next jubilee, the higher the price; the fewer years, the lower the price. After all, the person selling the land is actually selling you a certain number of harvests."

## **Leviticus 25:1-16**

In the Year of Jubilee the field must be returned to the person from whom he purchased it, the one who inherited it as family property.

## **Leviticus 27:24**

Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day.

## **Deuteronomy 5:15**

The message of the Lord spoken through Jeremiah was fulfilled. The land finally enjoyed its Sabbath rest, lying desolate until the seventy years were fulfilled, just as the prophet had said.

## **2 Chronicles 36:21**

Then the rest of the people . . . joined their leaders and bound themselves with an oath. They swore a curse on themselves if they failed to obey the Law of God as issued by his servant Moses. They solemnly promised to carefully follow all the commands, regulations, and decrees of the Lord our Lord: . . . "We also promise that if the people of the land should bring any merchandise or grain to be sold on the Sabbath or on any other holy day, we will refuse to buy it. Every seventh year we will

let our land rest, and we will cancel all debts owed to us.”

**Nehemiah 10:28-28, 31**

I [Nehemiah] confronted the nobles of Judah. “Why are you profaning the Sabbath in this evil way?” I asked. “Wasn’t it just this sort of thing that your ancestors did that caused our God to bring all this trouble upon us and our city? Now you are bringing even more wrath upon Israel by permitting the Sabbath to be desecrated in this way!”

Then I commanded that the gates of Jerusalem should be shut as darkness fell every Friday evening, not to be opened until the Sabbath ended. I sent some of my own servants to guard the gates so that no merchandise could be brought in on the Sabbath day. The merchants and tradesmen with a variety of wares camped outside Jerusalem once or twice. But I spoke sharply to them and said, “What are you doing out here, camping around the wall? If you do this again, I will arrest you!” And that was the last time they came on the Sabbath. Then I commanded the Levites to purify themselves and to guard the gates in order to preserve the holiness of the Sabbath.

**Nehemiah 13:17-22**

The LORD is my shepherd; I have all that I need.  
He lets me rest in green meadows;  
he leads me beside peaceful streams. He renews my strength.  
He guides me along right paths, bringing honor to his name.  
Even when I walk  
through the darkest valley,  
I will not be afraid,  
for you are close beside me.  
Your rod and your staff protect and comfort me.  
You prepare a feast for me  
in the presence of my enemies.  
You honor me by anointing my head with oil. My cup overflows with blessings.  
Surely your goodness and unfailing love will pursue me all the days of my life,  
and I will live in the house of the LORD forever.

**Psalms 23**

Lord, through all the generations you have been our home!  
Before the mountains were born,  
before you gave birth to the earth and the world, from beginning to end, you are God.  
You turn people back to dust, saying, “Return to dust, you mortals!”  
For you, a thousand years are as a passing day, as brief as a few night hours.  
You sweep people away like dreams that disappear. They are like grass that springs up in the morning.  
In the morning it blooms and flourishes, but by evening it is dry and withered.  
We wither beneath your anger;  
we are overwhelmed by your fury. You spread out our sins before you—  
our secret sins—and you see them all. We live our lives beneath your wrath,  
ending our years with a groan.  
Seventy years are given to us! Some even live to eighty.  
But even the best years are filled with pain and trouble; soon they disappear, and we fly away.  
Who can comprehend the power of your anger?  
Your wrath is as awesome as the fear you deserve.  
Teach us to realize the brevity of life, so that we may grow in wisdom.  
O LORD, come back to us! How long will you delay? Take pity on your servants!  
Satisfy us each morning with your unfailing love, so we may sing for joy to the end of our lives.  
Give us gladness in proportion to our former misery! Replace the evil years with good.  
Let us, your servants, see you work again; let our children see your glory.

And may the Lord our God show us his approval and make our efforts successful.  
Yes, make our efforts successful!

### **Psalm 90**

This is what the Lord says:

“Be just and fair to all.

Do what is right and good,

for I am coming soon to rescue you

and to display my righteousness among you.

Blessed are all those

who are careful to do this.

Blessed are those who honor my Sabbath days of rest and keep themselves from doing wrong.

“Don’t let foreigners who commit themselves to the LORD say, ‘The LORD will never let me be part of his people.’

And don’t let the eunuchs say,

‘I’m a dried-up tree with no children and no future.’

For this is what the LORD says: I will bless those eunuchs

who keep my Sabbath days holy and who choose to do what pleases me

and commit their lives to me.

I will give them—within the walls of my house—

a memorial and a name

far greater than sons and daughters could give.

For the name I give them is an everlasting one. It will never disappear!

“I will also bless the foreigners who commit themselves to the LORD,

who serve him and love his name,

who worship him and do not desecrate the Sabbath day of rest,

and who hold fast to my covenant.

I will bring them to my holy mountain of Jerusalem and will fill them with joy in my house of prayer.

I will accept their burnt offerings and sacrifices,

because my Temple will be called a house of prayer for all nations.

For the Sovereign LORD,

who brings back the outcasts of Israel, says: I will bring others, too,

besides my people Israel.”

### **Isaiah 56:1-8**

Keep the Sabbath day holy.

Don’t pursue your own interests on that day,

but enjoy the Sabbath

and speak of it with delight as the LORD’s holy day.

Honor the Sabbath in everything you do on that day, and don’t follow your own desires or talk idly.

### **Isaiah 58:13**

Say to all the people, “Listen to this message from the Lord, you kings of Judah and all you people of Judah and everyone living in Jerusalem. This is what the Lord says: Listen to my warning! Stop carrying on your trade at Jerusalem’s gates on the Sabbath day. Do not do your work on the Sabbath, but make it a holy day. I gave this command to your ancestors, but they did not listen or obey. They stubbornly refused to pay attention or accept my discipline.

“But if you obey me, says the Lord, and do not carry on your trade at the gates or work on the Sabbath day, and if you keep it holy, then kings and their officials will go in and out of these gates forever. There will always be a descendant of David sitting on the throne here in Jerusalem. Kings and their officials will always ride in and out among the people of Judah in chariots and on horses, and this city will remain forever. And from all around Jerusalem, from the towns of Judah and Benjamin, from the western foothills and the hill country and the Negev, the people will come with

their burnt offerings and sacrifices. They will bring their grain offerings, frankincense, and thanksgiving offerings to the Lord's Temple.

"But if you do not listen to me and refuse to keep the Sabbath holy, and if on the Sabbath day you bring loads of merchandise through the gates of Jerusalem just as on other days, then I will set fire to these gates. The fire will spread to the palaces, and no one will be able to put out the roaring flames."

**Jeremiah 17:20-27**

And I gave them my Sabbath days of rest as a sign between them and me. It was to remind them that I am the Lord, who had set them apart to be holy.

But the people of Israel rebelled against me, and they refused to obey my decrees there in the wilderness. They wouldn't obey my regulations even though obedience would have given them life. They also violated my Sabbath days. So I threatened to pour out my fury on them, and I made plans to utterly consume them in the wilderness.

**Ezekiel 20:12-13**

Keep my Sabbath days holy, for they are a sign to remind you that I am the Lord your God.

**Ezekiel 20:20**

Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

**Matthew 11:28-30**

Jesus was walking through some grainfields on the Sabbath. His disciples were hungry, so they began breaking off some heads of grain and eating them. But some Pharisees saw them do it and protested, "Look, your disciples are breaking the law by harvesting grain on the Sabbath."

Jesus said to them, "Haven't you read in the Scriptures what David did when he and his companions were hungry? He went into the house of God, and he and his companions broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. And haven't you read in the law of Moses that the priests on duty in the Temple may work on the Sabbath? I tell you, there is one here who is even greater than the Temple! But you would not have condemned my innocent disciples if you knew the meaning of this Scripture: 'I want you to show mercy, not offer sacrifices.' For the Son of Man is Lord, even over the Sabbath!"

**Matthew 12:1-8**

Jesus went into the synagogue again and noticed a man with a deformed hand. Since it was the Sabbath, Jesus' enemies watched him closely. If he healed the man's hand, they planned to accuse him of working on the Sabbath.

Jesus said to the man with the deformed hand, "Come and stand in front of everyone." Then he turned to his critics and asked, "Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?" But they wouldn't answer him.

He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, "Hold out your hand." So the man held out his hand, and it was restored! At once the Pharisees went away and met with the supporters of Herod to plot how to kill Jesus.

**Mark 3:1-6**

Then Jesus returned to Galilee, filled with the Holy Spirit's power. Reports about him spread quickly through the whole region. He taught regularly in their synagogues and was praised by everyone. When he came to the village of Nazareth, his boyhood home, he went as usual to the synagogue on the Sabbath and stood

up to read the Scriptures. The scroll of Isaiah the prophet was handed to him. He unrolled the scroll and found the place where this was written:

“The Spirit of the LORD is upon me,  
for he has anointed me to bring Good News to the poor.  
He has sent me to proclaim that captives will be released, that the blind will see,  
that the oppressed will be set free,  
and that the time of the LORD’s favor has come.”

He rolled up the scroll, handed it back to the attendant, and sat down. All eyes in the synagogue looked at him intently. Then he began to speak to them. “The Scripture you’ve just heard has been fulfilled this very day!”

**Luke 4:14-21**

One Sabbath day as Jesus was teaching in a synagogue, he saw a woman who had been crippled by an evil spirit. She had been bent double for eighteen years and was unable to stand up straight. When Jesus saw her, he called her over and said, “Dear woman, you are healed of your sickness!” Then he touched her, and instantly she could stand straight. How she praised God!

But the leader in charge of the synagogue was indignant that Jesus had healed her on the Sabbath day. “There are six days of the week for working,” he said to the crowd. “Come on those days to be healed, not on the Sabbath.”

But the Lord replied, “You hypocrites! Each of you works on the Sabbath day! Don’t you untie your ox or your donkey from its stall on the Sabbath and lead it out for water? This dear woman, a daughter of Abraham, has been held in bondage by Satan for eighteen years. Isn’t it right that she be released, even on the Sabbath?”

**Luke 13:10-16**

Jesus replied, “I did one miracle on the Sabbath, and you were amazed. But you work on the Sabbath, too, when you obey Moses’ law of circumcision. (Actually, this tradition of circumci- sion began with the patriarchs, long before the law of Moses.) For if the correct time for circumcising your son falls on the Sab- bath, you go ahead and do it so as not to break the law of Moses. So why should you be angry with me for healing a man on the Sabbath? Look beneath the surface so you can judge correctly.”

**John 7:21-24**

In the same way, some think one day is more holy than another day, while others think every day is alike. You should each be fully convinced that whichever day you choose is acceptable. Those who worship the Lord on a special day do it to honor him. Those who eat any kind of food do so to honor the Lord, since they give thanks to God before eating. And those who refuse to eat certain foods also want to please the Lord and give thanks to God. For we don’t live for ourselves or die for ourselves. If we live, it’s to honor the Lord. And if we die, it’s to honor the Lord. So whether we live or die, we belong to the Lord. Christ died and rose again for this very purpose—to be Lord both of the living and of the dead.

So why do you condemn another believer? Why do you look down on another believer? Remember, we will all stand before the judgment seat of God. For the Scriptures say,

“‘As surely as I live,’ says the LORD, ‘every knee will bend to me,

and every tongue will confess and give praise to God.’”

Yes, each of us will give a personal account to God. So let’s stop condemning each other. Decide instead to live in such a way that you will not cause another believer to stumble and fall.

**Romans 14:5-13**

Regarding your question about the money being collected for God's people in Jerusalem. You should follow the same procedure I gave to the churches in Galatia. On the first day of each week, you should each put aside a portion of the money you have earned. Don't wait until I get there and then try to collect it all at once.

### **1 Corinthians 16:1-2**

God is the one who provides seed for the farmer and then bread to eat. In the same way, he will provide and increase your resources and then produce a great harvest of generosity in you. Yes, you will be enriched in every way so that you can always be generous. And when we take your gifts to those who need them, they will thank God.

### **2 Corinthians 9:10-11**

God's promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it. For this good news—that God has prepared this rest—has been announced to us just as it was to them. But it did them no good because they didn't share the faith of those who listened to God. For only we who believe can enter his rest. As for the others, God said,

"In my anger I took an oath:  
'They will never enter my place of rest,'"

even though this rest has been ready since he made the world. We know it is ready because of the place in the Scriptures where it mentions the seventh day: "On the seventh day God rested from all his work." But in the other passage God said, "They will never enter my place of rest."

So God's rest is there for people to enter, but those who first heard this good news failed to enter because they disobeyed God. So God set another time for entering his rest, and that time is today. God announced this through David much later in the words already quoted:

"Today when you hear his voice, don't harden your hearts."

Now if Joshua had succeeded in giving them this rest, God would not have spoken about another day of rest still to come. So there is a special rest still waiting for the people of God.

For all who have entered into God's rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall.

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable.

### **Hebrews 4:1-13**

Don't forget to show hospitality to strangers, for some who have done this have entertained angels without realizing it!

### **Hebrews 13:2**

Then the angel showed me a river with the water of life, clear as crystal, flowing from the throne of God and of the Lamb. It flowed down the center of the main street. On each side of the river grew a tree of life, bearing twelve crops of fruit, with a fresh crop each month. The leaves were used for medicine to heal the nations.

No longer will there be a curse upon anything. For the throne of God and of the Lamb will be there, and his servants will worship him. And they will see his face, and his name will be written on their foreheads. And there will be no night there—no need for lamps or sun—for the Lord God will shine on them. And they will reign forever and ever.

Then the angel said to me, “Everything you have heard and seen is trustworthy and true. The Lord God, who inspires his prophets, has sent his angel to tell his servants what will happen soon.”  
**Revelation 22:1-6**