

11. Which day did Jesus and Paul keep? Luke 4:16; Acts 17:2; 13:13-14, 27, 42-44; 16:13; 18:4, 11

Note: Paul held about 84 meetings covering a span of a year and a half in Corinth where he met with the church on the seventh-day Sabbath (Acts 18:11). Notice the Gentiles in Corinth kept the Sabbath as well.

12. Will the Sabbath be kept in heaven? Isaiah 66:22-23

Note: If the Sabbath will be kept in heaven then we should keep it on earth?

13. What about the calendar changes, have they affected the Sunday through Saturday weekly cycle?

Note: Here is a portion of a letter that was written by James Robertson, the Director of American Ephemeris (journal of time) at the U.S. Naval Observatory on March 12, 1932 to a Sabbath keeping Bible scholar named Francis D. Nichol. It answers the above question.

Dear Sir:

Your letter of 25 February, 1932, containing questions on the continuity of the weekly cycle is at hand.

As to Question (1) - I can only state that in connection with the proposed simplification of the calendar, we have had occasion to investigate the results of the works of specialists in chronology and we have never found one of them that has ever had the slightest doubt about the continuity of the weekly cycle since long before the Christian era.

As to Question (2) - There has been no change in our calendar in past centuries that has affected in any way the cycle of the week.

In October 1582, 10 days were added to Oct 5 to realign the seasons. Also, in September 1752, 11 days were added to Sept 3, but there was never a change to the weekly cycle (SMTWTFS).

14. What does the Bible Sabbath have to do with end-time Bible prophecy? Daniel 7:25

Note: The Change of the Sabbath was foretold in prophecy. You might be thinking to yourself, "How do we have two days of rest?" (see next lesson)

MY CHOICE: I wish to honor Jesus Christ as both creator and redeemer by keeping holy His seventh day Sabbath.

Journey With Jesus



Lesson #10 The Cure to Low Self Esteem

Many people feel like they're not worth anything. How does God establish to mankind what we are worth? Here's a hint: creation and the cross! Jesus paid the price with His own blood to buy his creation back and He has given us a day to celebrate creation and redemption.

1. Which member of the Godhead is the creator? John 1:1-3, 14

Note: Jesus Christ is not only your redeemer, He is also your creator (see also: Eph 3:9; Heb 1:1-2; Col 1:13-16).

2. Why does the apostle John teach that we should only worship God? Revelation 4:11; 14:6-7

Note: Only the God of heaven is worthy of your affection and praise because He created you. He created you in order to have a relationship with you.

3. How do we worship Jesus as the creator? Exodus 20:8-11

Note: Notice that the word "LORD" is in this commandment 3 times. Who is

the LORD? Jesus! So whose Sabbath is it? It's the Sabbath of the LORD, Jesus Christ. So when we see John in the spirit on the Lord's Day (Rev 1:10) it must be talking about the Sabbath of the LORD (see also Isaiah 58:13, Mark 2:28).

4. When was the Sabbath given? Genesis 2:1-3

Note: The Sabbath was given to man in Eden. Did God rest because He was tired? No, not at all, He gave us an example to rest on the seventh day.

5. Did God's people keep the Sabbath and the other nine Commandments before the law was written on Mt Sinai? Exodus 16:22-30

Note: God provided enough manna on the 6th day for two days and when some people went to gather manna on the 7th day of the week, notice God did not say, "How long will you refuse to keep my Sabbath's?" He said, "How long will you refuse to keep my commandments?" (Ex 16:28). Obviously the law was in existence before Mt Sinai. If Satan sinned in heaven (Eze 28:16) then that must mean that there was a law to break because "sin is the transgression of the law" (1Jn 3:4). Abraham also kept the law (Gen 26:5).

6. After the Exodus what is the new significance of the Sabbath? Deuteronomy 5:12-15

Note: "The Sabbath now became a twofold memorial of the deliverance, as well as of the creation; and this accounts for the new reason assigned for its observance." The Holy Bible with a Commentary and Critical Notes by Adam Clarke (Methodist theologian & scholar).

7. Which day is the Bible Sabbath? Luke 23:54-24:2, Matthew 28:1-6

Note: 6th day (good Friday)-----7th day (Sabbath)-----1st day (Easter Sunday). The four gospels were written some 30 years later after Jesus died? If the Sabbath had been changed from the 7th to the 1st day of the week the gospel authors would most certainly have made mention of something of such extreme importance. Paul said that he had given "the whole counsel of God" (see Acts 20:27) to the church and there is not a single statement that he made concerning a change in a day of worship (see also Matt 24:20).

Over 100 Languages of the world testify that Saturday is the Seventh-Day Sabbath. Here are several:

Languages	Word for 7th Day	Meaning
Greek	Sabbaton	Sabbath
Spanish	Sabado	Sabbath
Portuguese	Sabado	Sabbath
Italian	Sabato	Sabbath
French	Samedi	Sabbath
German	Samstag	Sabbath
Russian	Sabbota	Sabbath
Arabic	As sabit	Sabbath
Persian	Shambin	Sabbath
Malay	Ari-Sabtu	Sabbath

8. What is the purpose of the Sabbath? Ezekiel 20:12, Matthew 11:28

Note: The Sabbath is the day that shows God's creative and redemptive power. Having said that, celebrating the Sabbath should be the greatest self-esteem boost there is. During the week we become so busy with the cares of this life. We need this day to recharge our spiritual batteries and make a reconnection with God. It has been said that keeping the Sabbath is legalism when the reality is that the Sabbath was given by God to make legalism impossible because the Sabbath points to Jesus as our Savior. That is why Paul and David cite conversion as a creative act (see 2Cor 5:17, Ps 51:10).

9. Was the Sabbath only made for the Jews? Mark 2:27

Note: The Greek word for "man" is anthropos, it means mankind; therefore, the Sabbath was made for everyone to enjoy and keep holy.

10. What Old Testament passage does John cite at the end of the first angel's message? Revelation 14:7, Exodus 20:11

Note: Intertextual studies (a study of how prophets cite each other) would reveal that John is borrowing from the Sabbath commandment in the law of God. This has a very powerful implication on our lives today. It reveals how God is asking people to worship Him at end-time.