

The Shabbat (Sabbath) (†𐤇𐤍)

Scripture clearly says that the seventh (7th) day of the week is the Sabbath of 𐤀𐤃𐤁𐤏 (Yahuah) our Aluhym. On this day we are commanded to rest from our labors and worship 𐤀𐤃𐤁𐤏 (Yahuah), following the teachings and example of 𐤐𐤃𐤁𐤏 (Yahusha), the apostles and the Brit Hadashah (NT) believers.

SABBATH/SHABBAT (†𐤇𐤍)

𐤍 = two, eat, sharp, press

𐤇 = Family, House, In

† = Sign, Mark, Monument

The Ancient Pictograph reveals the Sabbath as the: Two House (Yasharal & Yahudah) Sign (Mark), revealing who the people of 𐤀𐤃𐤁𐤏 (Yahuah) really are, whether you are a wild branch or a native branch, this is a Covenant Sign (Mark) that reveals those that belong to 𐤀𐤃𐤁𐤏 (Yahuah).

The word Sabbath has its origins in the Hebrew word Shabbat, from a root meaning "to cease, desist, or rest." In both ancient Hebrews and modern Judaism, the observance of the Sabbath has been regarded as Qudesh (Set Apart) and Qadosh (Holy). Over the centuries the original, relatively simple scriptural concept of a weekly day of rest has been increasingly embellished with the prohibitions, rituals and ceremonies of rabbinical tradition, but the essential spirit of the Sabbath-rest remains unchanged.

The Sabbath day was made and set apart by 𐤀𐤃𐤁𐤏 (Yahuah) for man from the time of creation. 𐤀𐤃𐤁𐤏 (Yahuah) Baruk (blessed) and sanctified the seventh (7th) day, and in it He rested from all His works. The Sabbath was the day after the creation of the first (1st) human, an ordained time for man to focus on a close personal relationship with his Maker. **Genesis 2:2-3.**

The Sabbath is an appointed time with our creator, an opportunity to come out of this world and all it's stresses and enter into the rest of 𐤀𐤃𐤁𐤏 (Yahuah), in a sense we are able to enter back into the garden, where we get to spend intimate time with our Aluhym, that is unlike any other day of the week. This was a day that was created specifically for man.

Then 𐤐𐤃𐤁𐤏 (Yahusha) declared, "The Sabbath was made for man, not man for the Sabbath. **Mark 2:2**

The Sabbath looks back to creation and reminds man of his Creator. In the present, it recalls for those who keep the seventh (7th) day Qadosh (holy) that 𐤀𐤃𐤁𐤏 (Yahuah) is the One who has redeemed them from Sin and the bondage's of this life.

The Sabbath also looks forward to the return of 𐤐𐤃𐤁𐤏 (Yahusha) HaMashiach (the Messiah) and the establishment of the Kingdom of 𐤀𐤃𐤁𐤏 (Yahuah), when there will be true rest for all humanity 4 For He has spoken in a certain place of the seventh (7th) day in this way: "And 𐤀𐤃𐤁𐤏 (Yahuah) rested on the seventh (7th) day from all His works"; 5 and again in this place: "They shall not enter My rest." 6 Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, 7 again He designates a

certain day, saying in David, “Today,” after such a long time, as it has been said: “Today, if you will hear His voice, Do not harden your hearts.” 8 For if **OWYAZL** (Yahusha/ Joshua) had given them rest, then He would not afterward have spoken of another day. 9 There remains therefore a rest for the people of **AYAZL** (Yahuah). 10 For he who has entered His rest has himself also ceased from his works as **AYAZL** (Yahuah) did from His. **Hebrews 4:4-10**

The Sabbath has existed since creation when **AYAZL** (Yahuah) added the 7th day to the week for Man, with the purpose of resting in **AYAZL** (Yahuah). **AYAZL** (Yahuah) also Baruk (Blessed) and sanctified this day for Qadosh (Holy) use. This was done before Sin had entered the World and was part of **AYAZL** (Yahuah)’s perfect plan. Note also that the word translated “Rested” in our English Bibles in **Genesis 2:3** is “Shabbat” in Hebrew which means Sabbath.

AYAZL (Yahuah) is the only one who can make anything Qadosh (holy). Men and Women can dedicate time to **AYAZL** (Yahuah) for a special purpose, but **AYAZL** (Yahuah) alone can set time aside as Set Apart (Holy).

When we exercise proper respect and appreciation for this Qadosh (Holy) day, we also honor **AYAZL** (Yahuah) Himself by acknowledging His authority over our lives. Understanding this principle is important to worshiping **AYAZL** (Yahuah) properly.

OWYAZL (Yahusha) said to them, “The Sabbath was made for man, and not man for the Sabbath. 28 “So the Son of Man is Adon (Lord) even of the Sabbath.” **Mark 2:27-28**.

Matthew 12:7 But if you had known what this means, I will have mercy, and not sacrifice, you would not have condemned the guiltless. 8 For the Son of man is Master even of the Sabbath day.

Matthew 11:27 All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

Since **AYAZL** (Yahuah) created everything through **OWYAZL** (Yahusha) and handed everything over to him, and since he is the very word of **AYAZL** (Yahuah), which Commands us to remember the Sabbath day and keep it Qadosh. He is master of the Sabbath, who came to show us how to keep the Sabbath and according to scripture he also rose from the grave on the Sabbath.

After the Sabbath, at dawn on the first (1st) day of the week, Mary Magdalene and the other Mary went to see the tomb. **Matthew 28:1**

Early on the first (1st) day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. **John 20:1**

Keeping the Sabbath

AYAZL (Yahuah) gave instructions concerning the observance of the Sabbath in **Exodus 20:8** when he gave the 4th of the 10 commandments.

In **Deuteronomy 5:12-15** **AYAZL** (Yahuah) reemphasizes the need to keep the Sabbath. He explains that the Sabbath is to be a reminder not only of the Creator, but that He is the One who frees from bondage. Ancient Yasharal (Israel) remembered being freed from physical bondage in Mitsryim (Egypt). Believers today remember being freed from spiritual and physical

bondage, liberated through **OWYAZL** (Yahusha) HaMashiach (the Messiah). **Romans 6:16-18**.

Man is to "remember the Sabbath day, to keep it Qadosh (holy)." Man remembers and follows the Sabbath by worshiping and resting on the seventh (7th) day. As true believers follow this pattern, they are following the example of their Creator and are reminded of the one who created them.

Exodus 31:13-17 points out that the Sabbath is a Sign (Mark) between **AYAZL** (Yahuah) and His (Chosen) people and constitutes a perpetual Covenant.

“Speak also to the children of Yasharal (Israel), saying: ‘Surely My Sabbaths you shall keep, for it is a Sign (Mark) between Me and you throughout your generations, that you may know that I am **AYAZL** (Yahuah) who sanctifies you. 14 You shall keep the Sabbath, therefore, for it is Qudesh (Set Apart) to you. Everyone who profanes it shall surely be put to death (2nd Death); for whoever does any work on it, that person shall be cut off from among his people. 15 Work shall be done for six (6) days, but the Seventh (7th) is the Sabbath of Rest, Qadosh to **AYAZL** (Yahuah). Whoever does any work on the Sabbath day, he shall surely be put to death. 16 Therefore the children of Yasharal (Israel) shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. 17 It is a sign (mark) between me and the children of Yasharal (Israel/all those grafted in, i.e. native born branches and wild branches) forever; for in six (6) days **AYAZL** (Yahuah) made the Shamyim (Heavens) and the earth, and on the Seventh (7th) day He rested and was refreshed.’” **Exodus 31:13-17**

The Sabbath is to be kept Qadosh (holy) as a reminder to those called of **AYAZL** (Yahuah), that He is the One who sets them apart and that they are the children of **AYAZL** (Yahuah).

In Scripture, the concept of the seventh (7th) day of the week as a time of rest from work is introduced early -- indeed, as early as Creation itself. **Genesis 2:2-3** tells us that "By the Seventh (7th) day **AYAZL** (Yahuah) had finished the work he had been doing; so on the Seventh day (7th) he rested from all his work. And **AYAZL** (Yahuah) Baruk (Blessed) the Seventh (7th) day and made it Qadosh, because on it he rested from all the work of creating that he had done." Of course, an infinite and immortal Aluhym has no physical need of rest as humans do; rather, He was deliberately setting a precedent for His created beings. "For in Six (6) days **AYAZL** (Yahuah) made the Shamyim (Heavens) and the earth, the sea, and all that is in them, but he rested on the Seventh (7th) day. Therefore **AYAZL** (Yahuah) Baruk (Blessed) the Sabbath day and made it Qadosh." **Exodus 20:11**

The formal institution of the Sabbath did not occur, however, until many centuries after creation. It is first (1st) mentioned in **Exodus 16:23**, where Moshah (Moses) explains to the Yasharalites (Israelites) in the wilderness that on the sixth (6th) day of the week they are to gather and prepare enough manna for two (2) days instead of the customary one (1). On the Seventh (7th) day they are not to gather manna, for none will be given them. Rather, they are to remain where they are and rest (**vs. 29-30**), eating the manna they have stored up in advance. Although the Sabbath is named and instituted in this passage, it did not immediately receive its full formal significance, for the violation of the Sabbath by some of the Yasharalites (Israelites) earned them no more than a verbal rebuke (**vs. 28-29**).

Consider how the manna was regularly provided each week. When Yasharal (Israel) was in the wilderness. Exodus plainly teaches that the manna fell for Six (6) days, with a double portion

falling on the Sixth (6th) day because none would fall on the Seventh (7th) day Sabbath. This went on continuously for 40 years, **Exodus 16:35**.

Later, however, the Sabbath was explicitly codified in the Mosaic Law, even listed within the 10 Commandments: "Remember the Sabbath day by keeping it Qadosh. Six (6) days you shall labor and do all your work, but the Seventh (7th) day is a Sabbath to **יְהוָה** (Yahuah) your Aluhym. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien (foreigners/gentiles) within your gates." **Exodus 20:9-10**

The keeping of the Sabbath was a Sign (Mark) between **יְהוָה** (Yahuah) and Yasharal (Israel, which includes the Wild branch (Gentiles) and the Native born Branch (Hebrew by Blood), as it is a "Qadosh day to **יְהוָה** (Yahuah)" (**Exodus 31:12-17**) and violation became punishable by death **Exodus 35:2**. When a man was found gathering wood on the Sabbath contrary to **יְהוָה** (Yahuah)'s command, he was stoned to death by the community **Numbers 15:32-36**. Thus it was clear from the very beginning that this day of rest was not to be taken lightly.

In addition to abstaining from work during the Sabbath, the Yasharalites (Israelites) were to remember their slavery in Mitsryim (Egypt) and **יְהוָה** (Yahuah)'s deliverance **Deuteronomy 5:15**.

The Sabbath predates Judaism

For the thousands of years since Judaism began, the entire nation of Yasharal (Israel) has kept track of the weekly cycle and observed the seventh (7th) day Sabbath, sometimes even without a calendar. Nevertheless, many rationalize that it's impossible to verify which day of the week is actually the scriptural Sabbath because Pope Gregory XVIII changed the calendar. The Julian calendar, instituted by Julius Caesar around 46 B.C., calculated the length of the year as 365 ¼ days. In reality, the year is 11 minutes less than 365 ¼ days. So by the 1580s, the calendar and the solar cycle were ten (10) days off. In 1582, Gregory changed the calendar so that Friday, October 5, became Friday, October 15, creating the Gregorian calendar we use today. But it did not confuse the days of the week; Friday still follows Thursday, Saturday still follows Friday, and so on and so forth.

Seven (7) Day Week

The seven (7) day week was created by **יְהוָה** (Yahuah) . While in Mitsryim (Egypt), Yasharal (Israel) was forced to keep an eight (8) day week which caused them to lose which day was the Sabbath. After the exodus, **יְהוָה** (Yahuah) clearly revealed the Sabbath to them and re-established the seven (7) day week .

Since the Exodus, the Hebrew and Roman/Gregorian calendars have always had seven (7) day weeks. The weekly calendar has never been adjusted. The first (1st) day of the week has always been the first (1st) day as well as the Seventh (7th) has remained the same since the Exodus.

Very few realize that the word "Sabbath" and the concept of resting from work on the Seventh (7th) day of the week (Saturday) is common to most of the ancient and modern languages of the world. This is evidence totally independent of the Scriptures that confirms the biblical teaching that **יְהוָה** (Yahuah)'s seventh (7th) day Sabbath predates Judaism. The concept of a Seventh (7th) Day (Saturday) being the Qadosh day of rest was understood, accepted, and

practiced by virtually every culture from Babylon through modern times.

The Sabbath looks back to creation and reminds man of his Creator. In the present, it recalls for those who keep the seventh (7th) day Qadosh (holy) that **אֱלֹהִים** (Yahuah) is the One who has redeemed them from sin. Finally, the Sabbath looks forward to the return of **מָשִׁיחַ** (Yahusha) HaMashiach and the establishment of the Kingdom of **אֱלֹהִים** (Yahuah), when there will be true rest for all humanity.

For He has spoken in a certain place of the seventh (7th) day in this way: “And **אֱלֹהִים** (Yahuah) rested on the seventh (7th) day from all His works”; 5 and again in this place: “They shall not enter My rest.” 6 Since therefore it remains that some must enter it, and those to whom it was first (1st) preached did not enter because of disobedience, 7 again He designates a certain day, saying in David, “Today,” after such a long time, as it has been said: “Today, if you will hear His voice, Do not harden your hearts.” 8 For if **מָשִׁיחַ** (Yahusha/Joshua) had given them rest, then He would not afterward have spoken of another day. 9 There remains therefore a rest for the people of **אֱלֹהִים** (Yahuah). 10 For he who has entered His rest has himself also ceased from his works as **אֱלֹהִים** (Yahuah) did from His. **Hebrews 4:4-10**

Not only must there always be exactly seven (7) days every week in every month of **אֱלֹהִים** (Yahuah)’s calendar (by Fourth (4th) Commandment authority), but the count to Shabuot must also be seven (7) complete weeks of seven (7) days each, all adding up to exactly 49 days.

אֱלֹהִים (Yahuah) commanded, “And you shall count unto you from the morrow after the sabbath, from the day that you brought the sheaf of the wave offering; seven (7) Sabbaths shall be complete,” **Leviticus 23:15**. “Weeks” is the Hebrew shabua and literally means “Sevended”, Pentecost in Greek means 50th. It takes exactly 50 days to arrive at Shabuot (Pentecost)—Seven (7) Sabbaths of precisely Seven (7) days each or $7 \times 7 + 1 = 50$.

Leviticus 23:15-16: “And you shall count unto you from the morrow after the sabbath, from the day that you brought the sheaf of the wave offering; seven (7) Sabbaths shall be complete: Even unto the morrow (morning) after the Seventh (7) Sabbath shall you number fifty (50) days; and you shall offer a new meal offering unto **אֱלֹהִים** (Yahuah).” In the phrase “unto the morrow after the Seventh (7) sabbath,” the word “unto” is the Hebrew ad and means against or until. Therefore the count goes all the way up to, until, the Seventh (7th) Sabbath. And the numbered count totals 50 days.

The Sabbath set in motion by **אֱלֹהִים** (Yahuah) continued to be in effect down to the first (1st) century, when **מָשִׁיחַ** (Yahusha) came in the flesh. We know that He came as one "under the Turah (law)," and that He never sinned (i.e., transgressed the Turah (law), **1 Peter 2:22**.

We find **מָשִׁיחַ** (Yahusha) keeping the same Sabbath day Qadosh as did His fellow Hebrews around Him (**Matthew 12:1-12; Mark 2:23-28; Mark 1:21; 3:1-4; 6:2**; etc.). **מָשִׁיחַ** (Yahusha) never rebuked the Pharisees for keeping the wrong weekly sequence.

Exodus 16 recounts a series of weekly Sabbath miracles over a period of forty (40) years.

אֱלֹהִים (Yahuah) reiterated the Sabbath at Sinai (**Exodus 20:8-11**), and the Hebrews were still observing the seventh (7th) day when **מָשִׁיחַ** (Yahusha) was born. **מָשִׁיחַ** (Yahusha) kept the Sabbath (**Luke 4:17; 23:54-56; 24:1**) until his death, which Luke indicates occurred on the day before the Feast of Unleavened Bread: "Going to Pilate, [Joseph of Arimathea] asked for **מָשִׁיחַ** (Yahusha)’s body. Then he took it down, wrapped it in linen cloth and placed it in a

tomb cut in the rock, one in which no one had yet been laid. It was Preparation Day, Pesach (Passover), which falls on the 14th of the month of Abib. **OWYֶאֵל** (Yahusha) was laid in the tomb at the end of Pesach (Passover) day the 14th, just before sunset of the High (Great) Sabbath Day of the 15th, which is the first (1st) day of unleavened bread” (**Luke 23:52-54**) Luke goes on to describe the actions of the women who followed **OWYֶאֵל** (Yahusha). “The women who had come with **OWYֶאֵל** (Yahusha) from Galilee followed Yoseph and saw the tomb and how his body was laid in it.

OWYֶאֵל (Yahusha) rose three (3) days later (**Matthew 12:40**), making it the end of the 17th of Abib. He came out of the tomb before the two (2) Mary's found the tomb already empty,” On the first (1st) day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. **2** They found the stone rolled away from the tomb, **3** but when they entered, they did not find the body of **OWYֶאֵל** (Yahusha). **Luke 24:1-3.**

Scripture clearly portrays **אָשַׁבֵּת** (Yahuah) designating the seventh (7th) day of the week as the Sabbath, and throughout the centuries of history recounted in scripture, and His followers celebrated it as such.

It is commonly believed that many calendar changes have taken place since the time of **OWYֶאֵל** (Yahusha). This is not true. There has been only one (1) change. This change, from the Julian calendar to the Gregorian Calendar, had no effect whatsoever upon the order of the days of the week. Julius Caesar instituted the Julian Calendar in 46 BC.

The Hebrew people spoke of the days of the week by number rather than by name. The only day that had a name was the seventh (7th) day which was called Shabbat, the Sabbath, or the rest day. The day prior to the Sabbath was designated the preparation day. On this day, preparations were made for the family so that the Sabbath might truly be a day of rest for the entire family. All the days were numbered and spoken of in reference to the Sabbath. The first (1st) day was "first (1st) towards the Sabbath." The second (2nd) day was "second (2nd) towards the Sabbath, and so on. In at least 105 different languages the name for the seventh (7th) day, corresponding to our "Saturday", is a word meaning "rest day."

Language	Word for Saturday/ 7 th Day	Meaning
Greek	Sabbaton	Sabbath
Latin (Italy)	Sabbatum	Sabbath
Spanish (Spain)	Sábado	Sabbath
Portuguese (Portugal)	Sabbado	Sabbath
Italian (Italy)	Sabbato	Sabbath
French (France)	Samedi	Sabbath day

High German (Germany)	Samstag	Sabbath
Prussian (Prussia)	Sabatico	Sabbath
Russian (Russia)	Subbota	Sabbath
Polish	Sobota	Sabbath
Hebrew	Shabbath	Sabbath
Afaghan	Shamba	Sabbath
Hindustani	Shamba	Sabbath
Persian	Shambin	Sabbath
Arabic	Assabt	The Sabbath
Turkish	Yomessabt	Day Sabbath
Malay	Ari-Sabtu	Day Sabbath
Abyssinian	Sanbat	Sabbath
Lusatian (Saxony)	Sobota	Sabbath
Bohemian	Sobota	Sabbath
Bulgarian (Bulgaria)	Subbota	Sabbath
New Slovenian (Illyria, in Austria)	Sobota	Sabbath
Illyrian (Dalmatia, Servia)	Subota	Sabbath
Wallachian (Roumania or Wallachia)	Sambata	Sabbath
Roman (Sapin, Catalonia)	Dissapte	Day Sabbath
Ecclesiastical Roman (Italy)	Sabbatum	Sabbath
D'oc. French (ancient and modern)	Dissata	Day Sabbath
Norman French (10th -11th Centuries)	Sabbedi	Sabbath Day

Wolof (Senegambia, West Africa)	Alere-Asser	Last Day Sabbath
Congo (West Equatorial Africa)	Sabbado or Kiansbula	Sabbath
Orma (South of Abyssinia)	Zam-ba-da	Sabbath
Kazani - TARTAR (East Russia)	Subbota	Sabbath
Osmanlian (Turkey)	Yome-es-sabt	day of the Sabbath
Arabic (Very old names)	Shi-yar	Chief or rejoicing day
Ancient Syriac	Shab-ba-tho	Sabbath
Chaldee Syriac (Kurdistan,Urumia,Persia)	Shaptu	Sabbath
Babylonian Syriac (A Very Old Language)	Sa-Ba-tu	Sabbath
Maltese (Malta)	Is-sibt	the Sabbath
Ethiopic (Abyssinia)	San-bat	Sabbath
Coptic (Egypt)	Pi sabbaton	the Sabbath
Tamashek (Atlas mountains, Africa)	A-hal es-sabt	the Sabbath
Kabyle (N. Africa, Ancient Numidan)	Ghas assebt	the Sabbath day
Hausa (Central Africa)	Assebatu	the Sabbath
Pasto (Afghanistan)	Shamba	Sabbath (pleasantest day of the week)
Pahlivi (ancient Persian)	Shambid	Sabbath
Persian (Persia)	Shambah	Sabbath
Armenian (Armenia)	Shapat	Sabbath
Kurdish (Kurdistan)	Shamba	Sabbath
Ndebele (Zimbabwe)	Sabatha	Sabbath

Shona (Zimbabwe)	Sabata	Sabbath
Miscellaneous Languages		
Georgian (Caucasus)	Shabati	Sabbath
Suanian (Caucasus)	Sammtyn	Sabbath
Ingoush (Caucasus)	Shatt	Sabbath
Malayan (Malaya, Sumatra)	Hari sabtu	day Sabbath
Javanese (Java)	Saptoe or saptu	Sabbath
Dayak (Borneo)	Sabtu	Sabbath
Makassar (s. Celebes & Salayer islands)	Sattu	Sabbath
Malagassy (Madagascar)	Alsabotsy	The Sabbath
Swahili (east equatorial Africa)	As-sabt	The Sabbath
Mandingo (west Africa, s. of Senegal)	Sibiti	Sabbath
Teda (central Africa)	Essebdu	The Sabbath
Bornu (central Africa)	Assebdu	The Sabbath
Logone (central Africa)	Se-sibde	The Sabbath
Bagrimma (central Africa)	Sibbedi	Sabbath
Maba (central Africa)	Sab	Sabbath
Permian (Russian)	Subota	Sabbath
Votiak (Russian)	Subbota	Sabbath

In the study of the many languages of mankind, you will find two (2) important facts:

1. In the majority of the principal languages the last, or seventh (7th), day of the week is designated as "Sabbath."
2. There is not even one (1) language that designates another day as the "day of rest."

From these facts we may conclude that not only those people who called the last day of the week "Sabbath," but all other peoples and races, never recognized any other day of the week as

"Sabbath," but rather rested on the seventh (7th) day. In fact, it was recorded by the historian Sozomen that in his time the whole known world, with the exception of Rome and Alexandria, observed the seventh (7th) day of the week as the day of rest.

Another proof is at the Council of Nacadia 325 AD when Constantine and the Catholic leader changed the known Sabbath of the Hebrews to the first (1st) day of the week, and is known as Sunday, the Lord's Day of the Roman Catholic church.

Can we be sure that the Sabbath has never been lost since Creation?

אָפּאָל (Yahuah) sanctified the Seventh (7th) day at Creation (**Genesis 2:1-3**). Even if the weekly Sabbath had been lost through the years, it was certainly re-established when אָפּאָל (Yahuah) instructed the Yasharalites (Israelites) to not gather manna on Sabbath (**Exodus 16:4**).

אָפּאָל (Yahuah) later announced to the Yasharalites (Israelites) at Mount Sinai that keeping His Sabbath Qadosh was part of His Ten (10) Commandment law (**Exodus 20:8-11**). Since Mount Sinai the Hebrews have faithfully kept אָפּאָל (Yahuah)'s Sabbath, despite captivity, persecution, and dispersion, right down to our current day.

Orthodox Jews, the Catholic church, Protestants, historians, and astronomers all agree with each other that there is no evidence that time has ever been lost. The same Sabbath that **וַיָּשָׁב (Yahusha)** and the apostles worshiped on (**Luke 4:16,31; Acts 13:14-16,42,44**) is the same Seventh (7th) day Sabbath that is kept today.

The Sabbath has existed since creation when אָפּאָל (Yahuah) added the 7th day to the week with the one (1) and only purpose of a Sabbath rest. אָפּאָל (Yahuah) also Baruk (Blessed) and sanctified this day for Qadosh (Holy) use. This was done before sin had entered the World and was part of אָפּאָל (Yahuah)'s perfect plan. Note also that the word translated "rested" in our English Bibles in **Genesis 2:3** is "Shabbat" in Hebrew which means Sabbath. In English we have the Pagan name Saturday. Saturday is also called the Sabbath in over 105 languages just as it was named at creation. This dates right back to Babel in **Genesis 11** where the 7th day was recognized as the Sabbath day and was incorporated into the very name of the day.

Secular Weekday Name	Hebrew "Name"	Hebrew Meaning
Sunday	Yom Reeshone	First (1st) day
Monday	Yom Shaynee	Second (2nd) day
Tuesday	Yom Shlee'shee	Third (3rd) day
Wednesday	Yom Revee'ee	Fourth (4th) day
Thursday	Yom Khah'mee'shee	Fifth (5th) day
Friday	Yom Ha'shee'shee	Sixth (6th) day
Saturday	Shabbat (Sabbath)	Seventh (7th) day (Rest)

Is the Sabbath just for the Hebrews (Jews)?

When **OWYAZL** (Yahuasha) returns to earth and establishes the Kingdom of **AYAZL** (Yahuah), the Sabbath will be regularly kept as a means of worshipping **AYAZL** (Yahuah). 23 And it shall come to pass that from one New Moon to another, And from one Sabbath to another, All flesh shall come to worship before Me,” says **AYAZL** (Yahuah). **Isaiah 66:23**

Shaul (Paul) taught the gentiles on the Sabbath. So when the Hebrews went out of the synagogue, the Gentiles begged that these words might be preached to them the next Sabbath. 43 Now when the congregation had broken up, many of the Hebrews and devout proselytes (gentile converts) followed Shaul (Paul) and Barnabas, who, speaking to them, persuaded them to continue in the grace of **AYAZL** (Yahuah). 44 On the next Sabbath almost the whole city came together to hear the word of **AYAZL** (Yahuah). **Acts 13:42-44**

Following both the commandment of **AYAZL** (Yahuah) and the example of Mashiach (Messiah), Wherever Shaul (Paul) went he taught on the Sabbath, as was his custom, and established Assemblies that kept the Sabbath. Then Shaul (Paul), as his custom was, went in to them, and for three (3) Sabbaths reasoned with them from the Scriptures. **Acts 17:2**

And he reasoned in the synagogue every Sabbath, and persuaded both Hebrews and Greeks. **Acts 18:4**

Would you be surprised to learn that during the time the Brit Hadashah (NT) was being written that the entire Assembly of believers throughout the known world observed the Seventh (7th) day Sabbath?

If it is a Commandment of **AYAZL** (Yahuah) then we need an extremely clear directive that the Sabbath was abolished or changed to Sunday. The Sabbath Commandment is clearly implied by its many references of it being kept by **OWYAZL** (Yahusha) and his disciples and the silence of it being abolished.

The Sabbath is the only Commandment that Commands us to actually do something. All the Other Commandments say “You shall NOT.” This is one (1) reason the Sabbath Commandment meets with so much opposition. Most Christians do not want a day of uninterrupted rest and worship with their Heavenly Father, which is a sign (mark) that we belong to **AYAZL** (Yahuah) and that we love and worship him alone on his Qudesh (Set Apart) Day.

You would think that since this day is called a Barkah (Blessing) that it would be desirable for Christians. **AYAZL** (Yahuah) said we should find it a delight, but it seems that most Christians do not agree with their heavenly Father and would rather call it bondage.

“If you turn away your foot from the Sabbath, from doing your pleasure on my Qadosh (holy) day; and call the Sabbath a delight, the Qadosh (holy) of **AYAZL** (Yahuah), honorable; and shall honor him, not doing your own ways, nor finding your own pleasure, nor speaking your own words: 14 Then shall you delight yourself in **AYAZL** (Yahuah); and I will cause you to ride upon the high places of the earth, and feed you with the heritage of Yaaqob (Jacob) your father: for the mouth of **AYAZL** (Yahuah) has spoken it.” **Isaiah 58:13-14**

We know **OWYAZL** (Yahusha) kept the Sabbath as was His custom, Shaul (Paul) and the other disciples also kept the Sabbath as was their custom and we find an abundance of scriptures that shows Shaul (Paul) only worshiped in the Synagogue on the Sabbath day and no other day.

There is not one (1) single solitary scripture that specifically shows anyone worshipping in the Synagogue on any other day of the week other than the Sabbath. It is also very clear that Luke kept the Sabbath who was a Gentile and Shaul (Paul) also taught the Gentiles in the Synagogue and this was also only done on the Sabbath.

So, the Brit Hadashah (NT) shows the Sabbath Commandment by it being kept by both Hebrew and Gentile after the Stake. But because of the deception of the enemy and those who attack the Sabbath of אַיָּאָל (Yahuah) your Aluhym, many today are looking for something even more substantial than the example of **OWYָּאָל** (Yahusha), his disciples or the entire Brit Hadashah (NT) Assemblies keeping the Sabbath.

As **OWYָּאָל** (Yahusha) was nearing the end of His earthly ministry, he said to His disciples that every stone of the Hebrew Temple would be “thrown down.” **Matthew 24:1-2.**

This occurred when the temple was destroyed by the Romans in 70 A.D. **OWYָּאָל** (Yahusha) speaks further about this future event to His disciples and how this would be a horrible time of death and persecution that was to occur forty (40) years after He would die on the Stake.

OWYָּאָל (Yahusha) explains, “Then let them which be in Judaea flee into the mountains: 17 Let him which is on the housetop not come down to take any thing out of his house: 18 Neither let him which is in the field return back to take his clothes. 19 And woe unto them that are with child, and to them that give such in those days!” But pray you that your flight be not in the winter, neither on the Sabbath day:” **Matthew 24:16-20**

OWYָּאָל (Yahusha) is making it abundantly clear that the Sabbath was still going to be kept forty (40) years after His death and says to pray that they do not have to flee in the winter or on a Sabbath day, as a cold winter day would make the journey more difficult, the gates of the city are closed on the Sabbath and long journeys are not allowed on this day.

If the Sabbath was no longer in effect after His death and resurrection, then why did **OWYָּאָל** (Yahusha) instruct His Disciples to pray their flight would not be on the Sabbath?

Some are claiming we do not observe the Sabbath any longer because we rest in Mashiach (Messiah). The way we rest in **OWYָּאָל** (Yahusha) is by keeping the Sabbath as אַיָּאָל (Yahuah) Commanded, not how we decide is acceptable.

The verse typically used for this argument is **Hebrews 4:1-5**, but they usually stop before verse nine (9). If they don't, then they certainly can never give you a good understanding, if any, of the word translated “rest” in the Bible.

Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. **2** For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by Amunah (faith) with those who listened. **3** For we who have believed enter that rest, as he has said, “As I swore in my wrath, ‘They shall not enter my rest,’” although his works were finished from the foundation of the world. **4** For he has somewhere spoken of the seventh (7th) day in this way: “And אַיָּאָל (Yahuah) rested on the seventh (7th) day from all his works.” **5** And again in this passage he said, “They shall not enter my rest.” **6** Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, **7** again he appoints a certain day, “Today,” saying through David so long afterward, in the words already

quoted, “Today, if you hear his voice, do not harden your hearts.” **8** For if **OWYAZL** (Yahusha/ Joshua) had given them rest, **AYAZL** (Yahuah) would not have spoken of another day later on. **9** So then, there remains a Sabbath rest for the people of Aluhym, **Hebrews 4:1-9**

We often hear this argument in an effort to belittle **AYAZL** (Yahuah)’s law, “Well, since we are not under the law but under grace, we do not need to keep the Ten (10) Commandments any longer.” Scripture certainly does say that we are not under the law, but does that imply that we are free from the obligation to obey it? It just means that we are no longer under the requirements of the law, which requires Death. We are now under unmerited favor (grace), which frees us from the penalty of Sin and enables us to remain obedient to the Commandments.

“For Sin shall not have dominion over you: for you are not under the law, but under unmerited favor (grace). What then? shall we Sin (Break the Commandments), because we are not under the law, but under unmerited favor (grace)? **AYAZL** (Yahuah) forbid.” **Romans 6:14-15**

How easily we could prevent confusion if we accepted exactly what Scripture says. Shaul (Paul) gives a clear explanation of his statement. After stating that we are not under law but unmerited favor (grace), he asks, “What then?” This simply means, “How are we to understand this?” Then notice his answer. In anticipation that some would misunderstand or misrepresent his words to mean that you can break the law because you are under grace, he says, “Shall we Sin (break the law) because we are not under the law, but under grace? **AYAZL** (Yahuah) forbid.” **Romans 6:14-15**

In the strongest possible language Shaul (Paul) states that being under grace does not give a license to break the Commandments. Yet this is exactly what millions believe today, and they totally ignore Shaul (Paul)’s specific warning. Most do not seem to understand that **AYAZL** (Yahuah)’s grace is His unmerited, undeserved favor that is preceded by the act of genuine repentance (turning away) from Sin. If there were no law, there would actually be no need for **AYAZL** (Yahuah)’s grace or repentance. “Do we then make void the law through Amunah (faith)? **AYAZL** (Yahuah) forbid.

Shaul (Paul) asks if the law is nullified for us just because we have Amunah (Faith) in Mashiach (Messiah)'s saving grace. His answer is that the law is established and reinforced in the life of a grace saved believer.” Does this grace open the way for you to disobey the law? On the contrary, it adds compelling urgency to your decision not to disobey the Turah (law) again. Why then should any true chosen believer try to rationalize his way out of obeying the Commandments of **AYAZL** (Yahuah)? Consider carefully also what **1 John 3:4** says, “Whoever Sins is guilty of breaking **AYAZL** (Yahuah)’s Turah (law), because Sin is a breaking of the Turah (law).”

Some may ask how the Majority can be wrong by worshiping on Sunday. The simple answer is because they believe the doctrines of the Catholic and Christian church and do not understand that it was the church that changed the Sabbath day of rest to the Pagan day of worship, Sunday. HaSatan nearly wiped out the 4th fourth Commandment during the dark ages through the death of millions, and by the time Protestant reformation began, all the Protestant Churches continued keeping Sunday in ignorance. It is always harder to restore a lost truth and even more so when people do not want to know because it would disrupt their Church or lifestyle.

Revelation says that **אֵלֹהִים** (Yahuah) is going to destroy a Church for its abominations and yet the majority of believers belong to this Church. The majority are wrong because HaSatan works hard to keep this truth from believers and this is his BEST accomplishment on the Christian Church and the majority have no idea.

Why? Because HaSatan has the majority busy making excuses or perpetuating the last persons excuse and lie instead of validating and confirming it through scripture. Sadly, the majorities are not seekers of truth and don't study the Word or dismiss what the word says.

“For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears;⁴ and they shall turn away their ears from the truth, and shall be turned unto fables.” **2 Timothy 4:3**

We need to remember it is the narrow path that leads to life. “Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. 14 For the gate is narrow and the way is hard that leads to life, and those who find it are few. **Matthew 7:13-14**

“Make every effort to enter through the narrow door. For many, I tell you, will try to enter and will not be able. **Luke 13:24**

No example can be found in the writings of the apostles or the practice of the Brit Ha Dashah (NT) Assemblies that shows any hint of change in the example and teaching they received from **וְיֵשׁוּעַ** (Yahusha) HaMashiach (the Messiah).

As one can clearly see, there is no shortage of evidence that shows the Sabbath was kept by both Hebrew and Gentile after the Stake and very solid proof of both **וְיֵשׁוּעַ** (Yahusha) and Luke specifically state that the Commandment did continue after the Stake as did all the Ten (10) Commandments. So as we can clearly see the Sabbath remains for all that shall believe and are called to be the chosen ones that see the Barakah (Blessing) in keeping the Sabbath unto their creator and savior. HalluYAH, Todah Raba **אֵלֹהִים** (Yahuah) for giving us this set apart day of rest in you, lest us honor you this most set apart day.