

**SAMPLE PREVIEW**

**THE TRUTH  
A B O U T  
THE SABBATH**

**PROOF THAT  
THE SEVENTH-DAY  
(SATURDAY) IS STILL  
GOD'S HOLY DAY**

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# INTRODUCTION

*Men occasionally stumble over the truth, but most of them  
pick themselves up and hurry off as if nothing had happened.*

—Winston Churchill (1874–1965)

Greetings in the name of Jesus Christ. I'm not sure how this booklet has reached your attention, but I believe it is providential that you have received a copy. Prepare yourself for an amazing journey, for the information within these pages is extremely eye-opening. The topic concerns what is perhaps *the most controversial issue* now facing the Christian Church.

My position is: We cannot trust the traditions of men, for they are often unsafe, nor in mere human opinions, for they often contradict each other. Instead, the real question is, what does the Holy Bible actually teach? Above all, what did Jesus Christ say? His pure teaching should be our final authority.

There is no doubt that true Christians exist within many denominations, both Sabbath-keeping and Sunday-keeping. It is not my intent to judge motives, or to decide destinies, but to candidly discover “What Says the Lord?” about this vital subject. For the record, I fully accept Paul’s inspired teaching that, “For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast” (Ephesians 2:8–9, NKJV). Yet in the very same book, Paul also declared, “Children, obey your parents in the Lord, for this is right: Honor your father and mother” (Ephesians 6:1–2). Here Paul quoted the fifth of the Ten Commandments (see Exodus 20:12) and urged Christian children to obey it. The focus of this booklet is the fourth commandment, which states, “Remember the Sabbath day, to keep it holy . . . the seventh day is the Sabbath of the Lord your God” (Exodus 20:8, 10, NKJV). The key question is: Should Christians obey this commandment, too?

In this unique and comprehensive work, I will prove from God’s Word, buttressed by quotations from credible historical sources, that:

1. The seventh-day Sabbath falls on Saturday, while Sunday is “the first day of the week” (Matthew 28:1; Mark 16:1–2; etc.).

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2. The Sabbath is *not* Jewish but belongs to God (Exodus 20:10).
3. Jesus Christ regularly kept the seventh-day Sabbath (Luke 4:16), taught much about it (Matthew 12:12; 24:20), and clearly stated that He is “Lord even of the Sabbath day” (Matthew 12:8).
4. In the gospels of Matthew, Mark, Luke, and John, our Savior never mentioned “the first day of the week” (Sunday) even one time. He taught nothing about it.
5. The New Testament is silent about Sunday being set aside in honor of our Lord’s resurrection.
6. The Sabbath was sacredly observed by Christians *after Jesus died* (Luke 23:54–56) and was kept in the book of Acts by both Jews and Gentiles (Acts 13:42–44; 16:13).
7. There is no biblical authorization for the change of the Bible Sabbath from Saturday to Sunday.
8. Bible prophecy and history both testify that the Roman Catholic Church changed the Sabbath from Saturday to Sunday (Daniel 7:25).
9. God made the Sabbath at the beginning of the world (Genesis 2:1–3), before any Jews existed, to be a blessing to all people. Most importantly, it is a special sign that Jesus Christ is the true Creator of heaven and earth (John 1:1–3, 10; Colossians 1:16; Exodus 20:11; Ezekiel 20:12).
10. Rediscovering the original Sabbath of Jesus Christ is part of Bible prophecy in the end times (closely compare Revelation 14:7 with Exodus 20:11).

Throughout history, there have been true Christians who have kept Sunday, yet the book of Daniel informs us that in “the time of the end . . . knowledge shall be increased” (Daniel 12:4). That time has surely arrived. Knowledge is increasing now. Welcome to *The Truth About the Sabbath*. I encourage you to read each section carefully and to follow the

example of the noble Bereans who “received the word with all readiness of mind, and searched the Scriptures daily, whether those things were so” (Acts 17:11).

## SABBATH BASICS

**The Sabbath originated at the creation of the world:** Genesis 1 and 2 reveal that God made our world in six days, “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. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made” (Genesis 2:1–3, NKJV). Thus, God rested upon, blessed, and sanctified “the seventh day” of the week as a memorial of His wonderful creative work. He didn’t rest upon the seventh day because He was tired or weary, but as an example for man whom He had just created in His own image. The Bible states that God “sanctified” “the seventh day,” which means He “set it apart” for holy use. Adam and Eve were created on the sixth day (Genesis 1:26–27), and thus the seventh day would have been their first, full day of being alive in the Garden of Eden. What a joyful day it was! Their first day was to be a day of grateful rest, so that they could meditate on the love and goodness of their Creator who had just formed them, apart from their own works. Thus, the Sabbath day, from its very inception, points to rest, not works.

**The fourth commandment (Exodus 20:8–11):** After the fall of man, God wrote the Ten Commandments with His own finger on two tables of stone (see Exodus 31:18). The Ten Commandments reveal “His will” (see Romans 2:18) for every descendant of Adam and Eve. The fourth commandment states:

Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, 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 male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it. (Exodus 20:8–11, NKJV)

Of all the Ten Commandments, the fourth is the only one that starts with the word “Remember.” Because of the supreme importance of remembering our roots (that we didn’t evolve, but were created “in the image of

God,” see Genesis 1:26), the Lord wants to make sure that we don’t forget His seventh-day Sabbath. The reason for the commandment goes back to Creation Week. If any of the commandments could be changed (which they can’t), surely it wouldn’t be the only one God told us to “Remember” and not to forget!

**Jesus Christ kept the Sabbath:** “As his custom was, He went into the synagogue on the Sabbath day [Saturday]” (Luke 4:16). Luke wrote that this was Christ’s regular “custom,” which means He would have kept over 1,500 Sabbaths during the thirty-three years He walked this earth.

**The Sabbath remains *after the cross*:** After Jesus died, His followers “rested the Sabbath day according to the commandment” (Luke 23:56). Thus “the commandment,” meaning the fourth commandment (see Exodus 20:8–11), was still in force after the cross. Jerusalem was destroyed in 70 A.D., almost forty years after Christ’s crucifixion. Looking ahead to that time, Jesus told His disciples to pray that their “flight be not in the winter, neither on the Sabbath day” (Matthew 24:20). Many years after Christ’s resurrection, Luke wrote, “And on the Sabbath we went out of the city by a river” (Acts 16:13). Thus Luke, who was a Gentile, and Paul, who traveled with him, kept the Sabbath day holy far from Jerusalem, in Philippi, which was Gentile territory.

**The Sabbath will continue forever:** The Sabbath will continue into eternity, for Isaiah wrote that in “the new earth . . . from one Sabbath to another, shall all flesh come to worship before me, saith the Lord” (Isaiah 66:22–23). This is what God Himself says, not man. We should trust His Word first and foremost.