

# Sabbath Day of Rest

## Praise the LORD

I have been asked, “what is the true “Sabbath” day of rest according to the Scriptures? Is it Saturday or Sunday?” Also, how does Deuteronomy 5:12-15 differ from the commandment of Exodus 20:8-11 with regard to the Sabbath day?

### Deuteronomy 5

<sup>12</sup> **Keep the sabbath day to sanctify it, as the LORD thy God hath commanded thee.**

<sup>13</sup> **Six days thou shalt labour, and do all thy work:**

<sup>14</sup> But the **seventh day is the sabbath** of the LORD thy God: in it **thou shalt not do any work**, thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that is within thy gates; that thy manservant and thy maidservant may rest as well as thou.

<sup>15</sup> And remember that thou wast a servant in the land of Egypt, and that the LORD thy God brought thee out thence through a mighty hand and by a stretched out arm: therefore **the LORD thy God commanded thee to keep the sabbath day.**

### Exodus 20

<sup>8</sup> Remember the sabbath day, to keep it holy.

<sup>9</sup> Six days shalt thou labour, and do all thy work:

<sup>10</sup> But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

<sup>11</sup> For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore **the LORD blessed the sabbath day, and hallowed it.**

“Sabbath” was observed on Saturday, which was the 7<sup>th</sup> day; however, in the Hebrew, it means intermission, desist, cease from exertion, or **REST**.

## Remember the REST...

There would be no REST for mankind if the LORD had not died for us...and risen the 3rd day.

The Sabbath was a rehearsal of the Rest of God for mankind. What was evidenced in the physical earth created by God to be inhabited by man, is the rehearsal of the burdens (sins) of unrighteous works of man which the LORD by grace has pardoned according to HIS Righteous Works accomplished by the death of Jesus Christ to reconcile us unto Himself. Therefore, for all those chosen by God unto salvation, we are given REST from the burden of sins

REST is what we, who are sealed by the Spirit of GOD, have in the LORD EVERYDAY!!!

**Matthew 28:1** In the END OF THE SABBATH, as it began to dawn toward the FIRST DAY OF THE WEEK [Sunday], came Mary Magdalene and the other Mary to see the sepulchre.

## Sabbath Day of Rest

What an amazing verse to reveal, as it is written, that it shows the close of the weekly observance of the Sabbath day, which is the dawn of the new day on which our LORD rose from the grave. It is our spiritual awakening of the “REST” of our LORD that is the Victory in CHRIST our EVERLASTING FATHER who has provided, now, His eternal REST to us who believe in Him.

Now, if you have an ear to hear: The periodic weekly Sabbath day of REST, which was a spiritual rehearsal of things to come, has ENDED, as is written on the day Jesus rose from the grave, it was “the END OF THE SABBATH!”

Thus, the END OF THE SABBATH occurred when the LORD accomplished our reconciliation by HIS DEATH upon the cross.

Glory to God! For now we are refreshed each new day in the REST which the LORD has made possible for all the saints each and every day for eternity! HalleluJAH

Through His sacrifice, He is our perpetual Atonement so that there is no enmity [equal hatred] between God and His elect. Thus we are at REST from our works, the enemy, and the wrath of God who are indwelled by the ONE SPIRIT of our ONLY ONE LORD who is our ONLY ONE REDEEMER AND SAVIOUR whereby our souls cry unto Him ABBA, FATHER! AMEN

Glory to our EVERLASTING FATHER who has given us REST. HalleluJAH

**Revelation 14:13** And I heard a voice from heaven saying unto me, Write, **Blessed are the dead which die in the LORD from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them.**