

THE SABBATH

Saturday or Sunday?

THE JEWISH SABBATH

- The word Sabbath comes from a Hebrew word meaning rest
- We read in the book of Genesis that God created the heavens and the earth in six periods of time, which he called days: "And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. and God blessed the seventh day, and sanctified it" (Genesis 2:2–3)
- According to Jewish days it is Saturday

- Exodus 20:8-11 (NKJV); This is God speaking.

“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.

- The Jewish Sabbath is a day of celebration as well as one of prayer. It is the only rituals laid down by the Ten Commandments and is considered to be one of the most important ritual observed by the Jewish faith. The day itself is a day of rest and enrichment. The word "Shabbat" derives from a root word in Hebrew that means "to cease, to end, to rest."
- In Exodus, where it commands to remember Shabbat, it is more than just a reminder to observe the day. It is to remember the meaning and significance of Shabbat. It is written in Exodus 20:11 that the seventh day shall be set aside as the Sabbath day. By resting on this day, you are emulating the divine offering of creation and rest.

Celebrating the Sabbath

- Traditionally, Shabbat begins at sundown, as referenced by the Jewish belief that the day begins at sunset. Actual candle lighting times though can vary from location to location. Within 18 minutes of sundown, the Shabbat candles are to be lit and the blessing recited. The woman of the household is to perform this ritual, lighting two candles for the two commandments to remember and observe.
- On Shabbat, two candles are lit for the two references to Shabbat in the Bible: Deuteronomy 5:12 - "Observe the Sabbath," and Exodus 20:8 – "Remember the Sabbath."

- After the lighting of the candles, the woman covers her eyes with her hands, waves her hands over the candles, as in welcoming Shabbat into the home, and recites the following blessing:
- "Barukh atah Adonai Eloheinu, melekh ha'olam, asher kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat"
- "Blessed are You, Lord our God, King of the universe, Who has made us holy through His commandments and commanded us to kindle the Sabbath light "

- There is a traditional 45 minute service held on Friday night for Shabbat which many families choose to attend, followed by a leisurely dinner. Kiddush is recited over the wine, sanctifying Shabbat and another prayer to bless the food is recited over the Challah, a traditional egg-bread. Once dinner is complete, the birkat ha-mazon is recited and the rest of the evening is given over to casual talk and study of the Torah before sleep.
- The day of the Jewish Sabbath itself consists of morning services, followed by another Kiddush prayer and a leisurely midday meal. More study of the torah and leisurely, relaxed activities fill the rest of the day before Shabbat ends with sunset.

The Kiddush

And there was evening and there was morning, a sixth day. The heavens and the earth were finished, the whole host of them. And on the seventh day God completed his work that he had done and he rested on the seventh day from all his work that he had done. And God blessed the seventh day, and sanctified it because in it he had rested from all his work that God had created to do.

Blessed are you, Lord, our God, sovereign of the universe (if using wine or grape juice) Who creates the fruit of the vine (Amen)

(if using other liquids) Who made all things exist through His word (Amen)

Blessed are You, Lord, our God, King of the Universe who sanctifies us with his commandments, and has been pleased with us. You have lovingly and willingly given us Your holy Shabbat as an inheritance, in memory of creation because it is the first day of our holy assemblies, in memory of the exodus from Egypt because You have chosen us and made us holy from all peoples and have willingly and lovingly given us Your holy Shabbat for an inheritance. Blessed are You, who sanctifies Shabbat (Amen)

Festival days and work related

| DAY | CALLED | TYPE OF WORK PROHIBITED |
|--------------------------------|-------------------------------|-------------------------|
| Weekly Sabbath | Shabbath; Shabbath –Shabbaton | All Work |
| First day Unleavened Bread | Shabbaton | All work of labor |
| Seventh day Unleavened Bread | Shabbaton | All work of labor |
| Feast of Weeks | Shabbaton | All work of labor |
| Feast of Trumpets | Shabbaton | All work of labor |
| Day of Atonement | Shabbath-Sabbaton | All Work |
| First day Feast of Tabernacles | Shabbaton | All work of labor |
| Eight Day Feast of Tabernacles | Shabbaton | All work of labor |

DIFFERENCES BETWEEN SABBATHS

WEEKLY SABBATH

FESTIVAL SABBATH

It's created by God and it's a division of time. Marks the end of a Week.

It's a Decree of God for Holy Convocations before God

Determined by God

To be calculated by using the lunar months

No work to be done, except the ones in the Temple, and the works of acts of love.

No work to be done, except preparation of food, and the works in the temple, and acts of love.

Can be celebrated anywhere in the world.

In a place appointed by God. Celebrated by covenant people

Death penalty for those who don't observe the Sabbath. Exodus 31:13-15

Excommunicated from Israel those who do not observe Passover, Feast of Unleavened Bread, or the Day of Atonement

differences BETWEEN SABBATHS

WEEKLY SABBATH

Points to eternal rest, special sign between God and His people. God gives special blessings for those who observe this order.

Isaiah 58:13-14

Every weekly Sabbath had the same sacrifice, with the same symbolism and meaning; this is the Sacrificial Lamb of God or Messiah as the only sacrifice acceptable by God for Salvation of mankind.

FESTIVAL SABBATH

Also a sign between God and His people, with blessings to whom observe them. Each festival points to different aspects to God's plan of salvation for humanity.

Each festival has its own different sacrifices, each with a different symbolism and an specific meaning in the plan of God for Salvation.

The Nature of sabbath or Shabbat

- Shabbat, it is a precious gift from God, a day of great joy eagerly awaited throughout the week, a time when we can set aside all of our weekday concerns and devote ourselves to higher pursuits.
- Shabbat is the most important ritual observance in Judaism.
- It is the only ritual observance instituted in the Ten Commandments.

Rest and spiritual enrichment.

- It is also the most important special day, even more important than Yom Kippur. Because there are more opportunities to be invited to read the scriptures, which is considered a privilege.
- Shabbat is primarily a day of rest and spiritual enrichment. The word "Shabbat" comes from the root Shin-Beit-Tav, meaning to cease, to end, or to rest.

The Sabbath in the New Testament

- The New Testament mentions the word Sabbath about 55 times
- Mt 12:1; 12:2
- Mk 2:23
- Lk 4:16
- Jn 5:9
- Acts 13:44

Jesus and the sabbath



- Mark 6:2 : “And when the Sabbath had come, He began to teach in the synagogue. And many hearing Him were astonished, saying, “Where did this Man get these things? And what wisdom is this which is given to Him, that such mighty works are performed by His hands!”
- John 5: 7-10: “The sick man answered Him, “Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me.” Jesus said to him, “Rise, take up your bed and walk.” And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath. The Jews therefore said to him who was cured, “It is the Sabbath; it is not lawful for you to carry your bed.”

39 Categories of Activity Prohibited on the Jewish Sabbath

1. Sowing
2. Plowing
3. Reaping
4. Binding sheaves
5. Threshing
6. Winnowing
7. Selecting
8. Grinding
9. Sifting
10. Kneading
11. Baking
12. Shearing wool
13. Washing wool
14. Beating wool
15. Dyeing wool
16. Spinning
17. Weaving
18. Making two loops
19. Weaving two threads
20. Separating two threads
21. Tying
22. Untying
23. Sewing stitches
24. Tearing
25. Trapping
26. Slaughtering
27. Flaying
28. Tanning
29. Scraping hide
30. Marking hides
31. Cutting hide to shape
32. Writing two or more letters
33. Erasing two or more letters
34. Building
35. Demolishing
36. Extinguishing a fire
37. Kindling a fire
38. Putting the finishing touch on an object
39. Transporting an object between a private domain and the public domain, or for a distance of 4 cubits within the public domain.

SO WHY IS SABBATH SUNDAY NOT SATURDAY?

- This is a common misunderstanding. Catholics do not worship on the Sabbath, which according to Jewish law is the last day of the week (Saturday), when God rested from all the work he had done in creation (Gen. 2:2-3).

- Catholics worship on the Lord's Day, the first day of the week (Sunday, the eighth day); the day when God said "Let there be light" (Gen. 1:3); the day when Christ rose from the dead; the day when the Holy Spirit came upon the Apostles (Day of Pentecost). The Catechism of the Catholic Church says: "The Church celebrates the day of Christ's Resurrection on the 'eighth day,' Sunday, which is rightly called the Lord's Day" (CCC 2191).

- The early Church did not move the Sabbath from Saturday to Sunday. Instead "The Sabbath, which represented the completion of the first creation, has been replaced by Sunday, which recalls the new creation inaugurated by the Resurrection of Christ" (CCC 2190). Sunday is the day Catholics are bound to keep, not Saturday.

- We see evidence of this in Scripture:
- On the first day of the week when we gathered to break bread, Paul spoke to them because he was going to leave on the next day, and he kept on speaking until midnight (Acts 20:7).
- On the first day of the week each of you should set aside and save whatever one can afford, so that collections will not be going on when I come (1 Cor. 16:2).
- Let no one, then, pass judgment on you in matters of food and drink or with regard to a festival or new moon or Sabbath (Col. 2:16).

- The Catechism also says:
- By a tradition handed down from the apostles which took its origin from the very day of Christ's Resurrection, the Church celebrates the Paschal mystery every seventh day, which day is appropriately called the Lord's Day or Sunday. The day of Christ's Resurrection is both the first day of the week, the memorial of the first day of creation, and the "eighth day," on which Christ after his "rest" on the great Sabbath inaugurates the "day that the Lord has made," the "day that knows no evening." (CCC 1166)
- Other CCC references to the Lord's Day: 349, 2174, 2175, 2191

Some Misconceptions

- In the book "The Great Controversy". This book was written by E.G. White, foundress of the Seventh Day Adventists. It claims that the Catholic Church is behind the New World Order.
- According to the booklet, one "mark of the beast" is not observing the Sabbath on Saturday. It is alleged that in the fourth century the Church and Emperor Constantine replaced the Sabbath with the pagan "DAY OF THE SUN", i.e. Sunday.

- Therefore let no one pass judgment on you in questions of food or drink or with regard to a festival or a new moon or a Sabbath. These are only a shadow of what is to come; but the substance belongs to Christ. [Col. 2:16-17]
- According to these verses, the Hebrew diet, festivals and Sabbaths are no longer obligations for Christians. These were only a foreshadowing of things to come in Christ. The focus now is Christ (2 Cor. 3:7-17). Elsewhere St. Paul told the Corinthians to contribute money to the Church each Sunday (1 Cor 16:1-2). This would be a strange request, if Christians assembled on Saturdays. Hebrews 4:8 speaks of "another day" because the former Sabbath was not obeyed

- According to Rev. 1:10, St. John "was in the Spirit on the Lord's day." This is the only place in the Bible where the phrase "the Lord's day" occurs. If his vision occurred on Saturday, St. John would have written "the Sabbath" instead of using a new phrase. Even though the disciples may have attended the synagogues on the Sabbath to evangelize (Acts 18:4), there is already a definite transition from the Sabbath to the Lord's Day in the New Testament.