

## THE INSTITUTION OF THE SABBATH

### 1. When and by whom was the Sabbath made?

Genesis 2:1-2 (NKJV) “Thus the heavens and the earth, and all the host of them, were finished. (2) 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.”

### 2. After resting on the seventh day, what did God do?

Genesis 2:3 (NKJV) “Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”

### 3. By what three distinct acts, then, was the Sabbath made?

God rested on it; He blessed it; He sanctified it.

**Sanctify:** To set apart to a sacred purpose or to religious use:

<https://www.merriam-webster.com/dictionary/sanctify>

### 4. Did Christ have anything to do with creation and the making of the Sabbath?

John 1:3 (NKJV) “All things were made through Him, and without Him nothing was made that was made.”

**See also:** Jesus is the Creator of all things

Ephesians 3:9 (NKJV) “And to make all see what is the fellowship of the mystery, which from the beginning of the ages has been hidden in God who created all things through Jesus Christ;”

Colossians 1:16 (NKJV) “For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him.”

Hebrews 1:2 (NKJV) “Has in these last days spoken to us by His Son, whom He has appointed heir of all things, through whom also He made the worlds.”

**NOTE:** Christ, being the active agent in creation, must have rested on the seventh day with the Father. It is therefore His rest day as well as the Father's.

### 5. For whom did Christ say the Sabbath was made?

Mark 2:27 (NKJV) “And He said to them, “The Sabbath was made for man, and not man for the Sabbath.”

**NOTE:** It was not made for the Jews alone. The Jews derive their name from Judah, one of the twelve sons of Jacob, from whom they are descended. The Sabbath was made more than two thousand years before there was a Jew. It was made for the human race.

## **6. What does the Sabbath commandment require?**

Exodus 20:8-11 (NKJV) “Remember the Sabbath day, to keep it holy. (9) Six days you shall labor and do all your work, (10) 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. (11) 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.”

## **7. What reason is given in the commandment for keeping the Sabbath day holy?**

Exodus 20:11 (NKJV) “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.”

**NOTE** - The Sabbath is the memorial of creation, and the sign of God's creative power. Through the keeping of it God designed that man should for ever remember Him as the true and living God, the Creator of all things.

## **8. Did God bless and sanctify the seventh day while He was resting upon it, or when His rest on that day was past?**

Genesis 2:3 (NKJV) “Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”

**NOTES:** God blessed and sanctified the seventh day then future, answering to the day on which He had just rested. The acts of blessing and sanctifying involve the idea of a future use of those things which are blessed and sanctified. Past time cannot be used. It is gone for ever. The blessing and sanctification of the day therefore, must have related to the future-to all the future seventh days.

In **Joel 1: 14** we read: "Sanctify [i.e., appoint] you a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the Lord."

Wherever used in the Bible, the word sanctify means to appoint, to proclaim, or to set apart, as in the margin of **Joshua 20: 7; 2 Kings 10: 20, 21; Zeph. 1:7.**

So, when the Sabbath was sanctified, as the last act by which it was made for man, an appointment, or proclamation, of the Sabbath was given. See Exodus 19:23.

Exodus 19:23 (NKJV) “But Moses said to the LORD, “The people cannot come up to Mount Sinai; for You warned us, saying, ‘Set bounds around the mountain and consecrate it.’ ””

**Lange's Commentary, Vol. I, page 197:** “If we had no other passage than this of Genesis 2: 3, there would be no difficulty in deducing from it a precept for the universal observance of a Sabbath, or seventh day, to be devoted to God as holy time, by all of that race for whom the earth and its nature were specially prepared. The first men must have known it. The

words He hallowed it can have no meaning otherwise. They would be a blank unless in reference to some who were required to keep it holy.”

### **9. How did God prove Israel in the wilderness?**

Exodus 16:4 (NKJV) “Then the LORD said to Moses, “Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day, that I may test them, whether they will walk in My law or not.”

### **10. On which day was a double portion of manna gathered?**

Exodus 16:22 (NKJV) “And so it was, on the sixth day, that they gathered twice as much bread, two omers for each one. And all the rulers of the congregation came and told Moses.”

### **11. What reply did Moses make to the rulers?**

Exodus 16:23 (NKJV) “Then he said to them, “This is what the LORD has said: ‘Tomorrow is a Sabbath rest, a holy Sabbath to the LORD. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.’”

**NOTE:** This was a full month and more before they came to Sinai.

### **12. When had God said this?**

In the beginning, when He sanctified the Sabbath. Genesis 2:3 (NKJV) “Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”

**NOTE:** In the wilderness of Sin, before Israel came to Sinai, Moses said to Jethro, his father-in-law, Exodus 18:16 (NKJV) “When they have a difficulty, they come to me, and I judge between one and another; and I make known the statutes of God and His laws.”, which shows that these statutes and laws existed before they were proclaimed on Sinai.

### **13. What did some of the people do on the seventh day?**

Exodus 16:27 (NKJV) “Now it happened that some of the people went out on the seventh day to gather, but they found none.”

### **14. How did God reprove their disobedience?**

Exodus 16:28 (NKJV) “And the LORD said to Moses, “How long do you refuse to keep My commandments and My laws?”

### **15. Why was double manna given on the sixth day?**

Exodus 16:29 (NKJV) “See! For the LORD has given you the Sabbath; therefore He gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day.””

**16. How, then, did the Lord prove the people (verse 4) whether they would keep His law, or not? Over the keeping of the Sabbath.**

**NOTE:** Thus we see that the Sabbath commandment was a part of God's law before this law was spoken from Sinai; for this incident occurred in the wilderness of Sin, before the children of Israel came to Sinai, where the law was given. Both the Sabbath and the law existed from creation.