

WEEKLY AND EXTRAORDINARY SABBATHS

1 · Introduction · Types Of Sabbaths



	Comments		Scripture	
Prologue	The concept of the Sabbaths has been modified by people over time. In the Old Testament, the Weekly Sabbath began as a holy day for THEOS, which included cessation from secular work. During the Babylonian exile and the Intertestamental period, the Weekly Sabbath gained a legalistic tone, and came to 'include' additional and extra-biblical aspects of observance . During the New Testament era, IESOUS addressed and clarified the meaning and significance of the Sabbaths .			
	THEOS considered the Weekly Sabbath so important, so necessary for His human creation, that He kept it Himself . The Weekly Sabbath was also important enough to be included in the Ten Commandments (and not simply among hundreds of Ceremonial Laws that had been nailed to the cross), the only commandment to be "remembered" and one of the most often obeyed commandments in the NT - with minimal variation in regards of application and obedience in the time before and after IESOUS' death.			
	The observance of the Weekly Sabbath does NOT define your future salvation , but can become a stumbling block on your road of sanctification - in the same way other violations of the 10 commandments such as murder or adultery do not exclude you necessarily from salvation, but will definitely be a major stumbling block, if subsequent repentance is absent. It is rather an excellent tool of THEOS in order to test a believer's true heart and to measure if this person really wants to live a life of sanctification or not. All those who do not see the clear benefit over the negative perception of a law, 'works' or a requirement, will find plenty of twistable Bible passages to underline their view. But those who really want to understand and follow THEOS' will, will go the extra mile and study the details of a law such as the Sabbath. By doing so, we realize that the Weekly Sabbath was indeed never abolished and is a tremendous blessing for us.			
	The word 'Sabbath' occurs 171 times in the Bible (110x Old Testament and 61x New Testament = proportionally almost twice as often in the NT - the OT has 3.37 times more words) and derives from the Hebrew 'shabbat'. There is a link between the noun 'shabbat' and the verb 'shavat', which means to 'cease' / 'rest' / 'stop'. 'Sabbath' principally means to rest - a very simple principle .			
Index	Page 1		Prologue	
			Index	
	Page 2	Types	Weekly Sabbaths	
			The Weekly Sabbath in the 10 Commandments	
	Page 3		Sabbaths of Sabbaths (Former)	
			Sabbath Year & Jubilee Year (Former)	
	Page 4		Category Mistakes · Death Penalty (Former)	
	Page 5	Timing	The Calendar of THEOS	
	Page 6		Timing of a Sabbath Day The Burial Spices	
	Page 7	Timeline	Origin of the Sabbath	
			The Nation of Israel	
			Exodus and Canaan	
			IESOUS CHRISTOS	
	Page 8		New Covenant & Early Christianity	
			Application for Christians Today · Song for the Sabbath Future References	
	Addendum	·	All 171 Bible Verses in Chronological Order, Identified by Grammatical Number, Type Of Sabbath and Applicable Time Period	
			Biblical Calendar of Feasts	
	·		Refutation of the 'Lunar' Sabbath	
			Refutation of the 'First Day' Sabbath (First-Day Sabbatarianism)	
			Refutation of the 'Every Day' Sabbath (Non-Sabbatarianism)	
			The 'Metaphorical' Sabbath The 'Lord's Day'	
	·		Timeline of Abomination	



Eternal Weekly Sabbath

- Applies to both the Nations & the Jews.
- Spoken by THEOS at creation; **before sin came** (!).
- Under the Law of THEOS - specifically the 10 Commandments (**permanent stone tablets**; stored inside the Ark) . Only the Sabbaths of Sabbaths are part of the 'Ceremonial' Law (stored outside the ark and abolished through CHRISTOS).
- The 10 Commandments are the only part of the Bible written by THEOS / His messenger's own hands. All other Laws, although being divinely inspired, were written by human hands.
- Eternal command (see section 'Future').
- Rest on every seventh day.
- No more daily & weekly sacrifices on the Weekly Sabbaths today.
- No more death penalty today, but sanctification through obedience.

For six days work is to be done, and on the seventh day shall be a [Weekly] Sabbath of complete rest, a holy assembly; you shall **not** do any work; it shall be a Sabbath of KYRIOS in all your dwellings.

Lev
23:3

ΕΞ ΗΜΕΡΑΣ ΠΟΙΗΣΕΙΣ ΕΡΓΑ, ΚΑΙ ΤΗ ΗΜΕΡΑ ΤΗ ΕΒΔΟΜΗ **CABBATA**
ΑΝΑΠΑΥΣΙΣ ΚΛΗΤΗ ΑΓΙΑ ΤΩ ΚΥΡΙΩ. ΠΑΝ ΕΡΓΟΝ ΟΥ ΠΟΙΗΣΕΙΣ.
CABBATA ΕΣΤΙΝ ΤΩ ΚΥΡΙΩ ΕΝ ΠΑΣΧ ΚΑΤΟΙΚΙΑ ΥΜΩΝ.

Greek OT

I am the KYRIOS your THEOS; walk in my commandments, and keep mine ordinances, and do them; and **hallow my Sabbath**, and let them be a sign between me and you, that you may know that I am the KYRIOS your THEOS.

Eze
20:19-20

And He said to them: "What man will be among you, who will have one sheep, and if this should have fallen **on the Sabbaths** into a pit, will not seize and raise it?

Mat
12:11

And he said to them, "The [Weekly] Sabbath was established for **people** [or 'man' = Jews and the Nations], and not people for the Sabbath.

Mar
2:27

And He came down to **Capernaum**, a town of Galilee, and was teaching them on the **Sabbaths**.

Luk
4:31

And they returned and prepared fragrant spices and perfumes, and on the Sabbath they rested according to the commandment.

Luk
23:56

Then they returned to **Jerusalem** from the mountain that is called Olive Grove which is near Jerusalem, a **Sabbath day's journey** away.

Act
1:12

And they went on from **Perga** and arrived at **Pisidian Antioch**. And they entered into the synagogue on the day of the **Sabbaths** ...

Act
13:14

And on the coming Sabbath, nearly the whole city came together to hear the word of KYRIOS.

Act
13:44

And he argued in the synagogue **every Sabbath**, attempting to persuade **both Jews and Greeks**.

Act
18:4

Ten Commandments

The following overview of the 10 commandments shows us the occurrences in the Old Testament / Covenant, and compares those with the commands / reiterations in the New Covenant and our future. The significant importance of the Weekly Sabbath becomes not only apparent through the number of its mentions in both the OT and NT - being **mentioned more times in Scripture than any other command!**

I also becomes apparent by the text of the Commandments itself. In the Greek text of Exodus 20:3-17, we count a total of 285 words. THEOS employed 102 words (!) for the Weekly Sabbath (98 words in Young's Literal Translation), which means that 36% of the total text is dedicated to the Sabbath (this number increases to 40% in Deuteronomy 5).

Exodus 20:2-17 (Full text, YLT+)	Old Testament & Old Covenant	New Covenant, Our Future	Total
<p>7 Words (Greek)</p> <p>1 I am KYRIOS your THEOS, who has brought you out from the land of Egypt, from the house of bondage.You shall not have any other theoi (gods) before Me!</p>	<p>>33x</p> <p>Gen 35:1-4; Exo 20:3, 22:20; 23:13; 34:14; Deu 4:19-20, 4:35, 5:7, 6:4, 6:14, 8:19, 11:16, 11:28, 13:6-8, 17:3, 28:14, 30:17; Jos 23:16; 1Kin 8:60, 9:6, 11:10; 2Kin 17:35-38; 2Chr 7:19; Isa 45:5, 45:21; Jer 7:9, 7:18, 13:10, 19:4, 22:9, 25:6, 35:15, 44:8</p>	<p>>5x</p> <p>Mat 4:10; 6:24; Luk 4:8; 1Cor 8:6; 1Tim 2:5</p>	<p>>38x</p>
<p>70 Words</p> <p>2 You shall not make a graven image for yourself ... you shall not bow to them, and you shall not serve them ...</p>	<p>>3x</p> <p>Exo 20:4-6; Deu 5:8-10; Isa 42:8</p>	<p>>6x</p> <p>Act 15:20; 1Cor 6:9-10; Gal 5:19-20; Eph 5:5; Col 3:5; 1Joh 5:21</p>	<p>>9x</p>
<p>22 Words</p> <p>3 You shall not take the name of KYRIOS your THEOS in vain ...</p>	<p>>2x</p> <p>Exo 20:7; Deu 5:11</p>	<p>>4x</p> <p>Mat 5:33; 1Tim 6:1; Jam 2:7; 5:12</p>	<p>>6x</p>
<p>102 Words (126 Words in Deuteronomy 5)</p> <p>4 Remember the Sabbath day, to keep it holy; six days you shall labor and do all your work; and the seventh day is a Sabbath to KYRIOS your THEOS; you shall not do any work, you, and your son, and your daughter, your male slave and your slave-girl, and your livestock, and your stranger who is in your gates. For in six days KYRIOS made the heavens and the earth, the sea, and all which is in them, and He rested on the seventh day; on account of this KYRIOS blessed the Sabbath day and sanctified it.</p>	<p>>20x (110x Mentioned in OT)</p> <p>Gen 2:3; Exo 16:28-30, 20:8-11, 23:12, 31:13-17, 34:21, 35:2-3; Lev 19:3-30, 23:3; Num 15:32-36; Deu 5:12-15; Neh 9:14, 10:31-33, 13:15-22; Isa 56:2-6, 58:13; Jer 17:21-27; Eze 20:12-24, 44:24, 46:1-12</p>	<p>>4x (61x Mentioned in NT; proportionally ~2x as often)</p> <p>Act 1:12; Heb 4:9; Future: Isa 66:21-23; Mat 24:20</p> <p>General: 1Joh 2:6 'He who is saying in Him he does remain, ought according as He walked also himself so to walk.</p>	<p>>24x (171x Mentioned)</p>
<p>27 Words</p> <p>5 Honor your father and your mother, so that your days may be long on the land which KYRIOS your THEOS is giving to you!</p>	<p>>7x</p> <p>Gen 9:24-25; Exo 20:12; Deu 5:16; Pro 1:8, 13:1, 30:17; Mal 1:6</p>	<p>>7x</p> <p>Mat 15:4-9; 19:19; Mar 10:19; Luk 18:20; Rom 1:29-30; Eph 6:1-3; 2Tim 3:2).</p>	<p>>14x</p>
<p>2 Words</p> <p>6 You shall not murder!</p>	<p>>7x</p> <p>Gen 4:10-13; 9:6; Exo 20:13, 21:12; Lev 24:17; Num 35:31; Deu 5:17</p>	<p>>6x</p> <p>Mat 5:21-22; Joh 8:44; Rom 13:9; 1Pet 4:15; 1Joh 3:12; Rev 21:8</p>	<p>>13x</p>
<p>2 Words</p> <p>7 You shall not commit adultery!</p>	<p>>2x</p> <p>Gen 39:9; Exo 20:14, 22:7; Deu 5:18; Pro 6:23-24, 32</p>	<p>>10x</p> <p>Mat 5:27; 19:18; Mar 10:11, 19; Luk 16:18; 18:20; Rom 7:2; 13:9; 1Cor 6:9; Heb 13:4</p>	<p>>12x</p>
<p>2 Words</p> <p>8 You shall not steal!</p>	<p>>5x</p> <p>Exo 20:15; Lev 6:2, 19:11; Deu 5:19; Jer 7:9-11</p>	<p>>7x</p> <p>Mat 19:18; Mar 10:19; Luk 18:20; Rom 13:9; Eph 4:28; 1Pet 4:15; Rev 9:21</p>	<p>>12x</p>
<p>8 Words</p> <p>9 You shall not testify a witness of falsehood against your neighbor!</p>	<p>>3x</p> <p>Gen 20:2; Exo 20:16; Deu 5:20</p>	<p>>4x</p> <p>Act 5:1-22; Col 3:9; 1Tim 1:9-11; Rev 21:8</p>	<p>>7x</p>
<p>44 Words</p> <p>10 You shall not covet your neighbor's house ... wife ... slave ... ox ... ass, or anything which belongs to your neighbor!</p>	<p>>4x</p> <p>Gen 34:29; Exo 20:17; Deu 5:21; 7:25</p>	<p>>8x</p> <p>Luk 12:15; Col 3:5; Rom 1:29; 7:7; 13:9; Eph 5:3-5; Col 3:5; 1Tim 6:6-10</p>	<p>>12x</p>



	Comments	Scripture	
Former Sabbaths of Sabbaths	7 Sabbath of Sabbaths ('CABBATA CABBATŌN', also called by man 'Ceremonial' / 'Extraordinary' / 'High' Sabbaths).		
	<div>Definition</div> <div>Only properly defined in the Greek OT through the term 'Sabbath of Sabbaths'. The Hebrew OT provides here a term translated as ' sacred rest', 'solemn rest' or 'special day of rest', which is sometimes translated by extension with 'Extraordinary' Sabbath (see Lev 23:32).</div>	<div>A <i>Sabbath of Sabbaths</i> it shall be to you, and you shall humble your souls – it is an eternal statute.</div> <div>31CABBATA CABBATŌN ΑΝΑΠΑΥCΙC ΑΥΤΗ ΕCΤΑΙ ΥΜΙΝ, ΚΑΙ ΤΑΠΕΙΝΩCΕΤΕ ΤΑC ΨΥΧΑC ΥΜΩΝ, ΝΟΜΙΜΟΝ ΑΙΩΝΙΟΝ.</div> <div>A <i>Sabbath of Sabbaths</i> it will be to you. And you shall humble your souls from the ninth of the month. From evening to evening you shall observe the <i>Sabbath of your Sabbaths</i>.</div> <div>32CABBATA CABBATŌN ΕCΤΑΙ ΥΜΙΝ, ΚΑΙ ΤΑΠΕΙΝΩCΕΤΕ ΤΑC ΨΥΧΑC ΥΜΩΝ. ΑΠΟ ΕΝΑΤΗC ΤΟΥ ΜΗΝΟC ΑΠΟ ΕCΠΕΡΑC ΕΩC ΕCΠΕΡΑC CΑΒΒΑΤΕΙΤΕ ΤΑ CΑΒΒΑΤΑ ΥΜΩΝ.</div> <div>It is a <i>Sabbath of complete rest</i> for you, and you shall deny yourselves on the ninth day of the month in the evening – from evening to evening you must observe your <i>Extraordinary Sabbath</i>.[”]</div> <div>Lev 16:31 Greek OT</div> <div>Lev 23:32 Greek OT</div> <div>Hebrew OT</div>	
	<div><div>Applied for Jews only (those living in Israel; Paul had even to leave the Ephesians and travel to Jerusalem for the Pentecost, but could hold the Weekly Sabbath anywhere in the world).</div><div>Recorded by Moses only at Mt. Sinai; long after sin had come into the world (except the Passover which slightly preceded Mt. Sinai).</div><div>Under the Laws of Moses – specifically the former ‘Ceremonial’ Laws (temporary book that perished; stored outside the Ark).</div><div>Involved to rest on specific dates and to celebrate annual feasts.</div><div>Can rather not be celebrated without sacrifices.</div></div> <div>A common observation: Is the Weekly Sabbath abolished or fulfilled because it is mentioned in Leviticus 23?</div> <div>No. Just because the Weekly Sabbath is mentioned as the starting point for the Sabbaths of Sabbaths (in the same context, but at the beginning, being set apart and a mere reference for the pattern of an ordinary week), does not remove it from the Moral Law it is essentially part of. The Moral Law was always vastly superior to the ‘Ceremonial’ Law, and again, there is an important reason why THEOS chose to include the Weekly Sabbath in the Moral Law.</div> <div>-Verse 3 provides the reference / pattern of an ordinary week,</div> <div>-Verses 4–37 then speak about the 7 Sabbaths of Sabbaths,</div> <div>-Verse 38 then circles back to verse 3, effectively framing / ‘sandwiching’ the Sabbaths of Sabbaths;</div> <div>-Important clue in verse 38: The word ‘besides’ (Strong’s 4133, ΠΛΗΝ, plen: From G4119; moreover (besides), that is, albeit, save that, rather, yet: – but (rather), except, nevertheless, not-withstanding, save, than) makes it clear that the Sabbaths of Sabbaths are a different category of designated days.</div> <div>► see also the study 'Laws' for the basics about the Law of THEOS (stone tablets) / Laws of Moses (book)</div> <div>Prologue: Weekly Sabbath</div> <div>7 Sabbaths of Sabbaths</div> <div>Epilogue: Weekly Sabbath</div>	<div>1. Passover / Unleavened Bread (Barley); First Day; Abib 14/15</div> <div>2. Passover / Unleavened Bread (Barley); Last Day; Abib 21</div> <div>(rather no Sabbath of Sabbaths: The Wave Sheaf Offering / Firstfruits; Abib 23)</div> <div>3. Feast of Weeks / Harvest / Pentecost (Wheat); Abib 23 +49 Days</div> <div>4. Feast of Trumpets; Ethanim 1</div> <div>5. Day Of Atonement; Ethanim 10</div> <div>6. Feast of Booths / Tabernacles (Grapes); First Day; Ethanim 15</div> <div>7. Feast of Booths / Tabernacles (Grapes); Eight Day; Ethanim 22</div> <div>Lev 23:4-38</div>	
	The Sabbath & Jubilee Year	The Sabbath Year – Every 7th Year.	
		Also called Sabbatical – a custom present until today.	
		Both the Sabbath and Jubilee Year show the same 6+1 sequence and would not allow any room for a “New Moon Year”, if following the theory of the Lunar Sabbath.	
The Feast of Weeks / Pentecost			
The count from the First Fruit (Wave Sheaf) Offering to the Pentecost serves as pattern for the Jubilee Year:			
The 50th day (Pentecost) / year (Jubilee) following the Weekly Sabbath (Pentecost) / Sabbath Year (Jubilee). This in itself proves that Pentecost is -not-equal with a Weekly Sabbath (which is the prevalent, but erroneous tradition today), but that it does follow a Weekly Sabbath. ► see also the study ‘CHRISTOS IESOUS III Pass-over Chronology · Refutation of Fast-Track Trial’ with a comparison of the different traditions of the Wave Sheaf Offering, where Beta Israel (Ethiopian Jews) preserved the biblical order in stark contrast to the Pharisees, Rabbis, Josephus, Philo, to the Essenes, and to the Karaite Jews.		<div>7 1 2 3 4 5 6 7 1 2 3 4 5 6 7 1 2 3 4 5 6 7 1 2 3 4 5 6 7 1 2 3 4 5 6 7 1 2 3 4 5 6 7 1 2 3 4 5 6 7 </div> <div>But in the seventh year it shall be a [Extraordinary] Sabbath of complete rest for the land – a Sabbath for KYRIOS ...</div> <div>Lev 25:4</div> <div>... the regulations you must present to Israel. “If you buy a Hebrew slave, he may serve for no more than six years. Set him free in the seventh year ...</div> <div>Exo 21:1-2</div>	
<div><div>1st Week</div><div>2nd Week</div><div>3rd Week</div><div>4th Week</div><div>5th Week</div><div>6th Week</div><div>7th Week</div><div>Wave Sheaf Offering</div></div> <div>7 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51</div> <div>Pentecost</div> <div>And you shall count for yourselves from the day after the Sabbaths [the day after is the biblical First Day, which is modern Sunday], from the day of your bringing the wave offering's sheaf – there shall be seven full weeks. Until the next day of the last period of seven [day after the seventh Sabbath] you shall count fifty days; then you shall present a new grain offering for KYRIOS.</div> <div>Lev 23:15-16</div>			
<div><div>1st Set</div><div>2nd Set</div><div>3rd Set</div><div>4th Set</div><div>5th Set</div><div>6th Set</div><div>7th Set</div><div>The previous Jubilee Year initiates the 49-year-count towards the next Jubilee Year</div></div> <div>A 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50</div> <div>Jubilee Year</div> <div>B 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51</div> <div>C 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51</div> <div>D 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51</div>	<div>... ‘And you shall count for yourself [A] seven rests of years [Sabbaths of years], seven times seven years, and they shall be for you time periods of years: [B] forty-nine years [year of announcement / after the previous Jubilee Year]. [...] you shall proclaim a release in the land for all its inhabitants. [C] It is a Jubilee; it shall be for you, and you shall return. You must return – everyone to his property and everyone to his clan. You shall have the fiftieth year as a Jubilee; you must not reap its aftergrowth, and you must not harvest its unpruned vines. Because it is a Jubilee, it shall be holy to you. You must eat its produce from the field. “ [...] [D] “What shall we eat in the seventh year, if we do not sow and we do not gather its yield?” then I will command my blessing for you in the sixth year, so that it will make the yield for three years. And you will sow in the eighth year, and you shall eat from the old yield; until the ninth year, until the coming of its yield, you shall eat the old yield. “ ...</div> <div>Lev 25:8-11</div>		
Abolishment Of The Sabbaths of Sabbaths	IESOUS CHRISTOS abolished the ‘Ceremonial’ Law and therefore all Sabbaths of Sabbaths.	<div>And I will put an end to all her mirth, her festivals, her New Moons, and her [Extraordinary / Ceremonial] Sabbaths, and all her appointed festivals ...</div> <div>... how can you turn back again to the weak and miserable elemental spirits? Do you want to be enslaved to them all over again? You carefully observe days [Feasts; not the Weekly Sabbath] and months and seasons [Feasts dedicated e.g. to spring / harvest] and years [Sabbatical Years]. I am afraid for you, lest perhaps I have labored for you in vain!...</div> <div>Hos 2:11 Gal 4:8-12</div>	



	Comments	Scripture		
Category Mistakes	<p>Romans 14:5 is a verse which suffered a lot of misinterpretation, and the pre-valent interpretation is a classic example of not reading a Bible verse in its context.</p> <p>In order to believe that this verse is talking about the weekly sabbath which is not even mentioned in any form in this chapter, we would have to inject it into the text, based on a preconceived belief, rather than getting it from the text itself.</p> <p>The entire chapter 14 of Romans is almost exclusively related to food and verse 5 therefore most probably relates to either pagan festivals,</p> <p>(the Romans observed 40 days per year and the Roman Catholic Church even increased this number to ~72 unbiblical days per year, while the Orthodox Church includes ~112 (!!!) different fasts during one calendar year)</p> <p>and / or the Sabbaths of Sabbaths (Feasts) which were usually related to the consumption of specific food (lamb, unleavened bread, no yeast, et al ...).</p> <p>A Weekly Sabbath has no instructions on personal food, and it is therefore grossly negligent to insert this type of Sabbath into this verse.</p> <p>The term 'unclean', which is repeated 3 times, makes it crystal clear that a Weekly Sabbath cannot be meant, because every serious student of the Bible instantly knows that the term 'unclean' is related to 'Ceremonial / Sacrificial' Laws.</p>	<p>... One believes he may eat all things, but the one who is weak eats only vegetables. [...] One person prefers one day over another day [not referring to the Weekly Sabbath, but to (Jewish) festivals / Ceremonial Sabbaths], and another person regards every day alike. [...] The one who is intent on the day ["the" = very specific days, not one of many Weekly Sabbaths] is intent on it for KYRIOS, and the one who eats eats for KYRIOS, because he is thankful to THEOS [being thankful = rather special event ...] I know and am convinced in KYRIOS IESOUS that nothing is unclean of itself [...] All things are clean, but it is wrong for the person who eats and stumbles in the process. It is good not to eat meat or to drink wine or to do anything by which your brother stumbles or is offended or is weakened ...</p> <div><div><div>– Romans 14:5 in its regularly neglected context –</div><div>1And him who is weak in the faith receive ye – not to determinations of reasonings; 2one doth believe that he may eat all things – and he who is weak doth eat herbs; 3let not him who is eating despise him who is not eating; and let not him who is not eating judge him who is eating, for THEOS did receive him. 4Thou – who art thou that art judging another's domestic? To his own master he doth stand or fall; and he shall be made to stand, for THEOS is able to make him stand.</div><div>5One doth judge one day above another, and another doth judge every day [alike]; let each in his own mind be fully assured.</div><div>6He who is regarding the day, to KYRIOS he doth regard [it], and he who is not regarding the day, to KYRIOS he doth not regard [it]. He who is eating, to KYRIOS he doth eat, for he doth give thanks to THEOS; and he who is not eating, to KYRIOS he doth not eat, and doth give thanks to THEOS. 7For none of us to himself doth live, and none to himself doth die; 8for both, if we may live, to KYRIOS we live; if also we may die, to KYRIOS we die; both then if we may live, also if we may die, we are KYRIOS; 9for because of this CHRISTOS both died and rose again, and lived again, that both of dead and of living he may be KYRIOS.</div><div>10And thou, why dost thou judge thy brother? or again, thou, why dost thou set at nought thy brother? for we shall all stand at the tribunal of the CHRISTOS; 11for it hath been written, 'I live! saith KYRIOS – to Me bow shall every knee, and every tongue shall confess to THEOS'; 12so, then, each of us concerning himself shall give reckoning to THEOS;</div><div>13no longer, therefore, may we judge one another, but this judge ye rather, not to put a stumbling-stone before the brother, or an offence. 14I have known, and am persuaded, in KYRIOS IESOUS, that nothing [is] unclean of itself, except to him who is reckoning anything to be unclean – to that one [it is] unclean; 15and if through victuals thy brother is grieved, no more dost thou walk according to love; do not with thy victuals destroy that one for whom CHRISTOS died. 16Let not, then, your good be evil spoken of, 17for the reign of THEOS is not eating and drinking, but righteousness, and peace, and joy in the HOLY SPIRIT; 18for he who in these things is serving CHRISTOS, [is] acceptable to THEOS and approved of men.</div><div>19So, then, the things of peace may we pursue, and the things of building up one another; 20for the sake of victuals cast not down the work of THEOS; all things, indeed, [are] pure, but evil [is] to the man who is eating through stumbling. 21Right [it is] not to eat flesh, nor to drink wine, nor to [do anything] in which thy brother doth stumble, or is made to fall, or is weak.</div><div>22Thou hast faith! to thyself have [it] before THEOS; happy is he who is not judging himself in what he doth approve, 23and he who is making a difference, if he may eat, hath been condemned, because [it is] not of faith; and all that [is] not of faith is sin.</div></div><div><div>[parallel verse for Old Covenant] ... sacrifices which were offered were not able to perfect the worshiper with respect to the conscience, concerning instead only food and drink and different washings, regulations of outward things imposed until the time of setting things right [the cross].</div><div>[New Covenant] Eat everything that is sold in the meat market, asking no questions for the sake of the conscience, for “the earth is of KYRIOS, and its fullness.” ...</div></div></div> <div>Rom 14:1-23</div>		
	<p>Colossians 2:16-17 is one of the most often misunderstood verses of the Bible and another example of not reading a Bible verse in its context.</p> <p>When we read the 3 previous verses (13-15) and the following verses (18-23), the prevalent interpretation of verses 16-17 'evaporates'.</p> <p>The paragraph effectively refers to Sabbaths of Sabbaths and not to Weekly Sabbaths as often wrongly assumed.</p> <p>Feasts such as the Passover can be an optional tradition for Christians (nevertheless be very careful with Judaizing), but the respective law is nailed to the cross. If those feasts were to be held by Christians, Paul would have introduced the Ephesians to celebrate e.g. the Pentecost, instead of hurrying back to Jerusalem and to effectively hold it without them.</p> <p>► click HERE for an excellent analysis of this verse.</p>	<p>... He made you alive together with Him [...] Having blotted out the hand-writing [= Books, not Stone Tablets] against us [the Moral Law is for us (Psa 19:7; Act 7:38) – the Ceremonial Law was against us (Deu 31:24-26; Col 2:13-15)] by the decrees ... ['decrees' = clearly Ceremonial law] ... by nailing it to the cross [the 10 Commandments were NOT nailed to the cross, but unquestionably affirmed by CHRISTOS].</p> <p>[...] Therefore do not let anyone judge you [judging would not even equal an abolition!!] with reference to eating or drinking or participation in a feast ['feast' = clearly Ceremonial Law; no feast included in the 10 commandments] or a New Moon or [Ceremonial] Sabbaths, which are a shadow of what is to come, but the reality is CHRISTOS.</p> <div><div><div>– Colossians 2:16-17 in its regularly neglected context –</div><div>13And you – being dead in the trespasses and the uncircumcision of your flesh – He made alive together with him, having forgiven you all the trespasses, 14having blotted out the handwriting in the ordinances that is against us, that was contrary to us, and he hath taken it out of the way, having nailed it to the cross; 15having stripped the principalities and the authorities, he made a shew of them openly – having triumphed over them in it. 16Let no one, then, judge you in eating or in drinking, or in respect of a feast, or of a New Moon, or of Sabbaths, which are a shadow of the coming things, and the body [is] of the CHRISTOS. 18Let no one beguile you of your prize, delighting in humble-mindedness and [in] worship of the messengers, intruding into the things he hath not seen, being vainly puffed up by the mind of his flesh, 19and not holding the head, from which all the body — through the joints and bands gathering supply, and being knit together – may increase with the increase of THEOS. 20If, then, ye did die with the Christ from the rudiments of the world, why, as living in the world, are ye subject to ordinances? 21– thou mayest not touch, nor taste, nor handle –22which are all for destruction with the using, after the commands and teachings of men, 23which are, indeed, having a matter of wisdom in will-worship, and humblemindedness, and neglecting of body – not in any honour, unto a satisfying of the flesh.</div><div>[parallel passage to Col 2:16-17] “But on the prince shall be the responsibility for the burnt offerings [= clearly relating to Ceremonial Laws, not the Moral Law], and the grain offering, and the libation at the feasts, and at the New Moon festivals, and at the [Ceremonial] Sabbaths at all of the assemblies of the house of Israel ...</div><div>[notice that the 3 terms 'Feasts' / 'New Moon' / 'Sabbath' are in the exactly same order as in Col 2:16-17, reason why we speak of a parallel passage which in this case clearly affirms the association of Col 2:16-17 to the Sabbaths of Sabbaths, not to the Weekly Sabbath]</div></div><div><div>For Paul [...] was hurrying if it could be possible for him to be in Jerusalem on the day of Pentecost.</div></div></div> <div>Col 2:13-17</div>		
	Former Death Penalty	<p>Is it coherent to believe that something was considered worthy of the death penalty in the Old Covenant, but is suddenly not even relevant anymore in the New Covenant?</p> <p>IESOUS abolished the death penalty for the disobedience of the Weekly Sabbath, also because the death penalty was contrary to the Sabbath in itself not part of the 10 commandments, but clearly part of the 600+ Old Covenant Laws. IESOUS did not abolish the Weekly Sabbath, but its sublaws such as the enactment of the death penalty.</p> <p>Let us now look at the other sins which had been punished by the death penalty, and specifically if those sins are still considered sins today. If it was the case that those sins were not sins anymore, then we would have a case for the Weekly Sabbath not being in force anymore. But if those sins are principally still the same sins, then we are walking in 'spiritual no man's land' if we would consider the Weekly Sabbath to be abolished.</p>	<div><div>Former Death Penalty</div><div>Is It Still a Serious Biblical Sin?</div></div> <div><div><div>Abortion, -accidental- death of a woman's unborn child</div><div>YES</div><div>Not specified as such in the New Covenant, but probably still a sin.</div><div>Exo 21:22ff</div></div><div><div>Adultery</div><div>YES</div><div>YES</div><div>Lev 20:10 Deu 22:22ff</div></div><div><div>Authorities, disobedience of a priest or a judge</div><div>YES</div><div>Not specified in the New Covenant, but most certainly still a sin (e.g. judges; but no more priests).</div><div>Deu 17:8-12</div></div><div><div>Bestiality</div><div>YES</div><div>Not specified in the New Covenant, but most certainly still a sin.</div><div>Exo 22:19 Lev 20:15–</div></div><div><div>Blasphemy</div><div>YES</div><div>YES</div><div>Lev 24:10ff</div></div><div><div>Child sacrifice</div><div>YES</div><div>YES, covered by murder.</div><div>Lev 20:2</div></div><div><div>Death, through a farm animal known to be problematic</div><div>YES</div><div>Not specified in the New Covenant, but probably still a sin.</div><div>Exo 21:28ff</div></div><div><div>Fornication (only if in parent's house)</div><div>YES</div><div>YES</div><div>Deu 22:21ff</div></div><div><div>gods, entice others to follow other gods (theoi)</div><div>YES</div><div>Not specified in the New Covenant, but most certainly still a sin.</div><div>Deu 13:6ff</div></div><div><div>Homose*u**ity</div><div>YES</div><div>YES</div><div>Lev 20:13</div></div><div><div>Idolatry</div><div>YES</div><div>YES</div><div>Deu 17:2-5 Num 25:1–</div></div><div><div>Incest</div><div>YES</div><div>Not specified in the New Covenant, but most certainly still a sin.</div><div>Lev 20:11-14</div></div><div><div>Kidnapping</div><div>YES</div><div>Not specified in the New Covenant, but most certainly still a sin.</div><div>Exo 21:16 Deu 24:7</div></div><div><div>Murder</div><div>YES</div><div>YES</div><div>Exo 21:12– Lev 24:17– Num 35:16ff</div></div><div><div>Parents, serious disobedience to</div><div>YES</div><div>YES</div><div>Exo 21:15ff Deu 21:18ff</div></div><div><div>Prophets, false</div><div>YES</div><div>False prophecy is still a sin.</div><div>Deu 13:5 Deu 18:20</div></div><div><div>Prostitution (daughter of a priest)</div><div>YES</div><div>YES</div><div>Lev 21:9</div></div><div><div>Rape</div><div>YES</div><div>Not specified in the New Covenant, but most certainly still a sin.</div><div>Deu 22:25</div></div><div><div>Slavery, forced</div><div>YES</div><div>Not specified in the New Covenant, but most certainly still a sin.</div><div>Exo 21:16</div></div><div><div>Sorcery, Spiritism, Witchcraft</div><div>YES</div><div>YES</div><div>Exo 22:18 Lev 20:27</div></div><div><div>Weekly Sabbath, breaking of</div><div>YES</div><div>> What do you conclude?</div><div>Exo 31:14 Exo 35:2 Num 15:32ff</div></div><div><div>Witness, false</div><div>YES</div><div>YES – do not lie.</div><div>Deu 19:16ff</div></div></div>	



	Comments	Scripture																																																																																																	
Timing Of A Sabbath Day	Morning–Morning Rhythm.	A psalm. A song. <i>For the Sabbath day.</i> It is good to give thanks to KYRIOS, and to sing praise concerning your name, O MOST HIGH; to declare [1] in the morning your loyal love and your faithfulness [2] in the night, ... [love comes always before faithfulness – so morning comes before the night]	<u>Psa</u> <u>92:1–3</u>																																																																																																
	There are 2 instances in the Old Covenant that suggest a sunset-sunset rhythm (specifically Lev 23:32 with 'Atonement' naturally starting at night, and also 'Passover' in Exo 12:18, Deu 16:6), but those instances refer to Sabbaths of Sabbaths (Feasts etc., not Weekly Sabbaths!), speak each of two separate days and do not form a general pattern for all the days of humanity.	The 2 Sabbaths of Sabbaths																																																																																																	
	In addition, many biased interpretations have been made, but there is no indication in any of the verses commonly cited (Jos 8:29, 2Chr 18:34, Mat 27:57–60, Mar 1:32, Mar 15:42–46, Luk 23:50–54, Joh 19:31), that a regular day and therefore the Weekly Sabbath started at sunset.	... you shall offer the Passover sacrifice in the evening at sunset, at the designated time of your going out from Egypt [exception based on very specific reason].	<u>Deu</u> <u>16:6</u>																																																																																																
	It is also incoherent to base the former death penalty for the violation of the Sabbath on different interpretations of the precise sunset of the sun. THEOS is not the author of confusion.	“Surely the Day of Atonement is on the tenth day of the seventh month; it shall be a holy assembly for you [...] It is a Sabbath of complete rest for you, and you shall deny yourselves on the ninth day of the month in the evening – from evening to evening [specifically mentioned] you must observe the Sabbath of your Sabbaths [Extraordinary Sabbath].”	<u>Lev</u> <u>23:32</u>																																																																																																
	It does also not make sense that THEOS would start a new year with spring (the equivalent to a morning, when the sun appears and life starts afresh), but a day with the night hours. Both days and years start with the light of the sun and its life-giving effect.	Bible passages affirming the Morning – Morning Rhythm.																																																																																																	
	We do not know when Jews developed this tradition of holding also the Weekly Sabbaths based on a sunset-sunset rhythm, but we know what the Bible teaches us, and that Jews – as much as we appreciate many of them as future brethren– often interpreted the Bible in a different way, by adding additional rules and ignoring sometimes existing rules. Their tradition cannot be the reference for a Christian today, but only the Word of THEOS.	[1. THEOS worked during the day] And [2. then; the word 'and' is often overlooked] there was evening and [3. then] there was morning, [marking] the [end of the] first day. [It is clear that the first day ended in a 'morning' and that days were marked by a morning-morning rhythm]	<u>Gen</u> <u>1:5</u>																																																																																																
	See also the section 'Discernment' on the website – with an overview showing that most branches of Judaism are less than 250 years old and often follow regulations which did not even exist in the time of the ancient Jews (e.g. the Talmud / Mishna being formalized only in the 2nd / 3rd c. AD, but being today followed by nearly every branch of Judaism). Ancient Jewish history shows us several dramatic events (e.g. deportation to Babylon, fall of the Tempel in 70 AD et al) which disconnected several generations of people and their respective knowledge of biblical interpretation from each other. It is no surprise that certain customs changed, when being reinstituted after years or decades of being forced to live by foreign commands, rules and traditions.	And Moses said to them [...] Tomorrow is a rest period, a holy Sabbath [...] Put aside all the surplus for yourselves for safekeeping until the morning.”	<u>Exo</u> <u>16:19–23</u>																																																																																																
		The first lamb you will offer in the morning, and the second lamb you will offer at twilight [clearly same day].	<u>Exo</u> <u>29:39</u>																																																																																																
		And if thou shouldest offer a sacrifice, a vow of rejoicing to KYRIOS, ye shall offer it so as to be accepted for you. In that same day it shall be eaten; ye shall not leave of the flesh till the morrow: I am KYRIOS.	<u>Lev</u> <u>22:29–30</u>																																																																																																
		And the people rose up [1] all the day, and [1] all the night, and [2] all the next day, and gathered quails ...	<u>Num</u> <u>11:32</u>																																																																																																
		[The Smoking Gun I] Then Saul sent messengers to David's house to guard him and to kill him in the morning, but Michal his wife told David, saying, "If you do not save your life tonight, then tomorrow you will be killed!"	<u>1Sam</u> <u>19:11</u>																																																																																																
		... burn the morning burnt offering and the grain offering of the evening ...	<u>2Kin</u> <u>16:15</u>																																																																																																
		In the end of the Sabbaths, the dawning [clear proof for morning-morning rhythm] into the first (day) of Sabbaths, came Mary Magdalene and the other Mary to see the tomb.	<u>Mat</u> <u>28:1</u>																																																																																																
		Now from the sixth hour [noon; counting from the sunrise], darkness came over all the land until the ninth hour [~3pm].	<u>Mar</u> <u>27:45</u>																																																																																																
		IESOUS replied, Are there not twelve hours in the day? If anyone walks around in the daylight, he does not stumble, because he sees the light of this world. But if anyone walks around in the night, he stumbles, because the light is not in him.	<u>Joh</u> <u>11:9–10</u>																																																																																																
		[The Smoking Gun II] "Now when it was evening on that day – the first day of the week – and the doors had been shut where the disciples were because of fear of the Jews, IESOUS came and stood in their midst and said to them, Peace to you."	<u>Joh</u> <u>20:19</u>																																																																																																
		[The Smoking Gun III] And they arrested them and put them in custody until the next day, for it was already evening.	<u>Act</u> <u>4:3</u>																																																																																																
		... for you are all sons of light and sons of day. We are not of the night nor of darkness.	<u>1The</u> <u>5:5</u>																																																																																																
		Some Debated Passages																																																																																																	
		So when it became dark at the gates of Jerusalem before the [Weekly] Sabbath [it was already dark but the Sabbath hadn't started!], I commanded that the doors be shut [it simply says that the gates were shut the evening before the Sabbath – separating "evening" and "Sabbath" and practically making sure that no vendor would come in during the night before the Sabbath] ...	<u>Neh</u> <u>13:19</u>																																																																																																
	Now as the sun was setting, all who had those who were sick with various diseases brought them to him [no indication on rhythm of day; the most obvious reason was simply that those who brought the sick had to work during the day; people also visited the temple very early in the morning before work]	<u>Luk</u> <u>4:38–41</u>																																																																																																	
	THEOS would have never started days with evil – this is an evil twist made by humans. The darkness of the 24 hour day represents evil – Satan's Time.	And THEOS called the light day [clear indication for the start at daylight] ...	<u>Gen</u> <u>1:5</u>																																																																																																
		And IESOUS said to [...] who had come out against him [...] But this is your hour and the domain of darkness!”	<u>Luk</u> <u>22:52–53</u>																																																																																																
The Burial Spices	The differentiation between Weekly Sabbaths and Sabbaths of Sabbaths and the different timings of a Weekly Sabbath and (at least 2) Sabbaths of Sabbaths becomes apparent when we compare Mark 16:1 and Luke 23:56. There is no contradiction between both verses as often proclaimed by those who are not aware of the basic concepts of the Sabbaths.																																																																																																		
	IESOUS was brought into the tomb in the hours before the Sabbath of Sabbath began in the evening, and resurrected at the day-break after the immediately following Weekly Sabbath.																																																																																																		
	The women used the small timeframe of the late evening hours after the Sabbath of Sabbaths, in order to purchase and prepare the burial spices they would bring ~1.5 days later on the First Day of the Week.																																																																																																		
	<table><tr><td>2</td><td>4</td><td>6</td><td>8</td><td>10</td><td>12</td><td>14</td><td>16</td><td>18</td><td>20</td><td>22</td><td>24</td></tr><tr><td colspan="12">Day 0</td></tr><tr><td>2</td><td>4</td><td>6</td><td>8</td><td>10</td><td>12</td><td>14</td><td>16</td><td>18</td><td>20</td><td>22</td><td>24</td></tr><tr><td colspan="12">Day 1</td></tr><tr><td>2</td><td>4</td><td>6</td><td>8</td><td>10</td><td>12</td><td>14</td><td>16</td><td>18</td><td>20</td><td>22</td><td>24</td></tr><tr><td colspan="12">Day 2</td></tr><tr><td>2</td><td>4</td><td>6</td><td>8</td><td>10</td><td>12</td><td>14</td><td>16</td><td>18</td><td>20</td><td>22</td><td>24</td></tr><tr><td colspan="12">Day 3</td></tr></table>			2	4	6	8	10	12	14	16	18	20	22	24	Day 0												2	4	6	8	10	12	14	16	18	20	22	24	Day 1												2	4	6	8	10	12	14	16	18	20	22	24	Day 2												2	4	6	8	10	12	14	16	18	20	22	24	Day 3											
	2	4	6	8	10	12	14	16	18	20	22	24																																																																																							
	Day 0																																																																																																		
	2	4	6	8	10	12	14	16	18	20	22	24																																																																																							
	Day 1																																																																																																		
	2	4	6	8	10	12	14	16	18	20	22	24																																																																																							
	Day 2																																																																																																		
2	4	6	8	10	12	14	16	18	20	22	24																																																																																								
Day 3																																																																																																			
	<table><tr><td>Day of Preparation</td><td>Sabbath of Sabbaths (sunset–sunset)</td><td>~12-Hour Window</td><td>Weekly Sabbath (sunrise–sunrise)</td><td>First Day of The Week</td></tr><tr><td colspan="5">Tomb (~60 hours; ~3 days)</td></tr></table>	Day of Preparation	Sabbath of Sabbaths (sunset–sunset)	~12-Hour Window	Weekly Sabbath (sunrise–sunrise)	First Day of The Week	Tomb (~60 hours; ~3 days)																																																																																												
Day of Preparation	Sabbath of Sabbaths (sunset–sunset)	~12-Hour Window	Weekly Sabbath (sunrise–sunrise)	First Day of The Week																																																																																															
Tomb (~60 hours; ~3 days)																																																																																																			
Day 0 (Thu) · Day of Preparation – Crucifixion	And now evening having come, seeing it was the Preparation [always for a Sabbath of Sabbaths, not a Weekly Sabbath!], that is, the foresabbath, Joseph of Arimathea [...] asked the body of IESOUS.		<u>Mar</u> <u>15:42–43</u>																																																																																																
	And the day was a Preparation, and Sabbath [of Sabbaths; Extraordinary] was approaching, and the women also who have come with Him out of Galilee having followed after, beheld the tomb, and how His body was placed.		<u>Luk</u> <u>23:54–55</u>																																																																																																
Day 1 (Fri) · Sabbath of Sabbaths – Tomb	And the Sabbath [of Sabbaths] having past [after ~6pm] ...																																																																																																		
	<div>Time window of max. 12 hours for the purchase and preparation of the burial spices (~6pm – 6am)</div>	... Mary the Magdalene, and Mary of James, and Salome, bought spices [in the evening when markets opened for a few hours; the Weekly Sabbath would only start the next morning] that having come [meaning ~1.5 days later], they may anoint him.	<u>Mar</u> <u>16:1</u>																																																																																																
Day 2 (Sat) · Weekly Sabbath – Tomb	And having turned back, they made ready spices and ointments ...																																																																																																		
	... and on the [Weekly] Sabbath, indeed, they rested, according to the command [= rather a differentiation between the Weekly Sabbath included in the 10 commandments and the Sabbath of Sabbaths being part of the 600+ Old Covenant Laws].		<u>Luk</u> <u>23:56</u>																																																																																																
Day 3 (Sun) · First Day of The Week – Empty Tomb	And early in the morning of the First of the Sabbaths [first day of the week], they come unto the sepulchre, at the rising of the sun, and they said among themselves, “Who shall roll away for us the stone ...		<u>Mar</u> <u>16:2</u>																																																																																																
	And on the First of the Sabbaths, at early dawn, they came to the tomb, bearing the spices they made ready, and certain [others] with them, and they found the stone having been rolled away from the tomb ...		<u>Luk</u> <u>24:1–2</u>																																																																																																

[illegible]

<p>the wordings "how long" (Exo 16:28) and "remember" (Exo 20:8) would not make any sense. Let us not choose to ignore such key words as many of us do, or to find elaborated arguments explaining those away, but take them seriously.</p> <p>The fact that the Bible does not specify the method of transmission of those Laws, is secondary. THEOS expects us to read His Word diligently and to meditate on its context and significance. While many generations had not the luxury of private Bibles and will rather experience grace from KYRIOS when it comes to topics they could not fully know, those of us who own a 'private' Bible or have access to the Internet, will have no excuses.</p>	<p>there were in the city, and whatever things there were in the houses. And Jacob said to Symeon and Levi, Ye have made me hateful so that I should be evil to all the inhabitants of the land ...</p> <p>[~1950 BC - no idols] And THEOS said to Jacob, "Arise, go up to Bethel and dwell there, and make an altar to THEOS! [...] Then Jacob said to his household and to all who were with him, "Get rid of the foreign gods ..."</p> <p>[~1900 BC - no adultery; Joseph to Potiphar's wife] "... you are his wife. Now how could I do this great wickedness [adultery] and sin against THEOS?"</p> <p>[~1450 BC - no other gods] And Pharaoh hurried to call Moses and Aaron, and he said, "I have sinned against KYRIOS your THEOS [other gods, blasphemy] ..." Gen 35:1-4 Gen 39:9 Exo 10:16</p>
<h3>Irregular Passover Obedience = Irregular Sabbath Obedience ?</h3> <p>Those who know Scripture, know e.g. that the Israelites had to be re-introduced to the Passover at least 3 times by Hezekiah (715 BC; no observance since the Judges who ruled 1375-1055 BC), then less than 100 years later by Josiah (623 BC), and 107 years later again by Ezra (458 BC). This should make it very clear that the observance of the Weekly Sabbath was most probably also irregular since the time of Creation, and in the 470 years from the birth of Israel in 1915 BC (name change of Jacob to Israel) until Mt. Sinai.</p>	<p>A horizontal timeline diagram illustrating the history of Passover observance. The timeline starts at 1915 BC (marked with a red dot) and ends at 70 AD (marked with a green dot). It features alternating green bars representing periods of Passover observance and white bars representing periods of non-observance. Key dates and events are labeled along the timeline:</p> <ul style="list-style-type: none"> 1915 BC: Birth of Israel (red dot) ~1375-1055 BC: No Obv. (Judges) (white bar) ~715 BC: Reintroduction by Hezekiah (green bar) ~623 BC: Reintroduction by Josiah (green bar) ~458 BC: Reintroduction by Ezra (green bar) 1915 BC - 715 BC: No Obv. (Israelite Nomads) (white bar) 715 BC - 623 BC: Obv. (Kingdom of Judah) (green bar) 623 BC - 458 BC: Obv. (Kingdom of Judah) (green bar) 458 BC - 70 AD: Discontinued Celebrations (white bar) 70 AD: Destruction of Temple (green dot) <p>Legend:</p> <ul style="list-style-type: none"> Green Bar: Passover Observed White Bar: Passover Not Observed (or Fully Observed)

<p>to see also the study CHRISTOS IESOUS Passover Chronology - Refutation of Fast-Track Trial for more details about this timeline.</p>		
<p>The Failed Sabbath Test Before Mt. Sinai.</p>	<p>[-1446 BC] ... "<i>How long</i> [it does not say 'why', but 'how long', strongly indicating that the Sabbath rest was definitely not new to the Israelites; the Greek phrase 'Εἴς ΤΙΝΟΣ' = (heos tinos; Strong's 2193 and 5100) translates to 'how long' or 'until when'] ... <i>do you refuse to keep my commands and my laws</i> [plural = multiple laws that preceded the laws given at Mt. Sinai; also a probable reason for enslavement in Egypt]? See, because KYRIOS has given to you the [Weekly] Sabbath, therefore He is giving to you on the sixth day bread for two days. Stay, each in his location; let no one go from his place on the seventh day." And the people rested on the seventh day.</p>	<p>Exo 16:28-30</p>
<p>The Israelites failed the Sabbath test already several times on their journey to Mt. Sinai. Exodus 16 versus Exodus 20) before the formalized laws were given to them!</p>	<p>And Moses and Aaron went in before Pharaoh, and they said to him, These things says KYRIOS the THEOS of the Hebrews, "<i>How long</i> [Εἴς ΤΙΝΟΣ] do you refuse to reverence me?"</p>	<p>Exo 10:3</p>
<p>This is commonly overlooked - together with the important fact that there is no objection the <i>long-term</i> on what should have been remembered prior to the testing.</p>	<p>And KYRIOS said to Moses, "<i>How long</i> does this people provoke me? And <i>how long</i> do they refuse to believe me for all the signs which I have wrought [Past Tense = preceding 'how long', clearly proving that 'Εἴς ΤΙΝΟΣ' = 'how long' is used in the exact same sense] among them?"</p>	<p>Num 14:11</p>
<p>This makes it very clear that the Weekly Sabbath was in its essence not part of the 600+ Old Covenant Laws, but clearly preceded those.</p>	<p>And KYRIOS spoke to Moses and Aaron, saying: "<i>How long</i> shall I endure</p>	<p>Num 14:26-27</p>

<p>'Ordinances & Law' Before Mt. Sinai</p> <p>The following passage clearly proves that His law (10 commandments in the least) had been practiced before it had been put into stone. The Israelites arrived only in chapter 19 of Exodus at Mt. Sinai.</p>	<p><i>Other How long (Usage of the Greek word ποσος)</i></p> <p>this wicked congregation: I have heard their murmurings against me ...</p> <p>And Joshua said to the sons of Israel: How long [Εἰς τίς ποσος] will you be slack to inherit the land, which KYRIOS our THEOS has given you?</p> <p>How long [Εἰς τίς ποσος] shall I take counsel in my soul, having sorrows in my heart daily?</p> <p>Then the Angel of KYRIOS answered and said, O KYRIOS Almighty, how long [Εἰς τίς ποσος] will you have no mercy on Jerusalem, and the cities of Juda, which you have disregarded these seventy years?</p> <p>Exo 18:13-16</p> <p>Exo 20:8-11</p>
<p>Formal Inclusion Into The 10 Commandments.</p>	<p>[~1446 BC] "remember" [pre-existing; the only command with this specific addition of 'remember'] the day of the Sabbaths, to consecrate it.</p> <p>Exo 20:8-11</p>

<p>It took more than 4000 years (more than half of the time humanity exists), until this commandment found its way into the 10 commandments (~5554 - 1446 BC), when it had been formalized by THEOS through the eternally holy 4th Commandment.</p> <ul style="list-style-type: none"> • To be remembered and kept holy. • It belongs to KYRIOS. • It requires abstinence from work. • To be celebrated from morning to morning. <p>Romans 2:26-28 clearly states that the 10 commandments are also valid for gentile believers.</p> <p>► see also the study on 'Laws'</p>	<p><i>Six days you will work, and you will do all your work. But the seventh day is a Sabbath for KYRIOS your THEOS; you will not – you or your son or your daughter, your male slave or your female slave, or your animal, or your alien (the nations, travellers) who is in your gates ...</i></p> <p><i>'Observe the Sabbaths! Make it holy, just as KYRIOS your THEOS has commanded you. Six days you shall work, and you shall do all of your work, but the seventh day is a Sabbath unto KYRIOS your THEOS; you shall not do any work, or your son, or your daughter [...] may rest as you rest.</i></p> <p><i>You made known [= pre-existing] your holy Sabbath to them [Israelites] and [...] in addition ...] gave them commandments, regulations, and law by the hand of your servant Moses.</i></p> <p><i>In those days I saw in Judah people trading the wine press on the Sabbath And I warned them at that time against selling food. [...] "What is this evil thing that you are doing, profaning the day of the Sabbath?</i></p> <p><i>... they found a man who was gathering wood on the day of the Sabbath. [...] And KYRIOS said ... "Surely the man must be put to death by stoning him ..."</i></p>	<p><i>Deu 5:12-14</i></p> <p><i>Neh 9:14</i></p> <p><i>Neh 13:15-17</i></p> <p><i>Num 15:32-36</i></p>
<p>Application For Every Believer.</p> <p>We often hear the stale argument that the Weekly Sabbath is only a sign of holiness for the Jews, but the truth is that all born-again Christians are the spiritual Israel today, are grafted into the olive tree (Rom 11), and have been sanctified unto THEOS (Gal 3:29).</p> <p>Therefore, the Weekly Sabbath is for them.</p> <p>The book of Acts also includes numerous references with the nations worshipping</p>	<p><i>"And you, speak to the Israelites, saying, 'Surely you must keep my Sabbaths, because it is a sign between me and you throughout your generations, in order to know that I am KYRIOS, who consecrates you [it was declared a 'sign' to differentiate between the 'holy' nation of Israel (=every Christian) and the evil nations / individuals around].</i></p> <p><i>And the servants of the Lord must observe it, in order to serve him, and to love the name of KYRIOS, to become His servants, every one who keeps the Sabbath, so as not to profane ...</i></p> <p><i>... From New Moon to New Moon and from Sabbath to Sabbath all flesh shall come to how in worship before me"</i></p>	<p><i>Exo 31:13</i></p> <p><i>Isa 56:6</i></p> <p><i>Isa 66:21-23</i></p>

<p>on a Weekly Sabbath (see below).</p>	<p>come to bow in worship before me ...</p> <p>Then JESOUS declared, "The Sabbath was made for man ["man" = not for Jews only], not man for the Sabbath. [He reproved the scribes and Pharisees for losing the original intent of the Sabbath and for putting an intolerable burden of 'sub-laws' on men's shoulders. The Sabbath proclaimed at creation was intended to serve mankind as a blessing, by observing THEOSUS' rest / restoration on His holy day]</p>	<p>Mar 2:27</p>
	<p>Now I am speaking to you Gentiles. Therefore, inasmuch as I am Apostle to the Gentiles, I promote my ministry, if somehow I may provoke my people to jealousy and save some of them. [...] Now if some of the branches were broken off and you, although you were a wild olive tree, were grafted in among them and became a sharer of the root of the olive tree's richness, do not boast against the branches ...</p>	<p>Rom 11:13-19</p>
	<p>And he argued in the synagogue every Sabbath, attempting to persuade both Jews and Greeks .</p>	<p>Act 18:4</p>
	<p>And Jesus saw 12,123,000,000. Then you are descendants of Abraham, heirs according to the promise.</p>	<p>Gal 3:29</p>
<p>IESOUS Abolished The Death Penalty For The Disobedience Of The Sabbath.</p> <p>But IESOUS did not abolish the Weekly Sabbath itself.</p>	<p>You should not think that I have come to destroy [dissolve, demolish, abrogate or deprive of force] the Law [referring to both a set of books and the therein included law itself] or the Prophets. I have not come to destroy, but to perfect [make full, fill up or accomplish].</p>	<p>Mat 5:17</p>
<p>Absolutely nothing of IESOUS' or His disciples' actions were contrary to the purpose and intent of the Sabbath observance. IESOUS was not re-writing the Law, but fulfilling and clarifying the original Law. He perfectly obeyed every single of the 10 commandments. By doing so, He filled them with greater meaning and relevance.</p>	<p>For truly I say to you: Even when the heaven and the world should pass away, not even one iota nor one title may pass from the Law, until all should have come to pass [End Times].</p>	<p>Mat 5:18</p>
<p>IESOUS Consistently Observed The Weekly Sabbath.</p> <p>The Evangelia mention the Sabbath at least 50 times. IESOUS did not come to overthrow the law, but to 'fulfill' its purpose (not with finite character, contrary to abolish'). He never indicated that there was any need or plan to change the</p>	<p>In that season, IESOUS went on the Sabbaths through the planted fields. [...] the Pharisees having seen it, they said to Him: "Behold, your disciples are doing what is not lawful to do on a Sabbath." And he said to them: "Have you not read what David did when he was hungry ...</p> <p>And He came to Nazareth, where He had been brought up, and according to the custom of the synagogue he rose up. He entered into the synagogue on the day of the Sabbaths and stood up to read.</p>	<p>Mat 12:1-5</p> <p>Luk 4:16</p>

Weekly Sabbath.

He healed at least 7 times on the Sabbath, and showed that the Sabbath is not broken in cases of necessity or by acts of charity. The debate IESOUS had with the Pharisees was how to keep the Sabbath holy, not if to keep it holy.

Seven Sabbath miracles:
Mar 1:21-28, Mar 1:29-31, Mar 31-6, Luk 13:10-17, Luk 14:1-6, Joh 5:1-8, Joh 9:1-16

Just as CHRISTOS rested on the 7th day after completing His creation, so He rested in the tomb on the 7th day completing His work of redemption.

3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
Abib 20							Abib 21							Abib 22							Abib 23													
Day 5							Sabbath of Sabbaths							Day 6							Day 7: Weekly Sabbath							Day 1						
<div><div></div></div>																																		
Tomb																																		

Should we imitate IESOUS, or is His example simply a good story from the Old Covenant?

My little children, these things I write to you, that you may not sin; and if any one may sin, an advocate we have with the FATHER, IESOUS CHRISTOS, a righteous One, and He - he is a propitiation for our sins, and not for ours only, but also for the whole world, and in this we know that we have known Him, if His commands we may keep; he who is saying, 'I have known Him', and His command is not keeping, a liar he is, and in him the truth is not; and whoever may keep His Word, truly in him the love of THEOS hath been perfected; in this we know that in Him we are. He who is saying in Him he does remain, *except according as he worked this command so to work*.

1Joh 2:1-6

After IESOUS' Death And Resurrection.

IESOUS' followers obeyed the 'Weekly Sabbath' after His death (Acts 1 - 14) and several times after the Jerusalem Council (Acts 15 onward).

[--33 AD - The 2 Marys] And late in the **Sabbaths** [ending with dawn], the dawning into the first (day) of **Sabbaths** [= the 1st of 6 nameless days pointing towards the Weekly Sabbath; clear proof that Sunday is not the Sabbath day], came Mary the Magdalene and the other Mary to see the tomb ... [implies that Mary the Magdalene and the other Mary had to wait until the Sabbath was over. We do not know what they did on the Sabbath nor the motif they waited to see the grave (possibly because it was outside of town), we only know that they kept the Sabbath holy and used the very first opportunity after the Sabbath to get out to see His grave.]

Mat 28:1

[--33 AD - The 11 Apostles] Then returned they into Jerusalem, from a mountain called Olivet, which is nigh unto Jerusalem a Sabbath day's journey.

Act 1:12

Being read' = Greek Participle 'anaginōskomenos' = ongoing, continuous action from the perspective of the speaker. While the Greek Participle usually refers to the wider time frame the main action in a sentence is occurring in, it is clear here by the addition of 'every' (=multiple) 'Sabbath' (=week), that not only an ongoing, but clearly continuous action is meant which encompasses at least some months and is therefore a custom. In conclusion, Paul had nearly 2 decades into the New Covenant the custom to teach on the Weekly Sabbath. This custom was repeated in different places he stayed for shorter and longer periods of time, making it clear that it was not connected to a local or temporary custom, but to a biblical principle which had been carried on for thousands of years.)

[48-49 AD - Paul preaching CHRISTOS] "Men and brothers, sons of the family of Abraham and those among you who fear THEOS - to us the message of this salvation has been sent! For those who live in Jerusalem and their rulers, because they did not recognize this one, and the voices of the prophets that **are being read** on **every Sabbath**, fulfilled them by condemning Him'. And although they found no charge worthy of death, they asked Pilate that He be executed.

ITAN

pan

G3956

α. Acc Sg n

EVERY

CABBATON

sabaton

G4521

n. Acc Sg n

SABBATH

ANIN'INDOCKOMENAC

anaginōskomenas

G3134

vp Pres Pas Acc Pl f

beING-read

KPINANT'EC

krinantes

G2919

vp Aor Act Nom Pl m

JUDGING

judging-*him*

ETIAHP'OCAN

epēlaiōsan

G4137

vi Aor Act 3 Pl

THEY-FILL

they-fulfill-*them*

Source

... he [Moses] is **being read** aloud in the synagogues on **every Sabbath**."

AYTON

aiton

G346

vp Acc Sg m

him

EXEI

etchei

G1192

vp Pres Act 3 Sg m

IS-HAVING

EN

en

G1122

Prep

IN

TAIC

taic

G3588

L. Dat Pl f

THE

CYNAN'OTAIIC

synagōgais

G4964

n. Dat Pl f

TOGETHER-LEADS

synagogues

KATA

kata

G2596

Prep

according-to

ITAN

pan

G3956

n. Acc Sg n

EVERY

CABBATON

sabaton

G4521

n. Acc Sg n

SABBATH

Source

Paul not only observed the seventh-day Sabbath himself, he taught Jews **and the Gentiles** (=Gentiles) **observing** (=observing) on the Sabbath. (Paul did not teach Gentiles to observe the Sabbath, but he did teach them to observe the Sabbath.)

3

Gentiles

And they ... arrived at **Phrygian Antioch**. And they entered into the **synagogue on the day of the Sabbath** and sat down. [...] And as they were going out, they began urging that these things be spoken about to them on the **Sabbath**. [Paul does not say -'Let us meet tomorrow on our new holy day'- but he adjourned his next teaching to the coming Sabbath although the people urged him!]

43

And after the synagogue had broken up, many of the Jews and the **worshipping proselytes** [=converts, Christians] followed Paul and Barnabas, who were speaking to them and were persuading them to continue in the grace of THEOS. And on the **Sabbath**, nearly the whole city [=clearly nations] came together to hear the Word of KYRIOS. But when the Jews saw the crowds, they were filled with jealousy ...

... the prophets that are being read on **every Sabbath** ...

Act 13:27

So putting out to sea from Troas, we sailed a straight course to Samothrace, and on the following day to Neapolis, and from there to Philippi, which is a leading city of that district of Macedonia, a **Roman colony**. And we were staying in this city for some days. And on the day of the [Weekly] Sabbath, we went outside the city gate beside the river, where we thought there was a **place of prayer**, and we sat down and spoke to the women assembled there. [Act 16 = after the Jerusalem Council in Acts 15]

1

Gentile

... they came to Thessalonica, where there was a **synagogue of the Jews**. And as was his custom, Paul went into the **synagogue** and on **three [Weekly] Sabbaths** he discussed with them from the Scriptures [...] Now the brothers sent away both Paul and Silas at once, during the night, to Berea. They went into the **synagogue of the Jews** when they arrived.

Act 17:2

And he argued in the synagogue **every Sabbath** ['every' = at least 2 repetitions], attempting to persuade both Jews and Greeks. [...]

Act 18:4-11



	Comments	Scripture
Application For Christians !	On the Sabbath, we should make rest and a clear abstinence from the 6–day work routine the priority. We know from the Acts of the Apostles and from other books, that the Weekly Sabbath usually implied teaching, discussion, prayer and fellowship.	
	New Covenant (in green) ▼	
	1. The 7th day (Saturday) Six days you will work , and you will do all your work. But the seventh day is a Sabbath for KYRIOS your THEOS; you will not do any work ...
	2. Morning–morning rhythm.	And late in the Sabbath , the Lawning into (the) first (day) of Sabbaths, Mary Magdalene and the other Mary came to view the tomb.
	3. Remember it and keep it hol !	“ Remember the day of the Sabbaths, to consecrate it.
	4. Rest and on the Sabbath they rested according to the commandment.
	5. Do not work !	On the seventh day you will have a holy convocation; you will not do any regular work .
	6. Do not buy or sell !	... you will not do any work ... your alien who is in your gates on the seventh day there shall be rest, that [...] the stranger may be refreshed . [Passage in Old Covenant context, but important to explain the scope of the meaning 'not to work', and consequently 'not have work anyone for you'] And as for the people of the land who bring wares and all manner of merchandise to sell on the Sabbath-day, we will not buy of them on the Sabbath or on the holy day ... In those days I saw in Judah people treading the wine press on the Sabbath [...] And I warned them at that time against selling food . [...] “What is this evil thing that you are doing, profaning the day of the Sabbath ? And they returned [before the Weekly Sabbath] and prepared fragrant spices and perfume , and on the [Weekly] Sabbath they rested according to the commandment . And they ... arrived at Pisidian Antioch. And they entered into the synagogue on the day of the Sabbath and sat down. [...] And on the coming Sabbath, nearly the whole city came together to hear the word of KYRIOS . But when the Jews saw the crowds, they were filled with jealousy the voices of the prophets that are being read on every Sabbath And on the day of the [Weekly] Sabbath, we went outside the city gate be- side the river, where we thought there was a place of prayer , and we sat down and spoke to the women assembled there. ... And as was his custom, Paul went into the synagogue and on three [Weekly] Sabbaths he discussed with them from the Scriptures ... And he argued in the synagogue every Sabbath , attempting to persuade both Jews and Greeks ...
	7. Focus on THEOS · Worship THEOS · Hear the Word of THEOS	... He came to the house of a certain one of the leaders of the Pharisees on a Sabbath to eat a meal ...
	8. Fellowship – share meals with family and nearby friends.	Then they returned to Jerusalem from the mountain that is called Olive Grove which is near Jerusalem, a Sabbath day's journey away [New Covenant; after the Ascension of IESOUS].
	9. Stay local (suggested to be within an hour from your city). Although the Old Covenant Law of limited travelling is clearly repeated in the New Co- venant, we should probably not limit our- selves to a specific radius in distance (based on advanced transportation), but apply the principle of no travel, which would obviously be contrary to rest. Extended travel also usual- ly includes to have someone working for you.	
Exceptions !		
Works of mercy, necessity and/or na- tional defense , such as doctors, police officers and firemen. Professions of healing are excluded from the prohi- bition to work, just as modeled by IESOUS Himself.	He commanded them, saying, “This is the thing which you must do: one third of you who go off duty on the Sabbath , the keepers of the guard in the house of the king, and another third at the gate of Sur, and a third at the gate behind the runners, shall guard the post of the palace alternately. Two of the units among you, all who go on duty on the Sabbath , guard the post of the temple of KYRIOS for the king ...	2Kin 11:5–9
	This is the thing that you shall do: of you priests and Levites who come off duty on the Sabbath , one third shall be gatekeepers, and one third shall be at the king's house and one third at the Gate of the Foundation. And all the people shall be in the courts of the house of KYRIOS .	2Chr 23:4–5
	How greatly now, surpasses a man a sheep? Therefore it is lawful to do good on the Sabbaths .	Mat 12:12
	... the ruler of the synagogue, indignant because IESOUS had healed on the Sabbaths [...] But KYRIOS answered and said to him, “Hypocrites! ...	Luk 13:10–17
Don't Become A Pharisee (Here And Only Here Legalism Begins)		
After all, we should not fall into the same trap the Pharisees fell, by having added more than 60 legalistic 'do's and don'ts' to the Sabbath – how far exactly a person could walk , which kind of knots could be tied, how much weight could be carried , even disallowing healing and sex on a Sabbath. A handkerchief could not be carried on the Sabbath, unless one end of it was sewed to one's garment. A garden could only be watered if the bottom of a water container was opened on Friday while the water poured itself on the Sabbath ... It was not even allowed to prepare on Friday a meal different from a normal meal during the week and nobody should enter the Sabbath with appetite to eat . It was also not allowed to spit , to swat a fly , for a woman to look at her reflection or to carry any clothes out of a burning house , except wearing them in several layers and walk out of the burning house ... (see Oral Laws).		
On the other hand, Pharisees willingly ignored and broke the command to have your neighbor not work , by allowing their people to lend vessels to a Gentile for to be done on a Sabbath, or by going as far as to allow the Gentile spouse of a believer to work on a Sabbath, when a contract had been made upon the purchase of their animal that this spouse works with the animal on the Sabbath while the believing spouse works with the animal on a weekday. Plain legalism – combined with despotism.		
Don't Become A Seventh-Day-Adventist (Extreme Legalism)		
In addition to the Bible and even leaving Pharisees in their shadow, Seventh-Day-Adventists (see separate discernment found at www.fitforfaith.ca/discernment-cults-religions ; a highly problematic cult) have added hundreds, some say more than 400 (!) rules related to the (Weekly) Sabbath (e.g. don't allow children to play, don't bathe, clean your shoes, seek pleasure, shave, swim, wash dishes ...).		
Unfortunately, the existence of Seventh-Day-Adventism was and still is one of the biggest roadblocks for the acceptance of the Weekly Sabbath. Many Christians are very quick in speaking against the Weekly Sabbath, by declaring it a '7th Day Adventist spleen' and mentally or verbally throwing someone who does obey 10 out of 10 commandments into a box with Seven-Day-Adventists, a false dichotomy very often employed today by those who want to quickly intimidate and silence (either consciously or reflexively) those defending the biblical teaching.		
The victory of the enemy is not only that he misled -tens of millions- into that false religion, the victory is much rather that he misled hundreds of millions into not following the Weekly Sabbath by creating the most distorted version of the Weekly Sabbath possible, where SDA's even surpass Pharisees in the number of 400+ extra-biblical rules. We can safely assume that much more believers than the SDA ever had members, would obey the Weekly Sabbath if the SDA would not exist.		
Song For The Sabbath	This is the only psalm specifically as- sociated with the Weekly Sabbath, the seventh day of the week. This Psalm is probably meant to be used for thanking THEOS for the day of rest.	A psalm. A song. For the Sabbath day. 1 It is good to give thanks to KYRIOS, and to sing praise concerning your name, O MOST HIGH ; 2 to declare in the morning your loyal love and your faithfulness in the night, 3 on the ten string, and on the harp, with a melody on the lyre. 4 For you, O KYRIOS, have made me glad by your work ; by the deeds of your hands I sing for joy. 5 How great are your deeds, O KYRIOS; how very deep are your thoughts. 6 The brutish man does not know, and the fool cannot understand this. 7 When the wicked flourish like grass and all the workers of evil blossom, it is so they can be destroyed forever. 8 But you are on high forever, O KYRIOS. 9 For behold, your enemies, O KYRIOS, for behold, your enemies will perish. All the workers of evil will be scattered. 10 But you have exalted my horn like that of a wild ox; you have anointed me with fresh oil . 11 And so my eye looks on my enemies. My ears hear those evildoers who rise up against me. 12 The righteous will flourish like the date palm. They will grow like a cedar in Lebanon. 13 Planted in the house of KYRIOS, they will flourish in the courts of our THEOS. 14 They will still prosper in old age. They will be fat and luxuriant, 15 to declare that KYRIOS is upright. He is my rock, and there is no injustice in Him.
		Psa 92
Future	The Great (or a past) Tribulation.	But pray that your flight may not happen in winter or on a Sabbath [the Sabbath reaching into our end times, if IESOUS speaks here about our end times and not a past tribulation]. For at that time there will be great tribulation, such as has not happened ...
	IESOUS spoke of events that unfolded at least decades after His resurrection, yet He assumed in a prophetic manner that His followers would still be ob- serving the Weekly Sabbath.	
	No matter which tribulation is meant – this is a very clear endorsement of the Weekly Sabbath in the Christian era.	
	THEOS' children will be identified by their observance of the command- ments of THEOS.	For truly I say to you: Even when the heaven and the world should pass away, not even one iota nor one tittle may pass from the Law , until all should have come to pass. Whoever then should loosen one of these commands in the least , and should teach men in this way, will be called least in the Kingdom of the Heavens. But whoever should abide by and teach, he will be called great in the Kingdom of the Heavens.
		And the dragon was angry at the woman, and went away to fight against the rest of her children, those who keep the commandments of THEOS and who hold to the testimony about IESOUS.
Epilogue		Here is the patient endurance of the saints, those who keep the command- ments of THEOS and the faith in IESOUS.
	All mankind will keep the (eternal) Sabbath on the New Earth – from month to month and from week to week.	... From New Moon to New Moon [month to month] and from Sabbath to Sabbath [week to week] all flesh shall come to bow in worship before me” Consequently a Sabbath rest remains for the people of THEOS . For the one who has entered into His rest [Sabbath; also, but not exclusively an allusion to eternal rest] has also Himself rested from His works [6 days creation week + allusion to eternal rest], just as THEOS did from His own works. Therefore, let us make every effort to enter into that rest [weekly obedience (!) + allu- sion to eternal rest], in order that no one may fall in the same pattern of disobedience [“disobedience” proves the requirement of the Weekly Sabbath –today-].
Epilogue	The Sabbath is a creation ordinance for our health and should never be seen as a burden, but as an immense benefit in an ever-faster-moving world of burn-outs and suicides.	They must realize that the Sabbath is KYRIOS' gift to you ... Six days you will do your work, but on the seventh day you will stop so that your ox and your donkey will rest and the son of your slave woman and the alien will be refreshed . If you hold your foot back from the Sabbaths, from doing your affairs on my holy day, if you call the Sabbaths a pleasure, the holy day of KYRIOS honorable, if you honor him more than doing your ways, than finding your affairs and speaking a word, then you shall take your pleasure in KYRIOS , and I will make you ride upon the heights of the earth ...
	We as Christians are in this world, but not of this world. THEOS knows our needs and protects His special people from harming themselves – often without even knowing it.	And He said to them, “ The Sabbath was established for [the benefit of the] people , and not people [to meet the requirements of the Pharisees] for the Sabbath.
	In the end, a simple, but decisive question remains:	And in this we know that we have known Him, if His commands we may keep; he who is saying, ‘I have known Him,’ and His command is not keeping, a liar he is , and in him the truth is not.
	Will I obey His command or not?	For this is the love of THEOS: that we keep His commandments . And His com- mandments are not burdensome , because everyone who is fathered by THEOS conquers the world.
	Thomas Lorenz, Greater Vancouver, September 2020 (Updated 11/2025)	







Basic Calendar

Eternal (Moral) Law	<p><i>'For six days work is to be done, and on the seventh day shall be a [Weekly] Sabbath of complete rest, a holy assembly; you shall not do any work; it shall be a Sabbath for KYRIOS in all your dwellings.</i></p> <p><i>And as they were going out, they began urging that these things be spoken about to them on the next Sabbath. [...] And on the coming Sabbath, nearly the whole city [the Nations & Jews] came together to hear the word of KYRIOS. But when the Jews saw the crowds, they were filled with jealousy ...</i></p>																											<i>Lev</i> <u>23:3</u>
																												<i>Act</i> <u>13:42-45</u>

1 • Abib (Mar-Apr)	* after 7 months, the Weekly Sabbath again falls on the same day of the month	New Year	Passover / Unleavened Bread														Wave Sheaf Offering														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
7		1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	
Alternate Passover (For Absentees)																															
1		2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
2		3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	
Feast of Weeks (Pentecost)																															
1		2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
4		5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	
4 • Tammuz (Jun-Jul)		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
6		7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	
5 • Ab (Jul-Aug)		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2		
6 • Elul (Aug-Sep)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4		
7 • Ethanim (Sep-Oct)	Feast of Trumpets	Day of Atonement							Feast of Booths (Tabernacles)																						
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6		
8 • Bul (Oct-Nov)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1		
9 • Kislev (Nov-Dec)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3		
10 • Tebeth (Dec-Jan)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5		
11 • Shebat (Jan-Feb)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	
12 • Adar (Feb-Mar)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	

Lev 23:4–38: "These are KYRIOS' appointed times, holy assemblies, which you shall proclaim at their appointed time. In the first month, on the fourteenth of the month at the evening is KYRIOS' Passover. [...]

[1. Passover / Unleavened Bread (Barley); First Day; Abib 14/15]
[2. Passover / Unleavened Bread (Barley); Last Day; Abib 21] (no Sabbath: The Wave Sheaf Offering / Firstfruits; Abib 23)
[3. The Feast of Weeks / Harvest / Pentecost (Wheat); Abib 23 +49 Days = Sivan 12; see study 'CHRISTOS IESOUS ||| Pass-over Chronology']
[4. The Feast of Trumpets; Ethanim 1]
[5. Day Of Atonement; Ethanim 10]"

[6. Feast of Booths / Tabernacles (Grapes); First Day; Ethanim 15]
[7. Feast of Booths / Tabernacles (Grapes); Eight Day; Ethanim 22]

[...] 'On the fifteenth day of the seventh month, this shall be the Feast of Booths for seven days for KYRIOS. On the first day there shall be a holy assembly; you must not do any regular work. For seven days you must present an offering made by fire to KYRIOS. On the eighth day it shall be a holy assembly for you, and you shall present an offering made by fire to KYRIOS; it is a celebration [...] you must not do any work; it is a lasting statute throughout your [= Jews] generations [...]

It is a [Ceremo-nial] Sabbath of complete rest for you [...] you must observe your Sabbath of Sabbaths [Extraordinary Sabbath]." [...]

"These are KYRIOS' festivals, which you must proclaim, holy assemblies to present an offering made by fire to KYRIOS - burnt offering and grain offering, sacrifice and libations [clearly Ceremonial Law], each on its proper day - besides KYRIOS' [Weekly / regular] Sabbaths ...

The Sabbath Year / Sabbatical

[illegible]

The Feast of Weeks / Pentecost

And you shall count for yourselves from **the day after the Sabbath** [the day after is Sunday], from the day of your bringing the wave offering's sheaf - there shall be **seven full weeks**. Until the next day of the last period of seven [day after the seventh Sabbath] you shall count **fifty days**; then you shall present a new grain offering for KYRIOS.

The Jubilee Year

... And you shall count for yourself
 [A] seven rests of years [Sabbaths of years], seven times seven years, and they shall be for you time periods of years:
 [B] forty-nine years [year of announcement only!]. [...] you shall proclaim a release in the land for all its inhabitants.
 [C] It is a Jubilee; it shall be for you, and you shall return. You must return - everyone to his property and everyone to his clan.
 You shall have the fiftieth year as a Jubilee [...] Because it is a Jubilee, it shall be holy to you. You must eat its produce from the field. " [...] [D] "What shall we eat in the seventh year, if we do not sow and we do not gather its yield?" then I will command my blessing for you in the sixth year, so that it will make the yield for three years. And you will sow in the eighth year [no sowing in the Sabbath Year], and you shall eat from the old yield; until the ninth year, until the coming of its yield, you shall eat the old yield. " ...

▼ The Sabbath Years

▼ Start of Count / Previous Jubilee Year

The Sabbath Year (Announcement of Jubilee Year on the Day of Atonement) ▼

The Jubilee Year (After Sabbath Year) ▼

[A] 1st Set 2nd Set 3rd Set 4th Set 5th Set 6th Set 7th Set

[B, C] 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50

[D] 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49

Jubilee Year = Every 49th year!



	Comments	Scripture																																								
	Let us now have a look at 3 different traditions that developed since the time of Early Christianity.																																									
Refutation Of The 'Lunar' Sabbath	A Lunar Sabbath Has No Continuous 7-Day-Rhythm. A lunar month lasts 29 or 30 days. 1 to 2 days are intercalated per month and the 7-day-rhythm is therefore broken every month. Smoking Gun Against Lunar Sabbaths. Two additional New Moon Days and one 30th day (Moon interval is 29.5 days) would interrupt the sequence of 7 weeks x 7 days and result in 52 or 53 days. A pro-lunar website tried to split the verses on the right into 49 and another 50 days, but a harvest season (= initial and final grain offering; including flax, barley and wheat) never ended at the end of Tammuz (4th month) / beginning of Ab (5th month), but in the month of Sivan (3rd month), latest beginning of Tammuz. 99 days can therefore not reflect the given reality. New Moon Days Would Require Rest. Some lunar calendar advocates claim the New Moon day to be "non-commerce only", while allowing private work. But the New Moon Day would require to have the very same character of a Sabbath, because it falls into the same 7-day sequence (1st / 8th / 15th / 22nd / 29th). Therefore any work would be disallowed, but the following verses show that Noah worked, the Israelites worked and Ezra travelled a large distance on New Moon.	<p>“ For six days work is to be done, and on the seventh day shall be a Sabbath of complete rest, a holy assembly; you shall not do any work; it shall be a Sabbath for KYRIOS in all your dwellings.</p> <p>[Pentecost] And you shall count for yourselves from the day after the Sabbaths, from the day of your bringing the wave offering's sheaf - there shall be seven full weeks. Until the day after the seventh Sabbath you shall count fifty days [7x7 + 1st day = 50]; then you shall present a new grain offering ...</p> <p>... on the first day of the month, the waters dried up from upon the earth. And Noah removed the covering of the ark ...</p> <p>“On the first day of the month, you will set up the tabernacle of the tent of assembly.</p> <p>... and they [Israelites] summoned the entire community on the first day of the second month. And they registered themselves among their clans according to their families, according to the number of names from those twenty years old and above individually ...</p> <p>For on the first day of the first month he [Ezra] began the journey from Babylon; and on the first day of the fifth month he came to Jerusalem ...</p> <p>[Daily Offerings] ... two male lambs without defect ...</p> <p>[Weekly Sabbath Offerings] ... two male lambs without defect ...</p> <p>[New Moon Offerings] ... two bulls and one ram ...</p> <p>[Passover Offerings] ... two bulls and one ram ...</p> <p>[Firstfruits/Pentecost Offerings] ... two bulls, one ram ...</p> <p>Lev 23:3 Lev 23:15-16 Gen 8:13 Exo 40:2 Num 1:18 Ezr 7:9 Num 28:3 Num 28:9 Num 28:11 Num 28:19 Num 28:27</p>																																								
	Topics such as circumcision or foods offered to idols were readily challenged by early Gentile Christians in the church (the Jerusalem Assembly in Acts 15 had been held solely based on this agenda), but the weightier matter of weekly worship was never an issue. If there would have been a switch from the Sabbath to the First Day of the Week, then the controversy would have been more explosive than any other topic.	Bible teachers go often great lengths by trying to proof either Saturday or Sunday. But if we would simply focus on the fact that THEOS worked on the first day and that nearly all scholars agree that the first day equals Sunday, we have already the answer. Because THEOS worked on the first day , it is not up to us to change the day He assigned as holy, the last day of the week.	And “THEOS said: “Let there be light!” And there was light. And THEOS saw the light, that it was good, and THEOS caused there to be a separation between the light and between the darkness. And THEOS called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. And THEOS blessed the seventh day , and “he sanctified it” , because on it He rested from all his work of creating that there was to do.	Gen 1:3-5 Gen 2:3																																						
	Yes, IESOUS Rose On The First Day.	But 'just' because IESOUS CHRISTOS rose on the First Day of the Week and appeared to Mary Magdalene on the same day, it does not mean that He changed the Weekly Sabbath to Sunday. There is not one statement in the Bible even hinting at this. Bible verses often wrongly related to First Day (Sunday) Sabbaths, but -to the contrary- clearly proving Seventh Day (Saturday) Sabbaths:	<p>Resurrection on the First Day = New Sabbath?</p> <p>In the end of the Sabbaths, the dawning into (the) first (day) of Sabbaths, Mary Magdalene and the other Mary came to view the tomb. And behold, a great commotion occurred, - for, a messenger of KYRIOS, descending out of heaven, and coming near, had rolled away the stone, and was sitting upon it [it was after the Sabbath when the Angel rolled the stone away = resurrection in the first moment of the First Day of the Week and not on the Sabbath].</p> <p>Matthew 28:1 clearly speaks about two different days (week vs. first day), but both references include the word 'sabbatwn'.</p> <table><tr><th colspan="4">In the end of the Sabbaths.</th></tr><tr><td>ΔΕ</td><td>ΟΜΕ</td><td>ΤΗ</td><td>ΚΑΒΒΑΤΩΝ</td></tr><tr><td>ἡμέρη</td><td>ἡμέρη</td><td>ἡμέρη</td><td>ἡμέρη</td></tr><tr><td>and late in</td><td></td><td>the</td><td>Sabbaths</td></tr></table> <p>the dawning into the first (day) of Sabbaths</p> <table><tr><td>ΕΠΙΛΟΓΟΚΟ</td><td>ΕΙC</td><td>ΜΙΑΝ</td><td>ΚΑΒΒΑΤΩΝ</td></tr><tr><td>ΥΧΗ</td><td></td><td></td><td></td></tr><tr><td>ἡμέρη</td><td>ἡμέρη</td><td>ἡμέρη</td><td>ἡμέρη</td></tr><tr><td>begin to dawn</td><td>into</td><td>one (=first)</td><td>Sabbaths</td></tr></table> <p>Now early on the first (day) of the week [literal: first towards the Sabbath], after He rose [= He rose on the First Day of the Week], He appeared first to Mary Magdalene [no change of Sabbath, but in fact counting toward the Sabbath] ...</p> <p>Now on the first (day) of the week, at very early dawn, they ... found the stone had been rolled away from the tomb [...] this is the third day since these things took place.</p> <p>[The breaking Dawn And Sabbath, on that same day (at the Resurrection), two of them were traveling to a village (would clearly be disallowed on a Sabbath) named Emmaus that was sixty miles (Hikon : 6.8 miles) distant from Jerusalem]</p> <p>Now on the first (day) of the week, Mary Magdalene came to the tomb early, while it was still dark, and saw the stone had been taken away ...</p> <p>Now when it was evening on that day - the first of Sabbaths - and the doors had been shut where the disciples were because of fear of the Jews, IESOUS came and stood in their midst [simply an extraordinary meeting after His resurrection, no hint for change of Sabbath]</p> <p>Mat 28:1-8 Luk 24:1-21 Luk 24:13 Joh 20:1 Joh 20:19</p>	In the end of the Sabbaths.				ΔΕ	ΟΜΕ	ΤΗ	ΚΑΒΒΑΤΩΝ	ἡμέρη	ἡμέρη	ἡμέρη	ἡμέρη	and late in		the	Sabbaths	ΕΠΙΛΟΓΟΚΟ	ΕΙC	ΜΙΑΝ	ΚΑΒΒΑΤΩΝ	ΥΧΗ				ἡμέρη	ἡμέρη	ἡμέρη	ἡμέρη	begin to dawn	into	one (=first)	Sabbaths							
	In the end of the Sabbaths.																																									
	ΔΕ	ΟΜΕ	ΤΗ	ΚΑΒΒΑΤΩΝ																																						
ἡμέρη	ἡμέρη	ἡμέρη	ἡμέρη																																							
and late in		the	Sabbaths																																							
ΕΠΙΛΟΓΟΚΟ	ΕΙC	ΜΙΑΝ	ΚΑΒΒΑΤΩΝ																																							
ΥΧΗ																																										
ἡμέρη	ἡμέρη	ἡμέρη	ἡμέρη																																							
begin to dawn	into	one (=first)	Sabbaths																																							
No, the celebration of Pentecost does not prove the Sabbath to be a Sunday.	To the contrary - it proves in the Bible text itself that it was celebrated on the first day . This is also made clear by looking at the Jubilee Year (see page 2), where the Jubilee (year 50) follows the Sabbath Year (every 7th year, also in the 49th year). The counting of Omer towards Pentecost is exactly the same - it starts the first day after the Sabbath and results in a first day after the Sabbath. In the same way the Jubilee Year does not change the immediately preceding Sabbath Year, so also the Pentecost does not change the immediately preceding Weekly Sabbath.	<p>Pentecost on the First Day = New Sabbath?</p> <p>And you shall count for yourselves from the day after the Sabbaths [the day after is Sunday], from the day of your bringing the wave offering's sheaf - there shall be seven full weeks. Until the day after the seventh Sabbath you shall count fifty days; then you shall present a new grain offering for KYRIOS.</p> <p>And when the Day of Pentecost [neither Extraordinary nor Weekly Sabbath; simply a special day following the Sabbath] had come, they were all together in the same place.</p> <p>Lev 23:6-14 Act 2:1</p>																																								
Go-to Passages for Proponents of the 'First-Day Sabbath'																																										
Acts 20:7 - Extraordinary evening teaching before departure.	This passage is in addition to Rom 14:5 and Col 2:16-17 another popular passage, where context fallacy is being employed.	<p>And on the first day of the week [proper translation: on the first of the Sabbaths], when we had assembled to break bread, Paul began conversing with them, because he was going to leave on the next day [extraordinary teaching in a addition to preceding Sabbath teaching, because Paul was leaving the next day; no indication for a Sunday Sabbath on the "First Day of The Week"], and he extended his message until midnight.</p> <p>Act 20:7</p>																																								
Romans 14:5 - The chapter speaks 17x of food and 3x of 'unclean' things, while the Sabbath has very little to do with either. ► See page 3 for a more detailed analysis	... One believes he may eat all things, but the one who is weak eats only vegetables . [...] One person prefers one day over another day [not referring to the Weekly Sabbath, but to (Jewish) festivals / Ceremonial Sabbaths], and another person regards every day alike. [...] The one who is intent on the day ["the" = very specific days, not one of many Weekly Sabbaths] is intent on it for KYRIOS, and the one who eats eats for KYRIOS, because he is thankful to THEOS [being thankful = rather special event ...] I know and am convinced in KYRIOS IESOUS that nothing is unclean of itself [...] All things are clean, but it is wrong for the person who eats and stumbles in the process. It is good not to eat meat or to drink wine or to do anything by which your brother stumbles or is offended or is weakened ...	Rom 14:1-23																																								
1 Corinthians 16:2 -Extraordinary collection of money.	On the first (day) of the week [proper translation: On the first of the Sabbaths], each one of you put aside something [possibly at home; it does not say to bring it to church], saving up to whatever extent he has prospered [after the week had ended with the Sabbath, the people put aside the surplus of earnings and expenses], in order that whenever I come [= Paul was clearly not present nor preaching], at that time collections do not take place. [extraordinary money was saved for a limited time for the poor in Jerusalem (Rom 15:26), and also for a famine (Act 11:28-30); no link to normal offerings nor any meeting nor any worship service]	1Cor 16:2																																								
Galatians 4:10 - Days which are or were never commanded to be kept holy.	... how can you turn back again to the weak and miserable elemental spirits? Do you want to be enslaved to them all over again? You carefully observe days and months and seasons and years . I am afraid for you, lest perhaps I have labored for you in vain!...	Gal 4:8-12																																								
	<p>Galatians 4:10</p> <p>Ye observe - The object of this verse is to specify some of the things to which they had become enslaved.</p> <p>Days - The days here referred to are doubtless the days of the Jewish festivals. They had numerous days of such observances, and in addition to those specified in the Old Testament, the Jews had added many others as days commemorative of the destruction and rebuilding of the temple, and of other important events in their history. It is not a fair interpretation of this to suppose that the apostle refers to the Sabbath, properly so called, for this was a part of the message, and was observed by the Saviour himself, and by the apostles also. It is a fair interpretation to apply it to all those days which are not commanded to be kept holy in the Scriptures; and hence, the passage is as applicable to the observance of saints' days, and days in honor of particular events in sacred history, as to the days observed by the Galatians. There is as real servitude in the observance of the numerous festivals, and fasts in the papal communion and in some Protestant churches, as there was in the observance of the days in the Jewish ecclesiastical calendar, and for anything that I can see, such observances are as inconsistent now with the freedom of the gospel as they were in the time of Paul. We should observe as holy time what it can be proved God has commanded us, and no more.</p> <p>And months - The festivals of the new moon, kept by the Jews. Num. 10:10; Num. 28:11-14. On this festival, in addition to the daily sacrifice, two bullocks, a ram, and seven sheep of a year old were offered in sacrifice. The appearance of the new-moon was announced by the sound of trumpets. See Jahn, Archae. 352.</p> <p>And times - Stated times; festivals returning periodically, as the Passover, the Feast of Pentecost, and the Feast of Tabernacles. See Jahn, Archae. chap. 3. 346-360.</p> <p>And years - The sabbatical year, or the year of jubilee. See Jahn as above.</p>	Commentary Albert Barnes, e-Scripture.net																																								
Colossians 2:16-17 - Apparent terminology of the Ceremonial Law. ► See page 3 for a more detailed analysis	<p>... He made you alive together with Him [...] Having blotted out the hand-writing [= Books, not Stone Tablets] against us [the Moral Law is for us (Psa 19:7; Act 7:38) - the Ceremonial Law was against us (Deu 31:24-26; Col 2:13-15)] by the decrees ... ['decrees' = clearly Ceremonial law] ... by nailing it to the cross [the 10 Commandments were NOT nailed to the cross, but unquestionably affirmed by CHRISTOS].</p> <p>[...] Therefore do not let anyone judge you [judging would not even equal an abolition!!!] with reference to eating or drinking or participation in a feast ['feast' = clearly Ceremonial Law; no feast included in the 10 commandments] or a New Moon or (Ceremonial) Sabbaths, which are a shadow of what is to come, but the reality is CHRISTOS.</p> <p>Col 2:13-17</p>																																									
The 'Lord's Day Revealed by Scripture?																																										
No, Not Revealed Through THEOS' Word.	Sunday is founded, not of Scripture, but exclusively on tradition. Today most Christians keep Sunday because it has been revealed to us outside the Bible. But there is no Scripture for the transfer of the day of rest from the seventh to the First Day of the Week, nor do we find that CHRISTOS or the Apostles ordered the Weekly Sabbath to be changed.	<p>And he will speak words against the MOST HIGH, and he will wear out the holy ones of the MOST HIGH, and he will attempt to change times and law, and they will be given into his hand for a time and two times and half a time [contrary to popular interpretation a fulfilled prophecy, because the book is not sealed anymore, being perfectly visible to us; see also Daniel 12:4: 'And thou, Daniel, close the words, and seal the book to the time of the end ...']</p> <p>So you rejected the Word of THEOS for the sake of your oral tradition. Hypocrites! Well prophesied Isaiah concerning you, saying: 'This people honor me with the mouth, yet have their heart far away from me. And in vain they worship me, teaching as doctrines commands of men.</p> <p>Dan 7:25 Mat 15:6-9</p>																																								
The Sabbath in Early Christianity.	► See the next page 'Timeline of Abolition' with details concerning the time from Early Christianity until today.																																									
Refutation Of The 'Every Day' Sabbath	THEOS sanctified only 1 day, not 7 days! THEOS set 1 day (of rest) apart from 6 other days (work). • Every day can simply not be holy. • Only THEOS can make a day holy, not us! • Although the 7th day is not described by the qualifier 'morning and evening', it is numbered like the other days and we have therefore no allowance to accommodate its duration to particular doctrines, claiming that the 7th day is longer than 24 hours. • Worshipping every day is NOT keeping the 4th commandment; believers in the Old Covenant already worshipped nearly every day. • Celebrating a Weekly Sabbath every day, would not make us holy, but lazy! We ought to work 6 days! • We should not mock His word by accommodating our own principles. Celebrating 7 days of Sabbath can be compared to offering strange fire to THEOS. The consequences of this strange fire are well known, though nobody would die today for celebrating the Sabbath seven days a week.	<p>And THEOS blessed the seventh day, and he sanctified it, because on it He rested from all His work of creating that there was to do.</p> <p>Gen 2:3</p> <p>And Aaron's sons Nadab and Abihu each took his censer, and they put fire in them and placed incense on it; then they presented before KYRIOS illegitimate ["strange" in other translations] fire, which he had not commanded them.</p> <p>Lev 10:1</p>																																								
	The Hebrews 4 passage - presented in a transparent and understandable way.	<p>Affirmed Commandment</p> <p>Therefore, while the promise of entering His rest still stands, ...</p> <p>For good news came to us just as to them, ...</p> <p>For we who have believed enter that rest; ...</p> <p>For He has somewhere spoken of the seventh day in this way: "And THEOS rested on the seventh day from all His works."</p> <p>Since therefore it remains for some to enter it, ...</p> <p>... again He appoints [Present Indicative = continuous action, neither past nor future tense !!] a certain day, "Today," saying through David so long afterward, in the words already quoted, ...</p> <p>So then, there remains a Sabbath rest for the people of THEOS, for whoever has entered THEOS' rest has also rested from his works as THEOS did from His. Let us therefore strive to enter that rest ...</p> <p>... so that no one may fall by the same sort of disobedience. For the word of THEOS is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. And no creature is hidden from His sight, but all are naked and exposed to the eyes of Him to whom we must give account.</p> <p>Heb 4:1-13</p>																																								
	In essence, the passage says that	<p>And again in this passage He said, "They shall not enter my rest."</p> <p>and those who formerly received the good news failed to enter because of disobedience, ...</p>																																								
1. We ought to obey the Weekly 'Sabbath' / 'Seventh Day' / 'Certain Day'																																										
and																																										
2. That those who are "disobedient" and think that the Weekly Sabbath would "not benefit them", "may fall" (= possibly not enter into the ultimate and eternal rest)																																										
and																																										
3. Will be required to 'give account' on the Judgment Day.																																										
The 'Meta-phorical' Sabbath	With that in mind, who dares to continue reasoning for a metaphorical Sabbath rest, when there is so little substance for such an argument and the warning to us is so specific and emphatic?																																									
	A Man-Made Memorial Day.	<p>'And you shall count for yourselves from the day after the Sabbaths [First Day / Sunday], from the day of your bringing the wave offering's sheaf - there shall be seven full weeks. Until the day after the seventh Sabbath [First Day / Sunday] you shall count fifty days [Pentecost]; then you shall present a new grain offering for KYRIOS.</p> <p>Lev 23:15-16</p>																																								
	IESOUS CHRISTOS arose from the dead upon Sunday and revealed the HOLY SPIRIT on a Sunday. It is also called Sunday from the old Roman denomination of Dies Solis, the day of the sun, to which it was sacred.																																									
	THEOS surely has no problem with people worshipping -also- on this day, but it violates THEOS' commandment to rest on Sunday instead of Saturday and to not worship on Saturday.																																									
The 'Meta-phorical' Sabbath	It is now commonly and wrongly held that THEOS simply gave His church the power to set aside whatever day or days it would deem suitable as holy days. The church chose Sunday, the First Day of the Week, and in the course of time added other pagan holidays such as Christmas as 'holy days'.																																									
	Revelation 1:10 is regularly misinterpreted, by saying that it refers to the Christian Sunday.	<p>I was in the Spirit on the Lord's day, and I heard behind me a great sound like a trumpet saying ...</p> <p>(Greek NT INT+)</p> <table><tr><td>ἐν πνεύματι</td><td>ἐν</td><td>πνεύματι</td><td>ἐν</td><td>τῇ</td><td>κυριακῇ</td><td>ἡμέρᾳ</td></tr><tr><td>G1098</td><td>G1722</td><td>G4151</td><td>G1722</td><td>G3588</td><td>G2250</td><td>G2250</td></tr><tr><td>V-2AOT-15</td><td>PREP</td><td>A-DSN</td><td>PREP</td><td>T-DSF</td><td>A-DSF</td><td>N-DSF</td></tr><tr><td>ἐν πνεύματι</td><td>ἐν</td><td>πνεύματι</td><td>ἐν</td><td>τῇ</td><td>κυριακῇ</td><td>ἡμέρᾳ</td></tr><tr><td>to cause to be</td><td>in</td><td>a current of air</td><td>in</td><td>the</td><td>belonging to the Lord</td><td>day</td></tr></table>	ἐν πνεύματι	ἐν	πνεύματι	ἐν	τῇ	κυριακῇ	ἡμέρᾳ	G1098	G1722	G4151	G1722	G3588	G2250	G2250	V-2AOT-15	PREP	A-DSN	PREP	T-DSF	A-DSF	N-DSF	ἐν πνεύματι	ἐν	πνεύματι	ἐν	τῇ	κυριακῇ	ἡμέρᾳ	to cause to be	in	a current of air	in	the	belonging to the Lord	day	Rev 1:10				
ἐν πνεύματι	ἐν	πνεύματι	ἐν	τῇ	κυριακῇ	ἡμέρᾳ																																				
G1098	G1722	G4151	G1722	G3588	G2250	G2250																																				
V-2AOT-15	PREP	A-DSN	PREP	T-DSF	A-DSF	N-DSF																																				
ἐν πνεύματι	ἐν	πνεύματι	ἐν	τῇ	κυριακῇ	ἡμέρᾳ																																				
to cause to be	in	a current of air	in	the	belonging to the Lord	day																																				
1) Distinguished from all other days of the week.																																										
2) A time specially of the Lord, or especially devoted to Him.																																										
3) If the Sunday were intended to be designated, the wording 'First Day of The Week' (literal 'day) one towards/after the Sabbath') would have been used, in the same way John used it in John 20:1 and 20:19.	<p>Now on the First Day of the Week [biblical expression for our modern Sunday], Mary Magdalene came to the tomb early, while it was still dark, and saw the stone had been taken away from the tomb.</p> <p>(Greek NT INT+)</p> <table><tr><td>τῇ</td><td>δε</td><td>μία</td><td>τῶν</td><td>σαββάτων</td><td>ἡμέρᾳ</td><td>ἣ</td><td>ἡμετέρα</td></tr><tr><td>G3588</td><td>G1161</td><td>G1520</td><td>G3588</td><td>G4521</td><td>G2250</td><td>G3588</td><td>G3094</td></tr><tr><td>T-DSF</td><td>CONJ</td><td>A-DSF</td><td>T-DSF</td><td>N-GPN</td><td>N-NSF</td><td>T-NSF</td><td>N-NSF</td></tr><tr><td>ὁ</td><td>δέ</td><td>μία</td><td>τῶν</td><td>σαββάτων</td><td>ἡμέρᾳ</td><td>ἡ</td><td>ἡμετέρα</td></tr><tr><td>the</td><td>but</td><td>one</td><td>the</td><td>the Sabbath</td><td>Martha</td><td>the</td><td>a female Magdalene</td></tr></table>	τῇ	δε	μία	τῶν	σαββάτων	ἡμέρᾳ	ἣ	ἡμετέρα	G3588	G1161	G1520	G3588	G4521	G2250	G3588	G3094	T-DSF	CONJ	A-DSF	T-DSF	N-GPN	N-NSF	T-NSF	N-NSF	ὁ	δέ	μία	τῶν	σαββάτων	ἡμέρᾳ	ἡ	ἡμετέρα	the	but	one	the	the Sabbath	Martha	the	a female Magdalene	Joh 20:1
τῇ	δε	μία	τῶν	σαββάτων	ἡμέρᾳ	ἣ	ἡμετέρα																																			
G3588	G1161	G1520	G3588	G4521	G2250	G3588	G3094																																			
T-DSF	CONJ	A-DSF	T-DSF	N-GPN	N-NSF	T-NSF	N-NSF																																			
ὁ	δέ	μία	τῶν	σαββάτων	ἡμέρᾳ	ἡ	ἡμετέρα																																			
the	but	one	the	the Sabbath	Martha	the	a female Magdalene																																			
4) There is no other occurrence of the translation 'Lord's Day' in the Bible. The word rendered as 'Lords' occurs also in 1 Cor 11:20, where it is applied to the Lord's supper, but this not being tied to Sunday.																																										
5) The day pertaining to the Lord simply described the Weekly Sabbath.																																										



Timeline of Abomination

Comments	Scripture	
<p>While I included in the original study patristic quotations (from what we commonly call 'church fathers'), I learned over time the important lesson to not trust those (quite often manipulated) writings because the accounts of history can be easily twisted in any direction, by selecting the quotes an author wants to present. Sadly modern scholarship still heavily depends on those writings, which are sometimes helpful, but overall have caused a vast confusion which could have rather been avoided if we would have heeded the words of IESOUS in Matthew 23:9 (which most probably refers in a prophetic manner to those patristic works) and would not constantly feel the need to embellish our studies and books, and give them more authority by adding 'great' names.</p> <p>The only solution back then was to leave any quotations aside, to go back to the Word of THEOS and go methodically through more than 170 Bible verses related to 'First / Sixth / Seventh Day' and 'Sabbath', which we have seen on the previous pages, and which in themselves have brought more than sufficient clarity to not only teach the Weekly Sabbath with more intensity, but to also personally adopt it at the point my initial goal of affirming the Sunday-worship had greatly failed.</p> <p>Some years later in 2025, I prayerfully decided to add the timeline below, which includes many quotations from both Christians and the Catholic church, and which shows us the development of history related to the Weekly Sabbath much better than convoluted and partly ambiguous writings of the 'fathers' could do.</p>		
<p>A brief summary about the development of the Weekly Sabbath in Early Christianity.</p> <p>We ought to consider sources such as Wikipedia with a lot of precaution, but I use it here for a relatively neutral view on the respective development in Early Christianity, including historical observations which are clearly evidenced.</p> <p>It becomes clear that the decisive time of IESOUS still included an observance of the Sabbath, and that only in the centuries after a shift was produced. The gradual acceptance of Sunday worship gatherings came into the early church in Rome to distinguish Christians from the Jews and to align Christianity with political authorities.</p> <p>This change became more universally accepted with the establishment of Roman emperor Constantine's Sunday law of 321 AD and the decree at the Council of Laodicea that declared that Christians should avoid working on Sunday.</p>	<p>Jewish Christians continued to observe Shabbat but met together at the end of the day, on a Saturday evening [...] Christians celebrate on Sunday because it is the day on which Jesus had risen from the dead and on which the Holy Spirit had come to the apostles. Christians meeting for worship on the first day of the week (Sunday for Gentiles) is historically mentioned around 115 AD, Constantine's edict was the start of many more Christians observing only Sunday and not the Sabbath. Patristic writings attest that by the second century, it had become commonplace to celebrate the Eucharist in a corporate day of worship on the first day. A [Catholic] church father, Eusebius [generally very strong discernment required; a false teacher], who became the bishop of Caesarea Maritima about AD 314, stated that for Christians, "the Sabbath had been transferred to Sunday". According to Socrates of Constantinople and Sozomen [both 5th century AD], most of the early Church (excluding Rome and Alexandria) observed the seventh day Sabbath [...] In many places and times as late as the 4th century, they did continue to gather weekly on the Sabbath, often in addition to the Lord's Day, celebrating the Eucharist on both days ...</p>	<p>Wikipedia</p>
<p>~35 AD</p>	<p>"Again, those who properly keep the sacred Sabbath are benefited in two most important particulars, both body and soul; as to their body, by a rest from their continual and incessant labours; and as to their soul [...] And He made the whole universe in one week. It is plain, therefore, from these things that the man who honours the seventh day will himself find honour."</p>	<p>Philo, The Special Laws, II, XLVIII. (260)</p>
<p>196 AD</p>	<p>Victor, the bishop of Rome, made the first attempt to impose Sunday observance by trying to standardize the celebration of Passover (later called Easter) on Sunday.</p>	
<p>321 AD</p>	<p>"Let all the judges and town people and the occupation of all trades rest on the venerable day of the sun, but let those who are situated in the country freely and at full liberty attend to the business of agriculture."</p> <ul style="list-style-type: none">· This law does not mention the Sabbath at all.· It does not mention Christianity and is a mere political law.· It is directly opposing the Bible by encouraging farmers to violate the day of rest.· It justifies this type of rest not through the Bible, but through pagan sun worship being at that time still prevalent in the empire.· By chosing Sunday he could appease both the pagans who worshipped the sun and the Christian population.	<p>Constantine, in his own words</p>
<p>~321 AD</p>	<p>"Let us have nothing in common with the most hostile rabble of the Jews [plain antisemitism was a main contributor]."</p>	<p>Constantine, in his own words</p>
<p>325 AD</p>	<p>The Council of Nicaea further cemented the importance of the Sunday by celebrating the Passover (called E*ster) on Sunday.</p>	
<p>364 AD</p>	<p>The Council of Laodicea forbade 'Judaizing' (observing the Sabbath on Saturday) and mandated Christians to work on that day while resting on Sunday instead.</p>	
<p>~430 AD</p>	<p>"The people of Constantinople and of several other cities assemble together on the Sabbath as well as on the next day."</p>	<p>Sozomen, Ecclesiastical History, book 7, ch. 19</p>
<p>~430 AD</p>	<p>"Almost all churches throughout the world celebrate the sacred mysteries on the Sabbath of every week, yet the 'Christians' of Alexandria and at Rome, on account of some ancient tradition, refuse to do this."</p>	<p>Socrates, Ecclesiastical History, book 5, ch. 22</p>
<p>1630 AD</p>	<p>"The Sabbath was religiously observed in the Eastern church three hundred years and more after our Savior's passion."</p>	<p>Professor E. Brearwood, Gresham College London, A learned Treatise of the Sabbath, page 77</p>
<p>1655 AD</p>	<p>"It is certain that Christ Himself, His Apostles and the primitive Christians, for some good space of time, did constantly observe the Seventh-day-Sabbath."</p>	<p>William Prinn, Dissertation on the Lord's Day Sabbath, page 33</p>
<p>1848 AD</p>	<p>"Had she not such power she could not have substituted the observance of Sunday the first day of the week for the observance of Saturday the seventh day."</p>	<p>Catholic Reverend Steven Keenan, A Doctrinal Catechism, page 174</p>
<p>1852 AD</p>	<p>"Down even to the 5th century the observance of the Jewish Sabbath was continued in the Christian Church but with a rigor and solemnity gradually diminishing until it was wholly discontinued."</p>	<p>Historian Lyman Coleman, Ancient Christianity Exemplified, chapter 26, section 2</p>
<p>1855 AD</p>	<p>"Opposition to Judaism introduced the particular festival of Sunday very early, indeed, into the place of the Sabbath."</p>	<p>Neander's Church History, page 186</p>
<p>1890 AD</p>	<p>"The current notion that Christ and His Apostles authoritatively substituted the first day of the week for the seventh is absolutely without any authority in the New Testament."</p>	<p>Historian Lyman Coleman, Christian Union</p>
<p>1892 AD</p>	<p>"The Christian Church made no formal, but a gradual and almost unconscious transference of the one day to the other."</p>	<p>Archdeacon F. W. Ferrar, The Voice from Sinai, page 167</p>
<p>1893 AD</p>	<p>"The Catholic church, by virtue of her divine mission, changed the day from Saturday to Sunday."</p>	<p>Cardinal James Gibbons, Catholic Mirror</p>
<p>1894 AD</p>	<p>"The observance of the first instead of the seventh day rests on the testimony of the church, and the church alone."</p>	<p>Hobart Church News (Episcopalian)</p>
<p>1903 AD</p>	<p>"It is well to remind the Presbyterians, Baptists, Methodists and all other Christians that the Bible does not support them anywhere in their observance of Sunday. Sunday is an institution of the Roman Catholic church and those who observe the day observe a commandment of the Catholic church."</p>	<p>Catholic Priest Brady, in an address reported in the Elizabeth NJ News</p>
<p>1913 AD</p>	<p>"We observe Sunday instead of Saturday because the Catholic church transferred the solemnity from Saturday to Sunday."</p>	<p>Rev. Peter Geiermann, The Convert's Catechism of Catholic Doctrine, page 50</p>
<p>1917 AD</p>	<p>"You may read the Bible from Genesis to Revelation and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday, a day which we never sanctify."</p>	<p>Catholic Cardinal James Gibbons, The Faith of Our Fathers, page 89</p>
<p>1950 AD</p>	<p>"Protestants ... accept Sunday rather than Saturday as the day for public worship after the Catholic church made the change ... But the Protestant mind does not seem to realize that in observing Sunday they are accepting the authority of the spokesman for the church, the pope."</p>	<p>Our Sunday Visitor, A Catholic publishing company</p>

