

WEEKLY AND EXTRAORDINARY SABBATHS

1 · Introduction · Types Of Sabbaths



Comments	Scripture
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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**.

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	Comments	Scripture		
Eternal Weekly Sabbath	Weekly Sabbaths ('CABBATŌN', also biblically called the 'Seventh Day').			
	- Applies to both the Nations & the Jews. - Spoken by THEOS at creation; before sin came (!).	‘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. ΕΞ ΗΜΕΡΑΣ ΠΟΙΗΘΕΙΣ ΕΡΓΑ, ΚΑΙ ΤΗ ΗΜΕΡΑ ΤΗ ΕΒΔΟΜΗ CABBATA ΑΝΑΠΑΥΣΙΣ ΚΛΗΤΗ ΑΓΙΑ ΤΩ ΚΥΡΙΩ. ΠΑΝ ΕΡΓΟΝ ΟΥ ΠΟΙΗΘΕΙΣ. CABBATA ΕCΤΙΝ ΤΩ ΚΥΡΙΩ ΕΝ ΠΑΧΗ ΚΑΤΟΙΚΙΑ ΥΜΩΝ. I am the KYRIOS your THEOS; walk in my commandments, and keep mine ordinances, and do them; and hallow my Sabbaths, and let them be a sign between me and you, that you may know that I am the KYRIOS your THEOS. 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? And he said to them, “The [Weekly] Sabbath was established for people [or ‘man’ = Jews and the Nations], and not people for the Sabbath. And He came down to Capernaum, a town of Galilee, and was teaching them on the Sabbaths. And they returned and prepared fragrant spices and perfumes, and on the Sabbath they rested according to the commandment. Then they returned to Jerusalem from the mountain that is called Olive Grove which is near Jerusalem, a Sabbath day's journey away. And they went on from Perga and arrived at Pisidian Antioch. And they entered into the synagogue on the day of the Sabbaths ... And on the coming Sabbath, nearly the whole city came together to hear the word of KYRIOS. And he argued in the synagogue every Sabbath, attempting to persuade both Jews and Greeks.	Lev 23:3 Greek OT Eze 20:19–20 Mat 12:11 Mar 2:27 Luk 4:31 Luk 23:56 Act 1:12 Act 13:14 Act 13:44 Act 18:4	
	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 Sabbath today.			
	No more death penalty today, but sanctification through obedience.			
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
	7 Words (Greek) 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!	>33x 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	>5x Mat 4:10; 6:24; Luk 4:8; 1Cor 8:6; 1Tim 2:5	>38x
	70 Words 2 You shall not make a graven image for yourself ... you shall not bow to them, and you shall not serve them ...	>3x Exo 20:4–6; Deu 5:8–10; Isa 42:8	>6x Act 15:20; 1Cor 6:9–10; Gal 5:19–20; Eph 5:5; Col 3:5; 1Joh 5:21	>9x
	22 Words 3 You shall not take the name of KYRIOS your THEOS in vain ...	>2x Exo 20:7; Deu 5:11	>4x Mat 5:33; 1Tim 6:1; Jam 2:7; 5:12	>6x
	102 Words (126 Words in Deuteronomy 5) 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.	>20x (110x Mentioned in OT) 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	>4x (61x Mentioned in NT; proportionally -2x as often) Act 1:12; Heb 4:9; Future: Isa 66:21–23; Mat 24:20 General: 1Joh 2:6 'He who is saying in Him he does remain, ought according as He walked also himself so to walk.	>24x (171x Mentioned)
	27 Words 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!	>7x Gen 9:24–25; Exo 20:12; Deu 5:16; Pro 1:8, 13:1, 30:17; Mal 1:6	>7x Mat 15:4–9; 19:19; Mar 10:19; Luk 18:20; Rom 1:29–30; Eph 6:1–3; 2Tim 3:2).	>14x
	2 Words 6 You shall not murder!	>7x Gen 4:10–13; 9:6; Exo 20:13, 21:12; Lev 24:17; Num 35:31; Deu 5:17	>6x Mat 5:21–22; Joh 8:44; Rom 13:9; 1Pet 4:15; 1Joh 3:12; Rev 21:8	>13x
	2 Words 7 You shall not commit adultery!	>2x Gen 39:9; Exo 20:14, 22:7; Deu 5:18; Pro 6:23–24, 32	>10x 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	>12x
	2 Words 8 You shall not steal!	>5x Exo 20:15; Lev 6:2, 19:11; Deu 5:19; Jer 7:9–11	>7x Mat 19:18; Mar 10:19; Luk 18:20; Rom 13:9; Eph 4:28; 1Pet 4:15; Rev 9:21	>12x
	8 Words 9 You shall not testify a witness of falsehood against your neighbor!	>3x Gen 20:2; Exo 20:16; Deu 5:20	>4x Act 5:1–22; Col 3:9; 1Tim 1:9–11; Rev 21:8	>7x
	44 Words 10 You shall not covet your neighbor's house ... wife ... slave ... ox ... ass, or anything which belongs to your neighbor!	>4x Gen 34:29; Exo 20:17; Deu 5:21; 7:25	>8x Luk 12:15; Col 3:5; Rom 1:29; 7:7; 13:9; Eph 5:3–5; Col 3:5; 1Tim 6:6–10	>12x

see next page



	Comments	Scripture		
Category Mistakes	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. 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. The entire chapter 14 of Romans is almost exclusively related to food and verse 5 therefore most probably relates to either pagan festivals, (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) and / or the Sabbaths of Sabbaths (Feasts) which were usually related to the consumption of specific food (lamb, unleavened bread, no yeast, et al ...). A Weekly Sabbath has no instructions on personal food, and it is therefore grossly negligent to insert this type of Sabbath into this verse. 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.	... 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 ... – Romans 14:5 in its regularly neglected context – 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. 5One doth judge one day above another, and another doth judge every day [alike]; let each in his own mind be fully assured. 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. 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; 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. 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. 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. [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]. [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.” ... Colossians 2:16-17 Col 2:13-17 1Cor 10:25-28	Heb 9:8-10	
		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. When we read the 3 previous verses (13-15) and the following verses (18-23), the prevalent interpretation of verses 16-17 'evaporates'. The paragraph effectively refers to Sabbaths of Sabbaths and not to Weekly Sabbaths as often wrongly assumed. 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. ► click HERE for an excellent analysis of this verse.	... 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]. [...] 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. – Colossians 2:16-17 in its regularly neglected context – 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. [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 ... [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] For Paul [...] was hurrying if it could be possible for him to be in Jerusalem on the day of Pentecost. Eze 45:17 Act 20:16	
	Former Death Penalty	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? 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. 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.	Former Death Penalty Is It Still a Serious Biblical Sin? Abortion, -accidental- death of a woman's unborn child YES Not specified as such in the New Covenant, but probably still a sin. Exo 21:22ff Adultery YES YES Lev 20:10 Deu 22:22ff Authorities, disobedience of a priest or a judge YES Not specified in the New Covenant, but most certainly still a sin (e.g. judges; but no more priests). Deu 17:8-12 Bestiality YES Not specified in the New Covenant, but most certainly still a sin. Exo 22:19 Lev 20:15– Blasphemy YES YES Lev 24:10ff Child sacrifice YES YES, covered by murder. Lev 20:2 Death, through a farm animal known to be problematic YES Not specified in the New Covenant, but probably still a sin. Exo 21:28ff Fornication (only if in parent's house) YES YES Deu 22:21ff gods, entice others to follow other gods (theoi) YES Not specified in the New Covenant, but most certainly still a sin. Deu 13:6ff Homose*u**ity YES YES Lev 20:13 Idolatry YES YES Deu 17:2-5 Num 25:1- Incest YES Not specified in the New Covenant, but most certainly still a sin. Lev 20:11-14 Kidnapping YES Not specified in the New Covenant, but most certainly still a sin. Exo 21:16 Deu 24:7 Murder YES YES Exo 21:12– Lev 24:17– Num 35:16ff Parents, serious disobedience to YES YES Exo 21:15ff Deu 21:18ff Prophets, false YES False prophecy is still a sin. Deu 13:5 Deu 18:20 Prostitution (daughter of a priest) YES YES Lev 21:9 Rape YES Not specified in the New Covenant, but most certainly still a sin. Deu 22:25 Slavery, forced YES Not specified in the New Covenant, but most certainly still a sin. Exo 21:16 Sorcery, Spiritism, Witchcraft YES YES Exo 22:18 Lev 20:27 Weekly Sabbath, breaking of YES > What do you conclude? Exo 31:14 Exo 35:2 Num 15:32ff Witness, false YES YES – do not lie. Deu 19:16ff	



Comments	Scripture
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If the Sabbath wasn’t necessarily on a specific day and within the context of a specific 7-day week which THEOS Himself established, there would have been no set (creation) Sabbath to begin their count from. And there would have been no specific day after the 7th Day Sabbath to pinpoint and identify the day of Resurrection and Pentecost. The Sabbath Day is not only meant for rest, but formerly also as identification for other nameless days of the week. It is also clear from Num 28:9-10, that the former offerings (two lambs, grain and drink offering) had to be offered on a precise day, not on a Sunday or Wednesday, but on the Sabbath Day.

THEOS' Calendar Is Very Simple.	Modern Hebrew		Biblical Greek		Counting Method (Specified in Matthew 28:1)	Portuguese Weekdays (from Ecclesiastical Latin)	Modern Equivalent		
		Translation		Translation					
Months start on the morning after the sighting of the New Moon (first sliver of the Crescent Moon) on the previous evening.	1	שבת (shabbat) H7676	first	μία μία G1520	first	One after / towards Sabbath'	Domingo (Sunday)	Sunday	see Mat 28:1 below with the biblical basis
		שבת shabbath H7676	of Sabbaths	ΣΑΒΒΑΤΟΝ sabbaton G4521	of Sabbaths				
Independently from the New Moon, weeks evolve around the Weekly Sabbath. The Sabbath is the anchor of every week and all other days are simply counted towards / following the Sabbath.	2	שני shēnīy H8145	second	ΔΕΥΤΕΡΟΣ deuteros G1208	second	'Two after / towards Sabbath'	Secunda Fēria (Monday, literally 'second weekday')	Monday	
		יום yom H3117	day	ΗΜΕΡΑ hemera G2250	day				
	3	שלישי shēlīyshīy H7992	third	ΤΡΙΤΟΣ tritos G5154	third	'Three after / towards Sabbath'	Terça Feira (Tuesday, literally 'third weekday')	Tuesday	
		יום yom H3117	day	ΗΜΕΡΑ hemera G2250	day				
	4	רביעי rebīyīy H7243	fourth	ΤΕΤΑΡΤΟΣ tetartos G5067	fourth	'Four after / towards Sabbath'	Quarta Feira (Wednesday, literally 'fourth weekday')	Wednesday	
		יום yom H3117	day	ΗΜΕΡΑ hemera G2250	day				
	5	חמישי chāmīyshīy H2549	fifth	ΠΕΜΠΤΟΣ pemptos G3991	fifth	'Five after / towards Sabbath'	Quinta Feira (Thursday, literally 'fifth weekday')	Thursday	
		יום yom H3117	day	ΗΜΕΡΑ hemera G2250	day				
	6	שישי shīshshīy H8345	sixth	ΕΚΤΟΣ hektos G1623	sixth	'Six after / towards Sabbath'	Sesta Feira (Friday, literally 'sixth weekday')	Friday	
		יום yom H3117	day	ΗΜΕΡΑ hemera G2250	day				
	7	שבת shabbath H7676	Sabbath	ΣΑΒΒΑΤΟΝ sabbaton G4521	Sabbath	Sabbath'	Sabbato (Saturday)	Saturday	
		שבתון shabbatōn H7677	seventh	ΣΑΒΒΑΤΟΝ sabbaton G4521	seventh				
		יום yom H3117	day	ΗΜΕΡΑ hemera G2250	day				
What is the biblical basis for the definition of an ordinary week?	... And there was evening and there was morning, the first [G1520] day . [...] and there was morning, a second [G1208] day . [...] and there was morning, a third [G5150] day . [...] and there was morning, a fourth [G5067] day . [...] and there was morning, a fifth [G3991] day . [...] and there was morning, a sixth [G1623] day . And on the seventh [G1442] day THEOS finished His work that He had done, and He rested on the seventh day from all His work that He had done. 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. ... and late in the Sabbaths, the dawning into (the) first (day) of (the) Sabbaths (ΘΕ ΜΙΑΝ ΣΑΒΒΑΤΩΝ = eis mian sabbaton = G1519 G1391 G4521) = on (day) one of Sabbaths (Week), came Mary the Magdalene and the other Mary to see the tomb.							Gen 1:5-31 <	



	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] <i>in the morning</i> your loyal love and your faithfulness [2] <i>in the night</i> , ... [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 <i>evening at sunset</i> , at the <i>designated time of your going out from Egypt</i> [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 <i>tenth day</i> 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 <i>ninth day</i> of the month <i>in the evening – from evening to evening</i> [specifically mentioned] you must observe <i>the Sabbath of your Sabbaths</i> [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] <i>And</i> [2. then; the word 'and' is often overlooked] <i>there was evening and</i> [3. then] <i>there was morning</i> , [marking] <i>the</i> [end of the] <i>first day</i> . [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.	<i>And Moses said to them</i> [...] <i>Tomorrow is a rest period, a holy Sabbath</i> [...] <i>Put aside all the surplus for yourselves for safekeeping until the morning.</i> ”	<u>Exo</u> <u>16:19-23</u>	
		<i>The first lamb you will offer in the morning</i> , and the second lamb you will offer <i>at twilight</i> [clearly same day].	<u>Exo</u> <u>29:39</u>	
		<i>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</i> it shall be eaten; ye shall not leave of the flesh <i>till the morrow</i> : I am KYRIOS.	<u>Lev</u> <u>22:29–30</u>	
		<i>And the people rose up</i> [1] <i>all the day</i> , and [1] <i>all the night</i> , and [2] <i>all the next day</i> , 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 <i>morning</i> burnt offering and the grain offering of the <i>evening</i> ...	<u>2Kin</u> 16:15	
		<i>In the end of the Sabbaths, the dawning</i> [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 <i>sixth hour</i> [noon; counting from the sunrise], darkness came over all the land until the <i>ninth hour</i> [-3pm].	<u>Mar</u> <u>27:45</u>	
		IESOUS replied, <i>Are there not twelve hours in the day?</i> 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 <i>sons of light and sons of day</i> . We are not of the night nor of darkness.	<u>1The</u> 5:5		
	Some Debated Passages			
	So when <i>it became dark</i> at the gates of Jerusalem <i>before</i> 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 <i>before</i> 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 <i>sun was setting</i> , 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>		
	<i>And THEOS called the light day</i> [clear indication for the start at daylight] ...	<u>Gen</u> 1:5		
	<i>And IESOUS said to</i> [...] <i>who had come out against him</i> [...] <i>But this is your hour and the domain of darkness!</i> ”	<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.			
	24681012141618202224 Day 0 24681012141618202224 Day 1 24681012141618202224 Day 2 24681012141618202224 Day 3 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	<i>And now evening having come, seeing it was the Preparation</i> [always for a Sabbath of Sabbaths, not a Weekly Sabbath!], that is, <i>the foresabbath</i> , Joseph of Arimathea [...] asked the body of IESOUS.	<u>Mar</u> <u>15:42-43</u>
			<i>And the day was a Preparation, and Sabbath</i> [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	<i>And the Sabbath</i> [of Sabbaths] having past [after ~6pm] ...	
		Time window of max. 12 hours for the purchase and preparation of the burial spices (~6pm – 6am)	... 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>
			<i>And having turned back, they made ready spices and ointments</i> ...	
	Day 2	(Sat) · Weekly Sabbath – Tomb	... 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	<i>And early in the morning of the First of the Sabbaths</i> [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>	
		<i>And on the First of the Sabbaths</i> , 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>	



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 ...	Exo 20:9-10
	2. Morning-morning rhythm.	And are in the sabbath , the evening into (the) first (day) of Sabbaths, Mary Magdalene and the other Mary came to view the tomb.	Mar 28:1
	3. Remember it and keep it holy !	“ Remember the day of the Sabbaths, to consecrate it.	Exo 20:8
	4. Rest .	... and on the Sabbath they rested according to the commandment.	Luk 23:28
	5. Do not work !	On the seventh day you will have a holy convocation; you will not do any regular work .	Num 28:25
	6. Do not buy or sell !	... you will not do any work ... your alien who is in your gates ...	Exo 20:10
	Have no one working for you – no shopping; no restaurants, et al. It would be hypocrisy to not work, but to have people working for you – no matter if those people are believers or unbelievers. We should never tempt anyone to actively sin by breaking the 10 commandments! If someone sins without our contribution, then it is a matter between THEOS and them. If they sin because of our contribution, then we will be held responsible, because we know the law. Probable exceptions: e.g. emergency medicine.	... on the seventh day there shall be rest, that [...] the stranger may be refreshed .	Exo 23:12
		[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 ?		Neh 13:15-17	
And they returned [before the Weekly Sabbath] and prepared fragrant spices and perfume , and on the [Weekly] Sabbath they rested according to the commandment .		Luk 23:25-26	
7. Focus on THEOS · Worship · THEOS · Hear the Word of THEOS	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 ...	Act 13:42-44	
	... the voices of the prophets that are being read on every Sabbath ...	Act 13:27	
	... 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 16:11-12	
	... And as was his custom, Paul went into the synagogue and on three [Weekly] Sabbaths he discussed with them from the Scriptures ...	Act 17:2	
	And he argued in the synagogue every Sabbath , attempting to persuade both Jews and Greeks ...	Act 18:4	
8. Fellowship – share meals with family and nearby friends.	... He came to the house of a certain one of the leaders of the Pharisees on a Sabbath to eat a meal ...	Luk 14:1	
9. Stay local (suggested to be within an hour from your city).	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].	Act 1:11-12	
Although the Old Covenant Law of limited travelling is clearly repeated in the New Covenant, we should probably not limit ourselves 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 usually includes to have someone working for you.	Exceptions !		
	Works of mercy, necessity and/or national defense , such as doctors, police officers and firemen. Professions of healing are excluded from the prohibition 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 work 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 associated 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.	Now pray that your flight may not be of a winter nor a Sabbath [the Sabbath reaching into our end times, if IESOUS speaks here about our end times and not a past tribulation]! For then will be a great affliction, such as has not happened from the beginning ...	Mat 24:20
	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 observing 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 commandments 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.	Mat 23:23-29
		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.	Rev 12:17
		Here is the patient endurance of the saints, those who keep the commandments of THEOS and the faith in IESOUS.	Rev 14:12
	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” ...	Isa 66:21-23
		... 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 (!) + allusion 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-].	Heb 4:1-11
	In the Millennial Kingdom, both the Weekly Sabbaths and the Sabbaths of Sabbaths will be kept. Ezekiel speaks in chapters 40–48 clearly of the Millennial Jerusalem and of the land of Israel in that time.	Thus saith KYRIOS the THEOS; The gate that is in the inner court, that looks eastward, shall be shut the six working days; but let it be opened on the Sabbath-day , and it shall be opened on the day of the New Moon. [...] And the people of the land shall worship at the entrance of that gate, both on the Sabbaths and at the New Moons, before the Lord.	Eze 46:1-3
	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 .	Exo 23:12
		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 ...	Isa 58:13-14
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.	Mar 2:27-28
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.	1Joh 3:1-4
Will I obey His command or not?		For this is the love of THEOS: that we keep His commandments . And His commandments are not burdensome , because everyone who is fathered by THEOS conquers the world.	1Joh 5:3-4
Thomas Lorenz, Greater Vancouver, September 2020 (Undated 06/2026)			



Act
13:42-45

2 · Ada

Lev
5:3-4

Lev
23:15-16

Lev
25:8-11

see next addendum



	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.	"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. Lev 23:3																
Refutation Of The 'First Day' Sabbath (First-Day Sabbatarianism)	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																
Refutation Of The 'Every Day' Sabbath (Non-Sabbatarianism)	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:	Resurrection on the First Day = New Sabbath? 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]. Matthew 28:1 clearly speaks about two different days (week vs. first day), but both references include the word 'sabbatwn'. <table><tr><th colspan="4">In the end of the Sabbaths.</th></tr><tr><td>ΔΕ G1161 and</td><td>ΟΠΩΕ G3796 late in</td><td>ΤΗ G3588 the</td><td>ΚΑΒΒΑΤΩΝ G4521 Sabbaths</td></tr></table> 2. Counting the days towards / following a Sabbath <table><tr><th colspan="4">the dawning into the first (day) of Sabbaths</th></tr><tr><td>ΕΠΙΧΩΚΩ YCH G2020 begin to dawn</td><td>ΕΙΣ G1519 into</td><td>ΜΙΑΝ G3391 one (=first)</td><td>ΚΑΒΒΑΤΩΝ G4521 Sabbaths</td></tr></table> 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] ... 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. [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) against Evidence that was very visible (John 1: 6-8 miles) distant from Jerusalem] 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 ... 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] Mar 16:9 Luk 24:1-21 Luk 24:13 Joh 20:1 Joh 20:19	In the end of the Sabbaths.				ΔΕ G1161 and	ΟΠΩΕ G3796 late in	ΤΗ G3588 the	ΚΑΒΒΑΤΩΝ G4521 Sabbaths	the dawning into the first (day) of Sabbaths				ΕΠΙΧΩΚΩ YCH G2020 begin to dawn	ΕΙΣ G1519 into	ΜΙΑΝ G3391 one (=first)	ΚΑΒΒΑΤΩΝ G4521 Sabbaths
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The 'Meta-phorical' Sabbath	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 This is also made clear by looking at the Jubilee Year (see page 3), 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.	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. 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 4 for a more detailed analysis 1 Corinthians 16:2 –Extraordinary collection of money. Galatians 4:10 – Days which are or were never commanded to be kept holy. Colossians 2:16-17 – Apparent terminology of the Ceremonial Law. ► See page 4 for a more detailed analysis	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. ... 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 ... 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] ... 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!... Act 20:7 Rom 14:1-23 1Cor 16:2 Gal 4:8-12															
The 'Lord's Day'	No, Not Revealed Through THEOS' Word. Sunday is founded, not of Christians, 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. The Sabbath in Early Christianity. ► See the next page "Timeline of Abominations" with details concerning the time from Early Christianity until today.	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 ...'] So! we 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. Don 7:25 Mat 15:6-9																
The 'Lord's Day'	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.	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. Lev 10:1																
The 'Meta-phorical' Sabbath	We often hear the interpretation from both First-Day Sabbatarians and Non-Sabbatarians, that Hebrews 4 describes only a shadow of an eternal rest. While Hebrew 4 has certainly a metaphorical connotation, its primary meaning is clearly the instruction of the present-day believers and an urgent warning to obey the Weekly Sabbath.	<table><tr><th>Affirmed Commandment</th><th>Consequences of Disobedience</th></tr><tr><td>Therefore, while the promise of entering His rest still stands, ...</td><td>... let us fear lest any of you should seem to have failed to reach it.</td></tr><tr><td>For good news came to us just as to them, ...</td><td>... but the message they heard did not benefit them, because they were not united by faith with those who listened.</td></tr><tr><td>For we who have believed entered that rest; ...</td><td>... as He has said, "As I swore in my wrath, 'They shall not enter my rest,'" although His works were finished from the foundation of the world.</td></tr><tr><td>For He has somewhere spoken of the seventh day in this way: "And THEOS rested on the seventh day from all His works."</td><td>And again in this passage He said, "They shall not enter my rest."</td></tr><tr><td>Since therefore it remains for some to enter it, ...</td><td>and those who formerly received the good news failed to enter because of disobedience, ...</td></tr><tr><td>... 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, ...</td><td>... "Today, if you hear His voice, do not harden your hearts." ...</td></tr><tr><td>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 ...</td><td>... 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.</td></tr></table>	Affirmed Commandment	Consequences of Disobedience	Therefore, while the promise of entering His rest still stands, ...	... let us fear lest any of you should seem to have failed to reach it.	For good news came to us just as to them, ...	... but the message they heard did not benefit them, because they were not united by faith with those who listened.	For we who have believed entered that rest; ...	... as He has said, "As I swore in my wrath, 'They shall not enter my rest,'" although His works were finished from the foundation of the world.	For He has somewhere spoken of the seventh day in this way: "And THEOS rested on the seventh day from all His works."	And again in this passage He said, "They shall not enter my rest."	Since therefore it remains for some to enter it, ...	and those who formerly received the good news failed to enter because of disobedience, ...	... 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, ...	... "Today, if you hear His voice, do not harden your hearts." ...	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 ...	... 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.
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The 'Lord's Day'	A Man-Made Memorial Day. 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. 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. The literal translation means 'he was standing on the Lord's'. 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. 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.	'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. Lev 23:15-16																
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Timeline of Abomination

Comments	Scripture	
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. 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. 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.		
A brief summary about the development of the Weekly Sabbath in Early Christianity. 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. 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. 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.	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 ...	Wikipedia
~35 AD	"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."	Philo, The Special Laws, II, XLVIII. (260)
196 AD 321 AD	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. "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." · 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 choosing Sunday he could appease both the pagans who worshipped the sun and the Christian population.	Constantine, in his own words
~321 AD 325 AD 364 AD	"Let us have nothing in common with the most hostile rabble of the Jews [plain antisemitism was a main contributor]." The Council of Nicaea further cemented the importance of the Sunday by celebrating the Passover (called E*ster) on Sunday. The Council of Laodicea forbade 'Judaizing' (observing the Sabbath on Saturday) and mandated Christians to work on that day while resting on Sunday instead.	Constantine, in his own words
~430 AD ~430 AD	"The people of Constantinople and of several other cities assemble together on the Sabbath as well as on the next day." "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."	Sozomen, Ecclesiastical History, book 7, ch. 19 Socrates, Ecclesiastical History, book 5, ch. 22
1630 AD 1655 AD	"The Sabbath was religiously observed in the Eastern church three hundred years and more after our Savior's passion." "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."	Professor E. Brearwood, Gresham College London, A learned Treatise of the Sabbath, page 77 William Prinn, Dissertation on the Lord's Day Sabbath, page 33
1848 AD 1852 AD 1855 AD 1890 AD 1892 AD 1893 AD 1894 AD 1903 AD	"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." "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." "Opposition to Judaism introduced the particular festival of Sunday very early, indeed, into the place of the Sabbath." "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." "The Christian Church made no formal, but a gradual and almost unconscious transference of the one day to the other." "The Catholic church, by virtue of her divine mission, changed the day from Saturday to Sunday." "The observance of the first instead of the seventh day rests on the testimony of the church, and the church alone." "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."	Catholic Reverend Steven Keenan, A Doctrinal Catechism, page 174 Historian Lyman Coleman, Ancient Christianity Exemplified, chapter 26, section 2 Neander's Church History, page 186 Historian Lyman Coleman, Christian Union Archdeacon F. W. Ferrar, The Voice from Sinai, page 167 Cardinal James Gibbons, Catholic Mirror Hobart Church News (Episcopalian) Catholic Priest Brady, in an address reported in the Elizabeth NJ News
1913 AD 1917 AD 1950 AD	"We observe Sunday instead of Saturday because the Catholic church transferred the solemnity from Saturday to Sunday." "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." "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."	Rev. Peter Geiermann, The Convert's Catechism of Catholic Doctrine, page 50 Catholic Cardinal James Gibbons, The Faith of Our Fathers, page 89 Our Sunday Visitor, A Catholic publishing company

