

kept until the morning.” (Exodus 16:23)

There are rules and guidelines designed to help us understand the Bible. One of these is the rule of “**First Mention.**” Essentially, this guideline teaches that the first time a topic is mentioned in Scripture is essential in understanding the subject throughout the Word of God.

Exodus 16:23 is the first time the Sabbath DAY is spoken of in the Bible. The context is that of gathering double the amount of manna before the Sabbath. God’s people were explicitly told how much manna was to be collected per person and what to do with it. The overall context was that of obedience to God and His commands.

The initial reference to the Sabbath day is that of WORKS-based obedience.

The laws and commandments of God serve a purpose, but that purpose is NOT to diligently try harder to keep the Sabbath (or any law.)

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### So, What Is The Purpose Of The Sabbath Day

*“The law of the Lord is perfect, **converting the soul**: the testimony of the Lord is sure, making wise the simple.” (Psalm 19:7)*

*“Wherefore the law was our schoolmaster **to bring us unto Christ**, that we might be justified by faith. (25) But **after that faith is come, we are no longer under a schoolmaster.**” (Galatians 3:24-25)*

Scripture is evident in both the Old and New Covenants that the law is to point us to salvation! The law is perfect and shows us our sinfulness and desperate need for salvation

(being converted.)

In the New Testament, we see that the law is a schoolmaster that teaches us about Jesus and our need for Him. The law’s purpose is to bring us to Christ. After faith in Jesus, we are to be led by the Holy Spirit and are no longer under the law.

*“But if ye be led of the Spirit, ye are not under the law.” (Galatians 5:18)*

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Conclusion:

Come to Jesus or try to keep the law. Which way do you choose?

The law could not provide lasting REST; you had to keep the Sabbath day every week.

Jesus, on the other hand, offers us permanent spiritual REST.

Yes, we still need sleep and days off work, but Jesus gives us spiritual REST, which enhances every aspect of our lives, including whenever we are resting physically.

We must take Jesus up on His offer of REST rather than trying to get it from a day of the week.

*“Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and **ye shall find rest unto your souls.** (30) For my yoke is easy, and my burden is light.” (Matthew 11:29-30)*

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*“Remember the sabbath day, to keep it holy.” (Exodus 20:8)*

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The Sabbath Day Is Not Mentioned In The Creation Week

Some cults and so-called Christians teach that believers must keep the Sabbath day and that God initiated it during the Creation week. But is that true?

Nowhere in the entire Book of Genesis is the Hebrew word for Sabbath day ever used. The Hebrew word for Sabbath day is first used in Exodus 16:23 regarding the provision of manna. Here is the Hebrew word used in the Ten Commandments (and in the manna gathering instructions of Exodus 16.)

The Stong’s Concordance gives this word and definition: Strong’s H7676 - šabāt - “...intermission, i.e. (specifically) the Sabbath...”

In the Creation account, the Word of God tells us that God rested on the seventh day. If God were eternally instituting a weekly Sabbath day, He certainly would have used the **same** Hebrew word so as to codify it from the beginning.

“And on the seventh day God ended his work

THE SABBATH AND CREATION

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*which he had made; and he **rested** on the **seventh day** from all his work which he had made.” (Genesis 2:2)*

God did not use the same (or even a related) word for the “*seventh day*.” This phrase is two Hebrew words.

**Seventh** is defined as: Strong’s H7637 - שֶׁבִּיעִי - “...ordinal... seventh...”

**Day** is defined as: Strong’s H3117 - יוֹם - “...from an unused root meaning to be hot; a day (as the warm hours), whether literal... or figurative...”

One must ponder why God chose not to use the Hebrew word for “**Sabbath Day**” but instead opted to use two words for “**Seventh Day**?”

What is also interesting is what did and did NOT happen in the Creation account.

What we **DO see** in Genesis 2:2 (quoted above) is that **GOD rested** on the seventh day.

What we **DO NOT see** in Genesis 2:2 (or anywhere in the Book of Genesis) is **God commanding Adam and Eve (or anyone else) to rest** on the seventh day.

We should ask why God (Who needs no rest) rested, but He did not command Adam and Eve (who needed rest) to rest?

Perhaps it is because **REST is not optional**. People will rest, eventually!

**Sabbath REST is the focus of Jesus and the Bible...NOT the Sabbath DAY.**

## The Sabbath Day vs the Sabbath REST

As noted above, the Hebrew word for Sabbath **DAY** is not mentioned in Genesis, but a similar Hebrew word for Sabbath **REST** is.

There is a considerable difference between **DAY** and **REST**. Jesus promised that if we would come to Him, He would give us REST! Jesus did NOT promise to give us ONE DAY per week!

*“Come unto me, all ye that labour and are heavy laden, and I will give you rest.” (Matthew 11:28)*

Look at the definition of the Greek word translated as “**REST**” in Matthew 11:28. Strong’s Concordance defines this word as: Strong’s G373 - αναπαύω - “...**to repose** (literally or figuratively (be exempt), remain); by implication, to refresh...” Notice that there is NOTHING about one day of the week.

Now, look at the word “**RESTED**” in Genesis 2:2 (see above.)

Strong’s defines this word as: Strong’s H7673 - שָׁבַט - “...**to repose**, i.e., desist from exertion...” Again, take note of the fact that God’s REST has nothing to do with a DAY of the week.

Also, notice the similarities between God’s REST in Genesis and the REST that Jesus offers to those who come to Him. Both of them mean almost identical things. Both are defined as “**to repose**.” These resemblances should not be surprising since Jesus is God the Son! He and the Father address the identical REST, which ought not to surprise anyone.

It should likewise be illuminating that neither offer just ONE DAY per week for us to obtain our necessary REST. We should get our REST from Jesus every day!

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The Shadow And The Reality

“Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill.” (Matthew 5:17)

*“Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a **Sabbath day**. (17) **These are a shadow** of the things that were to come; **the reality**, however, **is found in Christ**.” (Colossians 2:16-17)*

Jesus told us that He came to FULFILL the law and the prophets, and Paul, in Colossians 2:16-17 (quoted above), confirms Jesus’ SUCCESS in fulfilling His mission!

The passage from Colossians tells us that the laws regarding Sabbath days, the Feasts, New Moons, and what we eat or drink were nothing more than **SHADOWS** and that **Jesus is the REALITY!** In other words, the law FORESHADOWED the coming Messiah, and Jesus FULFILLED that which was foreshadowed.

Trying to keep the Sabbath day is tantamount to **CHASING SHADOWS**.

Jesus is the **REALITY...PURSUE HIM!**

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## The Sabbath Day And Manna

*“And he said unto them, This is that which the Lord hath said, To morrow is the rest of the holy sabbath unto the Lord: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be*