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[90400] BIB102: Old Testament Literature

, 2023

Sabbath: Analysis and understanding to rectify its current validity

It is well known that The Sabbath is the seventh day of the week in Jewish and Christian traditions and is considered a day of rest and worship. In the Ten Commandments, God commanded the Israelites to "remember the Sabbath day to keep it holy." (Exodus 20:8-11). It is considered a day of worship and reflection, and many religious activities take place on Saturday. From the study and comparison of Exod 20:8-11, 35:2-3; Num 15:32-36; Deut 5:12-15; Jer 17:21-22; and Neh 13:15-16 will seek to understand the meaning and importance of the Sabbath, in the Old Testament and to rectify its validity (or its non-validity) today.

The reason the Sabbath is given in the Bible is described differently depending on which book is being worked on, for example, in Exodus 20:8-11, God commands the Israelites to keep the Sabbath holy. rest as a reminder of the fact that God rested on the seventh day after creating the world.

"Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your manservant, or your maidservant, or your cattle, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy." (Exodus 20:8-11).

On the other hand, in Deuteronomy 5:12-15, the reason given for the Sabbath is the release of the Israelites from slavery in Egypt. God commands the Israelites to keep the Sabbath day holy as a reminder that they were once slaves in Egypt, and that God brought them out of slavery and led them to freedom. In both passages, the Sabbath is seen as a way for the Israelites to rest and give rest to their servants, animals, and land. It is a day to be set apart, to be holy, to worship and rest, and a day to remember and reflect on God's actions in the past.

According to Exodus 20:8-11, the specific activities that are prohibited on the Sabbath are "doing any work." This includes labor or any activity that is normally performed during the work week. The passage states that the seventh day is Saturday to the Lord and should be kept holy by refraining from work, to remember that God rested on the seventh day after creating the world. Exodus 35:2-3 states that Saturday is a day of rest and that no one is to do any work on it, not even light a fire. This passage is like Exodus 20:8-11. Num 15:32-36 describes an incident in which a man from the Israelite community was caught gathering firewood on the Sabbath, a violation of the commandment to keep the Sabbath day holy.

Deuteronomy 5:12-15 reiterates the command to keep the Sabbath holy and abstain from work and emphasizes the connection between the Sabbath and the deliverance of the Israelites from slavery in Egypt. On the other hand, Jeremiah 17:21-22 states that the Sabbath is a sign of the covenant between God and the Israelites and that those who keep the Sabbath will be blessed, while those who do not keep it will be cursed, emphasizing the importance of keeping the Sabbath. Saturday is a way of showing loyalty and obedience to God.

“Thus says the Lord: Take care for the sake of your lives, and do not bear a burden on the Sabbath day or bring it in by the gates of Jerusalem. And do not

carry a burden out of your houses on the Sabbath or do any work, but keep the Sabbath day holy, as I commanded your ancestors." (Jeremiah 17:21-22)

Nehemiah 13:15-16 describes how Nehemiah dealt with the people of Jerusalem who were breaking the Sabbath by buying and selling on the Sabbath. This passage highlights the importance of keeping the Sabbath holy by abstaining from work and commerce. All these passages, as can be seen, emphasize the importance of keeping the Sabbath holy by refraining from work and the importance of keeping the Sabbath as a way of showing loyalty and obedience to God, and as a reminder of your deliverance from slavery.

The command to observe the Sabbath is a central part of Jewish and Christian tradition, and the question of whether it is still valid today is a matter of debate among scholars and religious communities. For Jews, Saturday is still considered a day of rest and worship and is still observed on the seventh day of the week, from sunset on Friday to sunset on Saturday. However, for Christians, Sunday is considered the Lord's Day and a day of worship, and many Christians observe it as a day of rest and worship.

There are different interpretations and practices within Christianity regarding the observance of the Sabbath. Some Christians believe that the command to observe the Sabbath is still valid and must be obeyed, while others believe that the Sabbath was part of the old covenant that Jesus fulfilled and that Christians are no longer bound by the Sabbath commandment. Ultimately, whether the command to obey the Sabbath is still valid today depends on one's religious beliefs and traditions. Some religious denominations and communities continue to observe Saturday as a day of rest and worship, while others do not.

Personally, Saturday is a weekly reminder to slow down and take a break from the hustle and bustle of daily life. It is a time to reflect on the blessings in my life, connect with my faith,

and spend quality time with loved ones. It is a day to rest and recharge, both physically and spiritually, and to remember that there is more to life than just work and productivity.

Bibliography:

"Exod 20:8-11", "35:2- 3"; "Num 15:32-36"; "Deut 5:12-15"; "Jer 17:21-22", "Neh 13:15-16". *The Holy Bible: King James Version*. Cambridge University Press, 1769.