

Sabrina Passoni

Old Testament BIB102

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Extra Credit Question #5

The Holy Day

If you could have one day out of the week where you took a pause on the outside world and forgot about your worries, your to-do list, and what others expect from you so that you can rest your mind, your spirit, and your heart, would you do that? I believe that many people from any position in life would say yes. Why would someone not want a day where they can have complete rest? God has commanded us to take a day to relax, that is good news! Our well-being requires time to process, and our bodies need a break. Not only that, but humans tend to forget easily, and we forget to worship the very God who created us in His image.

God gave the Sabbath because it implies that God worked for six days and rested on the seventh. Therefore, we should also rest on the seventh day. God made the seventh day holy. In Deuteronomy, it says that we should rest to honor God. Once the people from Israel were slaves in Egypt, so they were not allowed rest. But God saved them from Egypt, so now they can rest. According to Exodus, it is specifically forbidden to do any work. Even your sons and daughters or animals or any residing in the town should do work. Compared to Numbers, it gives an example of what happened when they found someone doing work on the Sabbath. The man was stoned to death because he was doing work, and God had commanded Moses to do so. Compared to Jeremiah, it is a warning to not “carry a load”. This relates to the passage in Numbers, describing the consequences of doing so. In Nehemiah, it expresses that there were people who did not practice the Sabbath. You can see that they were trading and selling in Jerusalem.

I think the command to obey the Sabbath is still valid today. God wants his people to learn how to rest, and to have one day out of 7 days where it is declared a holy day, or a holy rest. When you do not work, you have spare time to think and sit in quiet and stillness. This opens up an opportunity to get rid of your distractions and routines and listen to God. However, I do not agree that there should be consequences or punishments if this is not practiced. Those that follow God should practice the Sabbath, learning how to rest and give God glory in this time of rest. It is common now to never stop working, and learning how to give uninterrupted time is a good lesson for us Christians.

I believe the Sabbath is Sunday. I believe that Sunday is Sabbath because of the custom of having Church service on Sundays. Also, Monday is usually the first day when people begin to work. However, the Sabbath can be different according to the different cultures and places

around the world where work days and hours are different than here in the United States. The logistics of practicing a Sabbath outweighs the argument of what day it should be. Many times my Sabbath is on a Tuesday, because I do not have any classes and I am off of work. Therefore I have the choice of staying home and to rest.

The Sabbath is our holy day for the Lord. The sabbath is not a day to sleep all day, or to be distracted by anything else. The Sabbath to be made holy should contain uninterrupted time with the Lord. Spent by studying the Scriptures, worshiping and praying. If someone cannot give their entire day due to circumstances, their Sabbath will be a few hours given to the Lord. Christians need to participate in the Sabbath not only for reverence to the Lord, but to also help ourselves. The Sabbath will also be beneficial for our own life as well.