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Understanding the Sabbath

According to Exodus 20:8-11, God gave people the Sabbath because the day is holy and should be the day that people rested (Bible). He created the heavens and Earth for six days and rested on the seventh day, a holy day. Similarly, Deuteronomy 5:12-15 cites the Sabbath as the seventh day where people should rest and engage in no work (Bible). Besides, the verse mentions God's power as he rescued the Israelites from slavery in Egypt; therefore, his command should be obeyed.

In Exodus 20:8-11, working on the Sabbath day is discouraged as it is a holy day that people should rest (Bible). Similarly, in Numbers 15:32-36, work is forbidden on the Sabbath day and as a consequence, the man found gathering wood on the Sabbath day was stoned to death for violating God's command (Bible). Jeremiah 17:21-22 also forbids working on the Sabbath since God asked people not to work but keep the Sabbath day holy (Bible). Similarly, Nehemiah 13:15-16 indicates that the Sabbath is a holy day and no work should be done (Bible). That is the reason why Nehemiah warned those in Judah against selling food on that day.

From a Christian point of view, the command to obey the Sabbath is valid because they do not work on Sunday and go to Church to glorify and praise God. Nevertheless, many people still work on Sundays because the world is a capitalistic society. Therefore, for them obeying

God's command about the Sabbath is not valid. I am a Christian and I observe Sunday as the Sabbath day. This is because we consider Sunday the seventh day, which we honor as a holy day for rest.

Work Cited

Bible, Holy. "The New King James Version." Nashville: Thomas Nelson Publishers (1982)