

Sephora, Exana

Student ID: 118169

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The Sabbath is the day of the week that God give to stay in worship and give glory to God. Some people think the Sabbath is only the day God gives to rest without knowing it's a sacred day because each seventh day, after the creation of the world .God took the seventh day dedicated to rest and prayer that is why God given the Sabbath, it is not a necessary day to rest from our activities, but to worship God and stay connected with him.

In Exod 20:8-11 and Deut 5:12-15 there are big differences between these two passages in exodus "observe the Sabbath ". We can see the Importance of diligent. The both passages refer the nature of the Sabbath. "Remember the Sabbath day by keeping it holy. However in Deuteronomy is more accentuate in observation. "Observe the Sabbath day by keeping it holy, as the Lord has commanded you". In Exodus the Sabbath day was considered as the day of resting and also a holy day. In Deuteronomy those people are just obey the commandment of the Lord by respecting the day of Sabbath to rest without worship, they just observe the Sabbath. In Israel they keep the Sabbath day not enjoyed at the end of the day but to stay close with God, to be a Kingdom of priest and a holy nation. In Deuteronomy we can see the people keep the Sabbath day just to remember their enslavement in Egypt to feel they are not a slave anymore, they are a free people.

In exodus 20: 8-11 it was forbidden to work the seventh day considered as the Sabbath day , children , son , daughter , male and female servant , animals and so on , they are not authorized to do any work in the Sabbath day because is a holy day. In Jer17:21-22 we can see the same commandment is respected in exodus they keep the day of Sabbath they can enter in at the gates of Jerusalem on the Sabbath day, no burden in the Sabbath day even in their houses and not doing any work.

In Neh 13:15-16 we can see in the Sabbath day people sold their fish; they do not respect the commandment of the Lord "the merchants in sellers of all kind of ware lodged without Jerusalem once or twice." However they should no burden is brought in on the Sabbath day. All of these passages talk about the nature of Sabbath day but in Nehemiah it was different because they broke the rules by selling thing.

Nowadays people obey the Sabbath day by choice, not everyone rest in the seventh day. However some people even though they never go to church they give a huge importance for the Sabbath day they rest and praise the Lord some of them do not even eat. God create the world in 6 days in the seventh day he decided to rest. Some people considered the Sunday as the seventh day that is why most of the time they go to church usually on Sunday, according to those people Sunday is the day of worship. When I was younger I was thinking like that, but by doing my own research I ended up understanding that Saturday is the seventh day and the first day of the week is Sunday. I think everyone has their own belief and we must respect the choice of others.