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BIB 102

03/29/2023

God created the world in one week and finally instituted the Sabbath. God not only rested on the seventh day but made rest an essential element of the world. The Sabbath is evidence of the fact that we were created to interact with others as well as with God. The Sabbath is mentioned from the beginning of Israel's founding and appeared as one of the Ten Commandments in God's plan for the people. We need to understand the essential role the Sabbath is designed to play in the world and our lives as a symbol of God's grace and care.

As Jesus said, the seventh-day Sabbath was instituted for man. If we truly remember the Sabbath, it will change us every day and, like Jesus' example, can be a means of blessing others. The earliest record of the Sabbath is in Genesis 2:1-3. "The heavens and the earth and all things were finished. When the seventh day came, the work God had made was finished, and on the seventh day, he rested because the work he had made was finished. For he rested on this day, having finished all his work." At this time, there was no explicit commandment to keep the Sabbath for humans yet, and it is a record that God rested. However, it is said that he blessed the seventh day and made it holy. God set aside one day out of the week as the Sabbath and instituted it.

The meaning of the Sabbath can be interpreted in several ways. Although God rested, it did not mean that he completely gave up and rested from all his work. Therefore, Sabbath doesn't mean that we take our hands off everything and stay still unconditionally. Even on Sundays, we must do what is done in the church to keep our daily work Sundays.

Creation is what human beings have been given life by God. Therefore, commemorating and giving thanks to creation on the Sabbath means not only giving thanks to the grace of God, who is the source of life and the ability to maintain and preserve it but also means that we must cultivate a healthy and beautiful life that is allowed to us.

What should not be done on the Sabbath should be compared with what was done during the six days. It means that we must not do the work that provided our daily bread through our job for six days. There are 39 rules to be observed on the Sabbath. i.e., prohibited actions. The Sabbath regulations forbade cutting ears as well as rubbing them, so the Pharisees saw this as a 'sin of harvesting ears of wheat' by the disciples on the Sabbath.

When God first instituted the Sabbath, the very meaning of its holiness is clearly shown. "He blessed the seventh day and made it holy" (Genesis 2:3). It means that the seventh day was completely different from the other six days. It is a separate day.

On Sundays, we can go to a wholesome, fun movie with our family for the first time in a long time, even if it's not necessarily sacred. If we have a clear awareness that you will make our home into a community that serves the Lord with love. Also, those who have been busy working

all week have to go shopping on Sundays and do overdue housework. All we must do is thank God that the life of the past week and the leisure to go shopping are all God's grace.

We must set aside the Lord's Day and devote it completely to God, but not in a formal appearance. All thanks, worship, and praise a believer can give must be directed only to God. As time goes by, the right perception of Sunday is decreasing. It would be a reaction against what the church emphasized as too religious a commandment. It may also be because we have focused on the realistic Sabbath, in other words, that the Lord's Day is just a day of physical rest, repentance of sins, and blessings by praying to God.

In conclusion, Sunday is Jesus' day. It is the day of the victory of the resurrection of the cross. It is the day when the will of God, who created all things, is fulfilled in Jesus. It must be kept holy. We must set aside a day completely to spend with Jesus. This is because there is no true rest for believers outside of Jesus Christ.

Work cited.

“New International Version (NIV) - Version Information - BibleGateway.com.” *Bible Gateway*, <https://www.biblegateway.com/versions/New-International-Version-NIV-Bible/>.