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The Resting Day

The Sabbath is emphasized in the Old Testament as one of the Ten Commandments (Exodus 20:8–11), and it is a day of relaxation from work as well as a time to concentrate on worship and spiritual refreshment. The Sabbath served as a reminder of God's deliverance of his people from slavery in Egypt and as a symbol of their covenant with him (Exodus 31:16–17). (Deuteronomy 5:15). God gave the Israelites the Sabbath in Numbers 15:32–36 to serve as a reminder of their covenant with Him and a day of rest from work. The chapter tells the tale of a man who ignored God's order to keep the Sabbath pure by collecting wood on that day. In Jeremiah 17:21-22, God gave the Sabbath commandment to the Israelites as a way to rest and honor Him. The Sabbath was intended as a day of rest from labor and a time to focus on God's word and worship. God gave His people the instruction to observe and revere the Sabbath day in Deuteronomy 5:12–15. After creating the world, God rested on the seventh day, which He then blessed and sanctified. (Genesis 2:2-3). We recognize God's omnipotence and commemorate His creative power by keeping the Sabbath.

God intended for His people to use the Sabbath, which was a day of rest, as a chance to refuel physically, emotionally, and spiritually. It was a day to prioritize church, community, and family by putting aside work and other distractions.

God's people showed their confidence and trust in Him by taking the day off from work and believing that He would meet their necessities. On the Sabbath, this was a way for them to realize that God, and not their own efforts, was ultimately responsible for their success and well-being. According to exodus 20:18-11, the main thing that is forbidden on the sabbath day is labor. The Bible states “Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord you God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates.” No, I do not think the command to obey the sabbath is still valid today because it is not something that we have to do I feel as if it is a choice and something we can enjoy. I believe the sabbath day is Saturday. I believe this because in the Bible God finished all his work and rested on the seventh day which is claimed to be Saturday.