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### Extra Credit Assignment

The Sabbath is a central concept in the Old Testament and plays an important role in Jewish tradition. It is considered a day of rest and worship and is observed from sunset on Friday until nightfall on Saturday. In this paper, it is examined why God instituted the Sabbath, what activities are forbidden on the Sabbath according to Exodus 20:8-11, and how this compares to other passages in the Old Testament. In addition, the paper examines whether the commandment to keep the Sabbath is still valid today and what day the Sabbath is.

In Exodus 20:8-11, God gives the commandment to observe the Sabbath, stating that on the seventh day of the week, people should rest and not do any work. The passage goes on to explain that God himself rested on the seventh day after creating the world, thus setting an example for humanity. The purpose of the Sabbath, as outlined in this passage, is to remember and honor God's creation, as well as to provide a day of rest and refreshment for people. The activities forbidden on the Sabbath, as outlined in Exodus 20:8-11, include work-related tasks such as plowing, harvesting, and carrying heavy loads. The idea is that people should refrain from activities that require physical labor or that would detract from the spirit of rest and worship on the Sabbath.

Deuteronomy 5:12-15, another passage on the Sabbath, provides a different reason for its observance. In this passage, the Sabbath is tied to the concept of liberation from slavery in

Egypt. It states that because God had delivered the Israelites from bondage, they should observe the Sabbath as a day of freedom and rest.

The passages in Numbers 15:32-36, Jeremiah 17:21-22, and Nehemiah 13:15-16 provide additional guidance on what is forbidden on the Sabbath. In Numbers, a man is stoned to death for gathering wood on the Sabbath, while in Jeremiah, people are warned not to carry burdens or do work on the Sabbath. In Nehemiah, merchants are admonished for selling goods on the Sabbath. These passages all reinforce the idea that the Sabbath is a day of rest and worship and that people should refrain from any activities that detract from these purposes. While the specific prohibitions listed in these passages may not be relevant to modern life, the underlying principle of observing the Sabbath as a day of rest and worship is still applicable today. Whether the command to observe the Sabbath is still valid today is a subject of debate among religious scholars. Some argue that the Sabbath was a specific commandment given to the Israelites and is not binding on Christians or others who do not follow Jewish law. Others believe that the Sabbath is a universal principle that applies to all people and should still be observed today.

In my view, while the specific rules regarding the Sabbath may not be as relevant today, the underlying principle of taking a day of rest and worship is still valuable. In today's fast-paced, work-oriented culture, taking a day to rest and focus on spiritual matters can be beneficial for mental and physical health. Finally, the question of what day is the Sabbath is also a subject of debate. The Jewish Sabbath is observed from sundown on Friday until nightfall on Saturday, while many Christian denominations observe Sunday as the Sabbath. The difference in observance is due to the fact that Christians believe that Jesus rose from the dead on Sunday, and thus it became the day of worship.

In summary, the Sabbath is an important concept in the Old Testament and provides people with a day of rest and worship. God gave the Sabbath to commemorate and honor His creation and to give people a day of rest. The activities forbidden on the Sabbath are meant to maintain a spirit of rest and worship, and although the specific prohibitions listed in the Old Testament may not be as relevant today, the underlying principle of taking a day of rest and focusing on spiritual things is still valuable. The commandment to observe the Sabbath is still controversial among religious scholars, but regardless of one's religious affiliation, the idea of taking a day of rest and reflection can have significant mental and physical health benefits.