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Sabbath Day

The Sabbath is controversial, and some people are still troubled about the day they should stop working and rest. The book of Genesis mentions that God rests on the seventh day after six days of work. Furthermore, in the following book of the Bible, after God saved the Israelites from slavery at the hand of Pharaoh, he made covenants with his people. He created the Ten Commandments to establish orders among them. The Ten Commandments are special laws that link us to God, and if we break one, God will be disappointed. Some passages in the Bible emphasize the commandment related to the Sabbath; we can look at Exodus 20:8-11, 35:2-3; Numbers 15:32-36; Deuteronomy 5:12-15; Nehemiah 13:15-16, and Jeremiah 17:21-22, to be familiar with this commandment and the consequence that come from not respecting it.

Every Christian who takes time to read the Bible will realize how in each book, author took the fourth commandment as one of the most sacred commandments. God had worked six days to create "the heavens and the earth, the sea, and all that is in them" Exod 20:11 and took the seventh day as a rewarding day to rest from all these works. The Sabbath is a blessing for everyone who works all week and needs peace and comfort. In Deuteronomy 5:12-15, the author tells us to consider the day of the Lord our God as a day of relaxation because God had saved the

Israelites from the Egyptians' hand; therefore, we shall preserve the Sabbath holiness. Compared to these passages in Deuteronomy, in Exodus 20:8-11 the author reminds us to do no work on the Sabbath because God "blessed the Sabbath day and hallowed it" Exod 20:11; therefore, we shall be grateful for this blessed day. And then, in Exodus 35:2-3, he recalls the people of Israel about the interdiction of work on the Sabbath to prevent them from being put to death because they did not obey God's words.

God bans work on the seventh day and calls it the Sabbath, which means that all labor-related activities should cease. There is a forbidden word and action that is not legal on the Sabbath; in Exodus 20:10, the writer mentions that everyone, children, servants, enslaved people, animals, and foreigners, should not use their rest times to do any work. Forbidden work on the seventh day is for a reason and was proved in Numbers 15:32-36 when the children brought the man who was working on this special day to Moses and Aaron. This action from this Israeli was an insult in the eyes of God, so he commanded Moses to execute him for his guilt. Nehemiah also witnesses people in Jerusalem and Judah committing this illegal activity that God expressly forbid on the Sabbath. Nehemiah said that he saw people selling all sorts of goods "on the Sabbath to the children of Judah, and in Jerusalem" Neh 13:15-16. Furthermore, in another book of the Old Testament, they reformulate the fourth commandment to help people to remember the holy day; in Jeremiah 17: 21-22, the messenger says that people should have no burden on the seventh day for it is the law and we shall respect it and hallow this day.

Since the centuries before Jesus Christ, God's people had difficulty following the book and the laws God had given them to protect them. People begin to forget about those commands because they think they solve their problems without the involvement of God. Once we learn about good and evil, we act like we know everything and can navigate the world without God's

presence. However, we should not forget that God is the creator of the world that we are destroying with our actions; in our textbook, they mention that after the completion of the creation of the world, God takes a rest, so as his children, we shall follow his rules and do as he says. According to the textbook, The Sabbath day is an escape day from “the bondage of excessive work, self-sufficiency, and materialism” (Varughese, Branson and Edlin 66), so even when we are doing whatever we want, this command is still valid today like any other commands of God.

The days of rest (Saturday/Sunday) are the days that compose the weekend; there is no work, school is over for that week, and we have two days to enjoy time with family and friends. However, nowadays, people do not care that it is Saturday or Sunday; if we have to work, we shall work. So, it is a tricky question to answer when we know that people work every day of every week of every year; even when it is a holiday, they are working. However, if it is in rapport with our religions, in that case, many people consider the Sabbath to be on Saturday, even when most say Sunday is the day of rest, which is confusing but understandable. Many students take Monday as the first day of the week, so Saturday is the sixth day, in which they still participate in a class or go on campus to get work done, which means the Sabbath is on Sunday if we follow the scriptures. Moreover, the Adventists know Saturday as the Sabbath day because on this day, they do not work, do not buy goods from others, or sell anything; they keep it holy.

In summary, choosing Saturday or Sunday as the Sabbath day is not the matter; what matters is that we take it in heart and follow God’s command. The Sabbath is about resting and not laboring or making anyone else labor for us because God has made it a sacred day that we should respect and not disturb others’ peace.

Work Cited

Varughese, Alex, et al. *Discovering the Old Testament: Story and Faith*. Ed. Alex Varughese. Kansas: Beacon Hill Press, 2003.