

Adrian Rapier

Professor David Emanuel

BIB102: Old Testament:OB

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Sabbath: the Day of Rest

The day of Sabbath is a product of old Jewish culture. It was a day strictly of rest and worship. It would traditionally start on modern day Friday night and it would end on Sunday night at sundown. It is considered a holy day and while a lot of religions have adopted at least a form of the Sabbath day, it is strictly observed even to this day by Jews living all over the world. It can also refer to any day of rest that could translate to a number of different religions and practices around the entire world.

There are a number of rules that strictly following the day of Sabbath would imply that one is following. Exodus chapter 20 gives a good point of reference as to what is forbidden. "Remember the Sabbath Day by keeping it holy. Six days you shall labor and do all your work but the seventh day is a sabbath to the Lord your God. on it you shall not do any work, neither you, nor your son or daughter nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.". This set of scriptures makes it very clear that for each house, there is to be no work done at all. This applies to not only the family members, but also to every servant or animal that is associated with the house. Even guests that are not a part of the religion.

This includes anything, ranging from actual work, all the way to something as simple as cooking a small meal.

In early christian traditions, the Sabbath day was on Saturday. After the resurrection, most believe that it was then shifted to Sunday. In most religions or denominations across the world, sunday is now just considered as 'the Lord's day', and is recognized as a day of rest and worship. Most families after church will abstain from most work activities and rest. It obviously is not as strict traditional Sabbath days were. Day to day things like cooking are still allowed.

I do not believe that the Sabbath day is necessary for salvation, or that we will be struck dead spiritually if we do not adhere to the rules of the Sabbath exactly like they did in the Old Testament. While I do not think it is necessary, I do believe that it is good to still recognize it is God's day. Taking a day to rest, worship, reflect on where we are with our walk with our walk with God, and fellowship with other like minded believers is essential. It is not only a sign of respect to God, but it also will help us feel better direction with the steps that we take daily as we progress in our relationship with God. Taking a rest day will help in every other area of our life outside church, which is one way that we can set an example to the rest of the world. Whether we uphold to the Sabbath day, which was traditionally on a Saturday, or to the modern day version that we typically practice, which is on a Sunday, it is important that we take a day for God and continue to walk in the path that he has for us.