

that over 100 languages still use that word for the 7th day of the week. These are some: Arabic—*as-Sabt*; Indonesian—*Sabtu*; Russian—*Subota*; Somali—*Sabti*; Czech—*Sabota*; Greek—*savvato*; French—*Samedi* (day of the Sabbath); Italian—*Sabato*; Spanish & Portuguese—*Sabado*.

The people of Israel (where Jesus was born) were very careful to keep clear in their minds, and on the calendars, which day was the Sabbath. Jesus made it even clearer how God wanted us to keep the Sabbath.

Jesus kept the Sabbath. He stopped work from sunset to sunset. He went to the synagogue (church).

10. HAS THE CALENDAR CHANGED?

There's only been one calendar change since the time when Jesus was on the earth.

The calendar some countries used didn't fit the seasons so they added 10 days. When they did, the days of the week stayed in the same order. The day after THURSDAY, October 4, 1582 was FRIDAY, October 15, 1582. Other countries started using this new calendar, and most countries use it today.

We can have confidence that Saturday is the seventh day. God made it holy, and He protected it from being lost.

11. THE SABBATH ON A ROUND WORLD

The Sabbath is the 7th day of the week.

Wherever you are in the world it begins when the sun goes down on Friday and it ends when the sun goes down on Saturday.

12. WHY CAN'T WE JUST KEEP ANY DAY HOLY?

We pray and read our Bibles every day, but only God can make a day sacred, holy, and a special blessing. If God said the 7th day was sacred and a day of rest for us to enjoy time with Him, it DOES matter.

Sunday is the 1st day of the week. It isn't the day God made holy. Friday, Wednesday, or any other day, is not the one day God made sacred.

WHAT SHOULD WE DO NOW?

God gave the seventh day for us to rest and to enjoy worshipping Him with family and friends. He hasn't changed it. Everyone who wants to know God and have His peace is invited to enjoy the Sabbath. Jesus said, *"If you are tired from carrying heavy burdens [troubles, guilt], come to Me and I will give you rest"* (Matthew 11:28 CEV).

Happy Sabbath!

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INSIGHT

Sabbath

Peace in Our Time



IN SIMPLE ENGLISH

1. SABBATH PEACE IN OUR TIME

Everyone is searching for peace. Religions everywhere seek the path to peace. Is peace out there? The short answer is, yes!

Jesus has offered us peace. *“Peace I leave with you, My peace I give to you”* (**John 14:27**).

Sadly, most people find their lives too busy. They don’t have time to stop and experience God’s peace.

2. GOD’S ANSWER

When God created this world back in the beginning He made everything beautiful. At the end of Creation week God made a full day to be with His people in a special, restful way. That was to continue every week.

He marked the day clearly. He made it special [sacred]. He called it the Sabbath, which means ‘rest’. *“By the seventh day God had finished his work, and so He rested. God blessed the seventh day and made it special [sacred]”* (**Genesis 2:2-3 CEV**). It was holy time with a special blessing in it.

The best gift for the first humans was spending that 7th day with their Creator. It was a day of wonderful, deep peace and joy.

3. SABBATH PEACE IS IN GOD’S 10 LAWS

Later, when God gave the Ten Commandments [Laws], He included this special, sacred day.

God knew that people would get busy and forget Him so He said no ordinary work should be done on that day. *“You have six days when you can do your work, but the seventh day... belongs to me,... no-one is to work”* (**Exodus 20:9-10 CEV**).

He knew how people would have to work long days to care for their families. To protect us, God says, spend the seventh day with Me. Enjoy rest, peace and time together, and I will bless you.

4. JESUS’ KEPT IT

God’s Son, Jesus, took time helping people understand how important that special day was. When He lived on this earth, He always closed His carpenter’s shop on Sabbath to spend time with God and enjoy His peace (see **Luke 4:16**).

On Sabbath He worshipped at the synagogue (church) wherever He was, or in the temple in Jerusalem—the main city in His country. He prayed, read from the Word of God, listened to God’s Word, healed sick people, and talked a lot with His family and friends about God.

BUT, religious leaders had made all sorts of rules that GOD hadn’t made about His Sabbath. They didn’t see the real reason for it.

Jesus made it clear. He said, *“The Sabbath was made for man [people]”* (**Mark 2:27**). It is God’s gift to us. It’s a day to get to know God better and worship Him as our Creator.

Jesus said that He *“is also Lord of the Sabbath”* (**Mark 2:28**). The Sabbath is the Lord’s day.

5. WHAT DAY IS THE SABBATH?

God put a wonderful blessing in the Sabbath day. We need to know which day it is.

It may be a surprise to learn that the Sabbath is the 7th day of the week, or our Saturday (see **Luke 23:54-56 & 24:1**).

Friday = 6th day (Crucifixion Day).

Sabbath = 7th Day (see Ten Commandments).

Sunday = 1st Day (Resurrection Day).

GOD chose the day. He made it holy. He included it in the Ten Commandments. He showed us how to enjoy being with Him. He loves us and wants to be with us!

6. THE SABBATH IS A SYMBOL OF SALVATION

God knew the power of a symbolic act. He used the Sabbath as a symbol of salvation. *“There remains therefore a rest for the people of God”* (**Hebrews 4:9**). The Sabbath is a weekly reminder that, if we trust in Jesus, we can rest from our own efforts to earn God’s acceptance.

7. WHAT ARE THE BENEFITS OF THE SABBATH?

1. Enjoying the peace of being with God (see **John 14:21**).

2. Worshipping God joyfully (see **Luke 4:16, Acts 17:1-2 & Acts 18:4**).

3. Enjoying time with family and friends (see **Matthew 12:1**).

4. Having healthful rest from work (see **Exodus 20:8-11**).

5. Learning about God’s beautiful Creation (see **Genesis 2:2-3**).

6. Knowing God’s healing touch (see **Isaiah 58:8,13-14**).

7. Preparing to be with God in eternity (forever) (see **Isaiah 66:23**).

8. THE SABBATH IN THE NEW EARTH

Point 7 is important. The Bible clearly says we’ll be enjoying the Sabbath FOREVER. *“Just as the new heavens and the new earth that I create will last forever... on each Sabbath, everyone will worship me”* (**Isaiah 66:22-23 CEV**).

9. HAVE THE DAYS OF THE WEEK BEEN CHANGED?

Many people groups have always had calendars. God knew the need for measuring time. He made the sun, moon and stars to do that. *“Let them be for signs and seasons, and for days and years”* (**Genesis 1:14**).

There have always been true people of God who kept the Sabbath. It was important to them to write the numbers in the right places on calendars.

The Sabbath was known so well around the world