



**SABBATH DAY**  
**By**  
**HAROLD HARSTVEDT**

# WHAT DID GOD DO ON THE SEVENTH DAY?

**SABBATH - intermission, specifically the Sabbath  
- cease, celebrate, keep Sabbath**

## **GENESIS 2:3**

**3 God blessed the seventh day and sanctified it,  
because in it He rested from all His work which God had  
created and made. (NKJ)**

# WHAT DID ISRAEL DO ON THE SABBATH?

## EXODUS 16:23

23 ....**Tomorrow is a Sabbath rest, a holy Sabbath to the LORD.** Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning. (NKJ)

## EXODUS 16:26

26 Six days you shall gather it, **BUT on the seventh day, which is the Sabbath, there will be none.** (NKJ)

## EXODUS 16:29

29 **The LORD has given you the Sabbath.** Therefore He gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day.

30 So **the people rested on the seventh day.** (NKJ)

# WHO MADE THE SABBATH A HOLY DAY?

## EXODUS 20:8-11

- 8 **Remember the Sabbath day, to keep it holy.**
- 9 Six days you shall labor and do all your work,
- 10 **But the seventh day is the Sabbath of the LORD your God.** In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates.
- 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore **the LORD blessed the Sabbath day and hallowed it.** (NKJ)

# WHO SHOULD KEEP THE SABBATH?

## EXODUS 31:14

**14** **You shall keep the Sabbath. It is holy to you.**

Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people.

**15** Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the LORD. Whoever does any work on the Sabbath day, he shall surely be put to death.

**16** **The children of Israel shall keep the Sabbath,** to observe the Sabbath throughout their generations as a perpetual covenant.

**17** **It is a sign between Me and the children of Israel forever;** for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed.

(NKJ)

# WHO SHOULD KEEP THE SABBATH DAY?

## EXODUS 35:1-3

1 **Moses gathered all the congregation of the children of Israel together**, and said to them, These are the words which the LORD has commanded you to do:

2 Work shall be done for six days, but **the seventh day shall be a holy day for you, a Sabbath of rest to the LORD.** Whoever does any work on it shall be put to death.

3 You shall kindle no fire throughout your dwellings on the Sabbath day. (NKJ)

## LEVITICUS 23:3

3 Six days shall work be done, but **the seventh day is a Sabbath of solemn rest, a holy convocation.** You shall do no work on it. **It is the Sabbath of the LORD in all your dwellings.** (NKJ)

# WHAT WAS THE PENALTY FOR NOT KEEPING THE SABBATH?

## NUMBERS 15:32-36

32 While the children of Israel were in the wilderness, **they found a man gathering sticks on the Sabbath day.**

33 Those who found him gathering sticks brought him to Moses and Aaron, and to all the congregation.

34 They put him under guard, because it had not been explained what should be done to him.

35 The LORD said to Moses, **The man must surely be put to death.** All the congregation shall stone him with stones outside the camp.

36 As the LORD commanded Moses, **the congregation brought him outside the camp and stoned him with stones, and he died.** (NKJ)

# HOW SHOULD THE SABBATH BE KEPT HOLY?

## DEUTERONOMY 5:12-14

12 **Observe the Sabbath day, to keep it holy**, as the LORD your God commanded you.

13 Six days you shall labor and do all your work,

14 **BUT the seventh day is the Sabbath of the LORD your God.** In it you shall not do any work..... (NKJ)

## JEREMIAH 17:21-22

21 Thus says the LORD: Take heed to yourselves, and bear no burden on the Sabbath day, nor bring it in by the gates of Jerusalem;

22 Nor carry a burden out of your houses on the Sabbath day, nor do any work, **BUT Hallow the Sabbath day, as I commanded your fathers.** (NKJ)



# DID JESUS KEEP THE SABBATH?

MARK 2:23-28

23 **Jesus went through the grain fields on the Sabbath. As they went His disciples began to pluck the heads of grain.**

24 **The Pharisees said to Him, Look, why do they do what is not lawful on the Sabbath?**

25 **Jesus said to them, Have you never read what David did when he was in need and hungry, he and those with him:**

26 **How he went into the house of God in the days of Abiathar the high priest, and ate the showbread, which is not lawful to eat, except for the priests, and also gave some to those who were with him?**

27 **And Jesus said to them, The Sabbath was made for man, and not man for the Sabbath.**

28 **And the Son of Man is also Lord of the Sabbath.**  
(NKJ) (MATTHEW 12:1-8 LUKE 6:1-5)

# WHAT IS LAWFUL ON THE SABBATH?

## JOHN 7:22-23

22 Moses gave you circumcision (not that it is from Moses, but from the fathers), and **you circumcise a man on the Sabbath.**

23 If a **man receives circumcision on the Sabbath**, so that the law of Moses should not be broken. Why are you angry with Me **because I made a man completely well on the Sabbath?** (NKJ)

# WHAT IS LAWFUL ON THE SABBATH?

LUKE 14:3-6

3 Jesus, asked the lawyers and Pharisees, saying, **Is it lawful to heal on the Sabbath?**

4 But they kept silent. And Jesus took him and healed him and let him go.

5 Then He said to them, **Which of you, having a donkey or an ox that has fallen into a pit, will not immediately pull him out on the Sabbath day?**

6 They could not answer Him regarding these things.

(NKJ)

# WHY DID JESUS HEAL ON THE SABBATH?

## JOHN 5:7-10

7 The sick man said to Jesus, Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me.

8 Jesus said to him, **Rise, take up your bed and walk.**

9 Immediately **the man was made well, took up his bed, and walked. And that day was the Sabbath.**

10 The Jews said to him who was cured, **It is the Sabbath. It is not lawful for you to carry your bed. (NKJ)**

## JOHN 5:16

16 For this reason the Jews persecuted Jesus, and sought to kill Him, **because He had done these things on the Sabbath. (NKJ)**

# IS IT LAWFUL TO HEAL ON THE SABBATH?

## MATTHEW 12:10-13

10 Behold, there was a man who had a withered hand. And they asked Jesus, **Is it lawful to heal on the Sabbath?**-- that they might accuse Him.

11 Jesus said to them, What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out?

12 Of how much more value then is a man than a sheep? Therefore **it is lawful to do good on the Sabbath.**

13 He said to the man, Stretch out your hand. And he stretched it out, and it was restored as whole as the other.

(NKJ)

(MARK 3:1-5

LUKE 6:5-10)

# WHY DID JESUS HEAL ON THE SABBATH?

## JOHN 9:1-18

- 1 As Jesus passed by, **He saw a man who was blind from birth.**
- 2 His disciples asked Him, **Rabbi, who sinned, this man or his parents, that he was born blind?**
- 3 Jesus answered, **Neither this man nor his parents sinned, BUT that the works of God should be revealed in him.**
- 4 I must work the works of Him who sent Me while it is day; the night is coming when no one can work.
- 5 As long as I am in the world, I am the light of the world.

# WHY DID JESUS HEAL ON THE SABBATH?

## JOHN 9:1-18

6 When He had said these things, He spat on the ground and made clay with the saliva. And **He anointed the eyes of the blind man with the clay.**

7 He said to him, **Go, wash in the pool of Siloam** (which is translated, Sent). So **he went and washed, and came back seeing.**

8 The neighbors and those who previously had seen that he was blind said, **Is not this he who sat and begged?**

9 Some said, **This is he.** Others said, **He is like him.** He said, **I am he.**

10 They said to him, **How were your eyes opened?**

# WHY DID JESUS HEAL ON THE SABBATH?

## JOHN 9:1-18

11 He said, **A Man called Jesus made clay and anointed my eyes** and said to me, **Go to the pool of Siloam and wash. So I went and washed, and I received sight.**

12 They said to him, **Where is He?** He said, **I do not know.**

13 They brought him who formerly was blind to the Pharisees.

14 **Now it was a Sabbath when Jesus made the clay and opened his eyes.**

15 **The Pharisees also asked him again how he had received his sight.** He said to them, **He put clay on my eyes, and I washed, and I see.**



# WHY DID JESUS HEAL ON THE SABBATH?

## JOHN 9:1-18

16 Some of the Pharisees said, **This Man is not from God, because He does not keep the Sabbath.** Others said, **How can a man who is a sinner do such signs?** And there was a division among them.

17 They said to the blind man again, What do you say about Him because He opened your eyes? He said, **He is a prophet.**

18 But **the Jews did not believe concerning him, that he had been blind and received his sight,** until they called the parents of him who had received his sight. (NKJ)

# WHY DID JEUS HEAL ON THE SABBATH?

## LUKE 13:11-17

11 Behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up.

12 When Jesus saw her, He called her to Him and said to her, **Woman, you are loosed from your infirmity.**

13 He laid His hands on her, and **immediately she was made straight, and glorified God.**

14 But the ruler of the synagogue answered with indignation, **because Jesus had healed on the Sabbath.** And he said to the crowd, There are six days on which men ought to work; therefore **come and be healed on them, and not on the Sabbath day.**

# WHY DID JESUS HEAL ON THE SABBATH?

## LUKE 13:11-17

15 Then the Lord said, **Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it?**

16 **So ought not this woman**, being a daughter of Abraham, whom Satan has bound-- think of it-- for eighteen years, **be loosed from this bond on the Sabbath?**

17 When He said these things, **all His adversaries were put to shame**; and all the multitude rejoiced for all the glorious things that were done by Him. (NKJ)

# WHAT DAY DID JESUS DIE?

## JOHN 19:30-33

30 When Jesus had received the sour wine, **He said, It is finished!** And **bowing His head, He gave up His spirit.**

31 Because **it was the Preparation Day**, that the bodies should not remain on the cross on the Sabbath (for **that Sabbath was a high day**). The Jews asked Pilate that their legs might be broken and that they might be taken away.

32 The soldiers came and broke the legs of the first and of the other who was crucified with Him.

33 But when they came to Jesus and saw that He was already dead, they did not break His legs. (NKJ)

# WHAT DAY DID JESUS RISE FORM THE DEAD?

## MATTHEW 28:1-7

1 **After the Sabbath, as the first day of the week began to dawn,** Mary Magdalene and the other Mary came to see the tomb.

2 Behold, there was a great earthquake; for an angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat on it.

3 His countenance was like lightning, and his clothing as white as snow.

4 The guards shook for fear of him, and became like dead men.

# WHAT DAY DID JESUS RISE FROM THE DEAD?

## MATTHEW 28:1-7

5 But the angel said to the women, Do not be afraid, for I know that you seek Jesus who was crucified.

6 **He is not here; for He is risen, as He said. Come, see the place where the Lord lay.**

7 **Go quickly and tell His disciples that He is risen from the dead.** Indeed He is going before you into Galilee; there you will see Him. Behold, I have told you. (NKJ)

# WHY DID PAUL PREACH ON THE SABBATH?

## ACTS 13:14-16

14 When they departed from Perga, they came to Antioch in Pisidia, and **went into the synagogue on the Sabbath day and sat down.**

15 After the reading of the Law and the Prophets, the rulers of the synagogue sent to them, saying, **Men and brethren, if you have any word of exhortation for the people, say on.**

16 Then Paul stood up, and motioning with his hand said, Men of Israel, and you who fear God, listen: (NKJ)

# WHAT WAS READ EVERY SABBATH?

## ACTS 13:26-28

26 Men and brethren, sons of the family of Abraham, and those among you who fear God, to you the word of this salvation has been sent.

27 For those who dwell in Jerusalem, and their rulers, because they did not know Him, nor even **the voices of the Prophets which are read every Sabbath**, have fulfilled them in condemning Him.

28 And though they found no cause for death in Him, they asked Pilate that He should be put to death. (NKJ)

## ACTS 15:21

21 **Moses has** had throughout many generations **those who preach him** in every city, **being read in the synagogues every Sabbath**. (NKJ)



# WHY IS PAUL PREACH ON THE SABBATH?

## ACTS 13:42-44

42 When the Jews went out of the synagogue, **the Gentiles begged that these words might be preached to them the next Sabbath.**

43 When the congregation had broken up, many of the Jews and devout proselytes followed Paul and Barnabas, who, speaking to them, persuaded them to continue in the grace of God.

44 **On the next Sabbath almost the whole city came together to hear the word of God. (NKJ)**

# WHY IS PAUL PREACH ON THE SABBATH?

## ACTS 16:13-15

**13** On the Sabbath day we went out of the city to the riverside, where prayer was customarily made; and we sat down and spoke to the women who met there.

**14** Now a certain woman named Lydia heard us. She was a seller of purple from the city of Thyatira, who worshiped God. The Lord opened her heart to heed the things spoken by Paul.

**15** When she and her household were baptized, she begged us, saying, If you have judged me to be faithful to the Lord, come to my house and stay. She persuaded us.

(NKJ)

# WHY IS PAUL PREACHING ON THE SABBATH?

## ACTS 17:1-4

- 1 When they had passed through Amphipolis and Apollonia, they came to Thessalonica, where there was a synagogue of the Jews.
- 2 Then **Paul, as his custom was, went in to them, and for three Sabbaths reasoned with them from the Scriptures,**
- 3 Explaining and demonstrating that the Christ had to suffer and rise again from the dead, and saying, "This Jesus whom I preach to you is the Christ."
- 4 And some of them were persuaded; and a great multitude of the devout Greeks, and not a few of the leading women, joined Paul and Silas. (NKJ)

# WHY IS PAUL PREACHING ON THE SABBATH?

## ACTS 18:1-4

- 1 After these things Paul departed from Athens and went to Corinth.
- 2 And he found a certain Jew named Aquila, born in Pontus, who had recently come from Italy with his wife Priscilla (because Claudius had commanded all the Jews to depart from Rome); and he came to them.
- 3 So, because he was of the same trade, he stayed with them and worked; for by occupation they were tentmakers.
- 4 And he reasoned in the synagogue every Sabbath, and persuaded both Jews and Greeks. (NKJ)

