

## **The Biblical Sabbath** **Yirmeyah Tan, 7 January 2026**

Shalom,

I want to speak about a very important topic called "**The Biblical Sabbath**".

Let me say at the outset that I am not a seventh-day Adventist. We are a regular church, and our Statement of Faith is available on our website: [\*\*Yirmeyah Ministries\*\*](#).

I invite you to study our Statement of Faith to see that we are genuine Christians. We believe in the entire Bible from the first page of Genesis to the last page of Revelation. We are like the Berean church in the Acts of the Apostles, and we don't just accept whatever is preached from the pulpit or published as doctrine but we search the Bible very carefully to determine whether it is in accordance with the word of Yahweh. What you get on our YouTube is a tremendous amount of research that has gone into each and every video. The sermon notes that accompany every video are available to everyone free of charge and we do not ask for any donation of any kind. We simply want to bless the brethren: take our videos and our notes to study them carefully and search the scriptures for yourself. We would be happy if you give us feedback if something is not in accordance with the scriptures and we shall stand corrected. Shalom again.

For the text of today, look at **Eze 20:19-25** –

***Eze 20:19** I am the LORD your God; walk in my statutes, and keep my judgments, and do them.*

***Eze 20:20** And hallow my sabbaths; and they shall be a sign between me and you, that ye may know that I am the LORD your God.*

Right from the beginning, on the seventh day of creation, Yahweh set aside the seventh day as a day for Himself and for us. He blessed it, set it apart and declared it to be a holy day. The word 'holy' has the same meaning as the words 'set apart'. Refer to **Gen 2:2-3** –

### **I. The 7<sup>th</sup> Day Sabbath: A Day Blessed & Set Apart by YAHWEH from Creation**

***Gen 2:2** And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made.*

***Gen 2:3** And **God blessed the seventh day and sanctified it**: because that in it He had rested from all His work which God created and made.*

He blessed the seventh day and He sanctified it. The word 'sanctified' means 'holy': to set apart.

We see this repeated in the fourth commandment in **Exo 20:8-11** where the 10 commandments are listed.

### **II. The 4<sup>th</sup> Commandment: Keeping Sabbath Holy**

***Exo 20:8** Remember the sabbath day, **to keep it holy**.*

***Exo 20:9** Six days shalt thou labour, and do all thy work:*

*Exo 20:10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:*

*Exo 20:11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day and hallowed it.*

- a. We are to set the 7<sup>th</sup> Day apart for YAHWEH
- b. The 4<sup>th</sup> Commandment has the greatest number of words compared to the other nine.
- c. It is a moral commandment and not ceremonial, as falsely claimed by John MacArthur on his site, Grace to You.

It is a commandment of Yahweh to be obeyed on penalty of sin. Another very important point which a lot of people do not realize is that the seventh day is a day for us to remember our deliverance from the kingdom of darkness and bondage.

We see this in **Deu 5:15** –

### III. Sabbath: A Day to Remember Our Deliverance

*Deu 5:15 And remember that thou wast a servant in the land of Egypt, and that the LORD thy God brought thee out thence through a mighty hand and by a stretched-out arm: therefore, the LORD thy God commanded thee to keep the sabbath day.*

The same thought occurs in the letter of Paul to the **Col 1:12-13** –

*Col 1:12 Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light:*

*Col 1:13 Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:*

The Israelites were delivered out of bondage of the land of Egypt which is a symbol of our being delivered out of the kingdom of darkness into the kingdom of light.

### IV. Keeping Sabbath Holy A Sign

*Exo 31:12 And the LORD spake unto Moses, saying,*

*Exo 31:13 Speak thou also unto the children of Israel, saying, verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the LORD that doth sanctify you.*

- a. Eze 20:20 & Exo 31:17 affirm the same.
- b. The 4<sup>th</sup> Commandment is the only one spoken of as a sign.
- c. It is a reminder that we are a set-apart people, a called-out people, like the children of Israel.

The word sign has the same meaning as a seal, as a mark, as a stamp. I have a video on signs and seals unto salvation that you may want to look at.

Many people do not realize that the weekly **sabbath is actually a Feast day of Yahweh**. We see this in **Lev 23:1-5** –

#### V. The Weekly Sabbath Is A Feast Day of YAHWEH

*Lev 23:1 And the LORD spake unto Moses, saying,*

*Lev 23:2 Speak unto the children of Israel, and say unto them, **Concerning the feasts of the LORD, which ye shall proclaim to be holy convocations, even these are my feasts.***

*Lev 23:3 Six days shall work be done: but the seventh day is the sabbath of rest, an holy convocation; ye shall do no work therein: it is the sabbath of the LORD in all your dwellings.*

*Lev 23:4 These are the feasts of the LORD, even holy convocations, which ye shall proclaim in their seasons.*

*Lev 23:5 In the fourteenth day of the first month at even is the LORD'S Passover.*

- a. So many preachers teach that the weekly Sabbath is only for the Jews/Israel.
- b. All Feast Days in Lev 23 belong to YAHWEH and not Israel.
- c. All gentile Christians who walk in obedience to YAHWEH are spiritual Israel and grafted onto the Jewish stump Yeshua.

Leviticus goes on to talk about the other regular Feasts that occur throughout the year. Let me give you the relevant verses in **Gal 6:15-16** –

*Gal 6:15 For in Christ Jesus neither circumcision availeth anything, nor uncircumcision, but **a new creature.***

*Gal 6:16 And as many as walk according to this rule, peace be on them, and mercy, and upon **the Israel of God.***

*Gal 4:28 Now **we, brethren, as Isaac was, are the children of promise.***

*1Pe 2:9 But ye are **a chosen generation, a royal priesthood, an holy nation, a peculiar people;** that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:*

*1Pe 2:10 Which in time past **were not a people but are now the people of God:** which had not obtained mercy, but now have obtained mercy.*

- a. All who are a new creation and walk with Christ are Spiritual Israel.
- b. We are, like Issac, children of promise.
- c. Like the Israelites at the foot of Mount Sinai, we are a chosen people, a peculiar people.
- d. No difference between Jew & Greek.
- e. A Jew is one who inwardly qualifies because circumcision of the heart.
- f. Gentiles are grafted onto the Jewish Stump, Yeshua

Next very important point: **the weekly sabbath is for a holy assembly**. Look at **Lev 23:3** –

#### VI. The Weekly Sabbath Is For a Holy Assembly

*Lev 23:3 Six days shall work be done: but the seventh day is the sabbath of rest, **a holy convocation;** ye shall do no work therein: it is the sabbath of the LORD in all your dwellings.*

This thought is also conveyed in **Heb 10:24-25** –

**Heb 10:24** *And let us consider one another to provoke unto love and to good works:*  
**Heb 10:25** **Not forsaking the assembling of ourselves together**, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

These two sets of verses in Lev 23 and Heb 10 tell us that on the seventh day, we must come together as a holy assembly to worship Him and to share the word of Yahweh.

The next important point made by Yeshua was: the sabbath is made for man. We refer to **Mar 2:27-28** –

#### **VII. The Sabbath Is Made for Man, Not Man For the Sabbath**

**Mar 2:27** *And he said unto them, **the sabbath was made for man, and not man for the sabbath:***

**Mar 2:28** *Therefore **the Son of man is Lord also of the sabbath.***

- a. **The Sabbath was instituted by YAHWEH when He finished His Creation.**
- b. **Work before the Fall was not onerous because the earth was pristine.**
- c. **Yet YAHWEH commanded Adam to keep the Sabbath.**
- d. **He specially blessed the 7<sup>th</sup> Day.**

#### **VIII. Yeshua is Lord of the Sabbath: The “Lord’s Day”**

- a. Mark 2:28 affirms this.
- b. John, on the island of Patmos, began his vision and account of the Book of Revelation on the Sabbath “The Lord’s Day” which many theologians and churches misconstrue to be Sunday.

Yeshua said He is lord of the seventh day Sabbath, and I believe this is where John the Apostle derived the term ‘the Lord’s Day’. The 7th-day Sabbath is Yahweh’s day. Unfortunately, most theologians and churches misconstrue the Lord’s day to be Sunday which they also misconstrued to be Resurrection Day. Yeshua did not rise on Sunday but at the end of the seventh day sabbath.

The seventh day Sabbath also foreshadows the millennium. Look at **Heb 4:3-9** –

#### **IX. The 7<sup>th</sup> Day Sabbath Foreshadows the Millennial Rest**

**Heb 4:3** *For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.*

**Heb 4:4** *For he spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works.*

**Heb 4:5** *And in this place again if they shall enter into my rest.*

**Heb 4:6** *Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached **entered not in because of unbelief:***

**Heb 4:7** *Again, he limiteth a certain day, saying in David, Today, after so long a time; as it is said, Today, if ye will hear his voice, harden not your hearts.*

**Heb 4:8** *For if Jesus had given them rest, then would he not afterward have spoken of another day.*

*Heb 4:9 There remaineth therefore a rest to the people of God.*

- a. **Note: the word “rest’ in v.9 is the Greek word: G4520: sabbatismos, derived from the Hebrew word “sabaton” the Sabbath.**
- b. **Unbelief will prevent many from entering the Millennial Rest just as the Israelites over the age of 20 could not enter into the Promised Land [except Joshua & Caleb].**

How then does Yahweh expect us to observe the weekly seventh?

Look at **Lev 23:32** –

#### **X. How To Observe The Sabbath?**

- a. **Keep it holy: a set-apart day**
- b. **Evening to evening**

**Lev 23:32** *It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath.*

**Mar 1:32** *And at even, when the sun did set, they brought unto him all that were diseased, and them that were possessed with devils.*

The biblical day begins from evening to evening: from sundown to sundown as Lev 23:32 affirms this. **Sundown Friday to sundown Saturday.**

- c. **No work at home or for pay**

**Exo 20:9** *Six days shalt thou labour, and do all thy work:*

**Exo 20:10** *But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:*

- d. **Please note that, for the annual Feast Days like Passover and so on, the stipulation is no “servile work” except for the Feast of Atonement, which, like the weekly Sabbath, does not allow for work of any kind.**

**Lev 23:28** *And ye shall do no work in that same day: for it is a day of atonement, to make an atonement for you before the LORD your God.*

The next important point is: no trading on the same day, no shopping, no buying, no selling no going to the marketplace to buy your fish, meat or food to eat. We find this in **Neh 13:15-17** –

#### **XI. No Trading on Sabbath**

**Neh 13:15** *In those days saw I in Judah some treading wine presses on the sabbath, and bringing in sheaves, and lading asses; as also wine, grapes, and figs, and all manner of burdens, which they brought into Jerusalem on the sabbath day: and I testified against them in the day wherein they sold victuals.*

*Neh 13:16 There dwelt men of Tyre also therein, which brought fish, and all manner of ware, and sold on the sabbath unto the children of Judah, and in Jerusalem.*

*Neh 13:17 Then I contended with the nobles of Judah, and said unto them, **what evil thing is this that ye do, and profane the sabbath day?***

**Note:** you cannot go out to buy things nor eat at a restaurant/hawker center.

## **XII. Daily Paid Workers & Taxi Drivers**

**YAHWEH will provide in 6 days what you need for 7 days or more:**

*Exo 16:22 And it came to pass, that **on the sixth day they gathered twice as much bread**, two omers for one man: and all the rulers of the congregation came and told Moses.*

If you are a daily paid worker, like a taxi driver, please take heed to the word of Father Yahweh. You are not allowed to work on the sabbath day and you are to trust Yahweh to enable you to earn enough over six days to tide you over the seventh day. The next important point is: no entertainment or pleasure-seeking on the sabbath. We find this in **Isa 58:13-14** -

## **XIII. No Entertainment or Pleasure Seeking on Sabbath**

*Isa 58:13 If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and **call the sabbath a delight**, the holy of the LORD, honourable; and shalt honour him, **not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:***

*Isa 58:14 Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.*

- a. **A day to delight in YAHWEH**
- b. **No pursuit of hobbies, games**
- c. **No entertainment, e.g., TV shows other than news**
- d. **No gossiping, sharing jokes, stories apart from Biblical ones**

There is a death penalty for individuals who break the sabbath. We see this in **Exo 35:2-3** -

## **XIV. Penalty For Individuals Breaking the Sabbath**

*Exo 35:2 Six days shall work be done, but on the seventh day there shall be to you a holy day, a sabbath of rest to the LORD: **whosoever doeth work therein shall be put to death.***

*Exo 35:3 **Ye shall kindle no fire throughout your habitations upon the sabbath day.***

Look again at the incident recorded for us in **Num 15:32-36** -

*Num15:32 And while the children of Israel were in the wilderness, **they found a man that gathered sticks upon the sabbath day.***

*Num15:33 And they that found him gathering sticks brought him unto Moses and Aaron, and unto all the congregation.*

*Num15:34 And they put him in ward, because it was not declared what should be done to him.*

*Num15:35 And the LORD said unto Moses, the man shall be surely put to death: all the congregation shall stone him with stones without the camp.*

**Num15:36 And all the congregation brought him without the camp, and stoned him with stones, and he died as the LORD commanded Moses.**

- a. The death penalty underlines the severity of breaking the Sabbath.
- b. “no kindling of fire in all your habitations” applied to every household, not merely commercial or industrial furnaces, as some Bible commentators believe. Traditional ways of kindling a fire were laborious: kindling material had to be obtained and using flint stones or wood rubbing to produce sparks.
- c. The prohibition of kindling a fire on Sabbath is also in line with forbidding cooking, boiling or baking on Sabbath.
- d. Turning on light switches, pressing lift buttons and using the Microwave to warm food should be ok.

There was terrible penalty for the nation of Israel for breaking the sabbath. Let's look at **Eze 20:21-24** –

### **XV. Penalty For a Nation Breaking the Sabbath**

***Eze 20:21*** *Notwithstanding the children rebelled against me: they walked not in my statutes, neither kept my judgments to do them, which if a man do he shall even live in them; **they polluted my sabbaths**: then I said, I would pour out my fury upon them, to accomplish my anger against them in the wilderness.*

***Eze 20:22*** *Nevertheless I withdrew mine hand, and wrought for my name's sake, that it should not be polluted in the sight of the heathen, in whose sight I brought them forth.*

***Eze 20:23*** *I lifted up mine hand unto them also in the wilderness, that I would scatter them among the heathen, and disperse them through the countries:*

***Eze 20:24*** *Because they had not executed my judgments, but had despised my statutes, and had polluted my sabbaths, and their eyes were after their fathers' idols.*

***2Ch 36:20*** *And them that had escaped from the sword carried he away to Babylon; where they were servants to him and his sons until the reign of the kingdom of Persia:*

***2Ch 36:21*** *To fulfil the word of the LORD by the mouth of Jeremiah, **until the land had enjoyed her sabbaths: for as long as she lay desolate she kept sabbath, to fulfil threescore and ten years.***

- a. Every 7<sup>th</sup> year is a Sabbath year in which the land, itself, must be given “rest” (i.e., with no crops being planted);
- b. Every 50<sup>th</sup> year is a Jubilee year when the land must be given “rest” in it as well.
- c. If the Israelites did not allow the land to rest, then they would be taken into captivity so that the land could rest during that captivity.
- d. The Israelites were in captivity in Babylon for 70 years – to make up for the 70 Sabbath years that they failed to observe.
- e. Note that, since being reborn as a nation in 1948, Israel has not observed the 7<sup>th</sup> year rest for the land. It will go into captivity soon.

Finally, there are exceptions that Yeshua showed us about what we can do on the Sabbath so we are allowed to do good deeds on the sabbath. Refer to **Mat 12:9-13** –

## **XVI. Doing Good Deeds on Sabbath**

**Mat 12:9** *And when he was departed thence, he went into their synagogue:*

**Mat 12:10** *And, behold, there was a man which had his hand withered. And they asked him, saying, **is it lawful to heal on the sabbath days**? that they might accuse him.*

**Mat 12:11** *And he said unto them, what man shall there be among you, that shall have one sheep, and if it fall into a pit on the sabbath day, will he not lay hold on it, and lift it out?*

**Mat 12:12** *How much then is a man better than a sheep? Wherefore it is lawful to do well on the sabbath days.*

**Mat 12:13** *Then saith he to the man, Stretch forth thine hand. And he stretched it forth; and it was restored whole, like as the other.*

- a. We can look after the sick on Sabbath.**
- b. We can help people in emergencies.**

Shalom.