



100 FACTS ON THE SABBATH QUESTION

Why keep the Sabbath day? — When was it made, who made it, and for whom?
Which day is the true Sabbath? — Why many keep the first day of the week, Sunday?

Sixty Bible Facts Concerning the Seventh Day:

1. After working the first six days of the week in creating this earth, the great God rested on the seventh day. [Genesis 2:1-3](#)
2. This stamped that day as God's rest day, or Sabbath day, as Sabbath day means rest day. To illustrate: When a person is born on a certain day, that day thus becomes his birthday. So when God rested upon the seventh day, that day became His rest, or Sabbath day.
3. Therefore the seventh day must always be God's Sabbath day. Can you change your birthday from the day on which you were born to one on which you were not born? No. Neither can you change God's rest day to a day on which He did not rest. Hence the seventh day is still God's Sabbath day.
4. The Creator blessed the seventh day. [Genesis 2:3](#)
5. He sanctified the seventh day. [Exodus 20:11](#)
6. He made it the Sabbath day in the Garden of Eden. [Genesis 2:1-3](#)
7. It was made before the fall; hence it is not a type, for types were not introduced till after the fall.
8. Jesus says it was made for man [Mark 2:27](#); that is, for the race, as the word man is here unlimited; hence, for the Gentile as well as for the Jews.
9. It is a memorial of creation. [Exodus 20:11](#); [31:17](#). Every time we rest upon the seventh day, as God did at creation, we commemorate the grand event.
10. It was given to Adam, the head of the human race. [Mark 2:27](#); [Genesis 2:1-3](#).
11. Hence through him, as our representative, to all nations. [Acts 17:26](#).
12. It is not a Jewish institution, for it was made 2,300 years before ever there was a Jew.
13. The Bible never calls it the Jewish Sabbath but always "the Sabbath of the Lord thy God." Men should be cautious how they stigmatize God's holy rest day.
14. Evident reference is made to the Sabbath all through the patriarchal age. [Genesis 2:1-3](#); [8:10](#), [12](#); [29:27-28](#).
15. It was a part of God's law before mountain Sinai. [Exodus 16:4](#), [27-29](#)
16. Then God placed it in the heart of His moral law [Exodus 20:1-17](#). Why did He place it there if it was not like the other nine precepts, which all admit to be immutable?
17. The seventh-day Sabbath was commanded by the voice of the living God. [Deut. 4:12-13](#).
18. Then He wrote the commandment with His own finger [Exodus 31:18](#).
19. He engraved it in the enduring stone, indicating its imperishable nature. [Deut. 5:22](#).
20. It was sacredly preserved in the ark in the holy of holies. [Deut. 10:1-5](#).
21. God forbade work upon the Sabbath, even in the most hurrying times. [Exodus 34:21](#).
22. God destroyed the Israelites in the wilderness because they profaned the Sabbath. [Ezek. 20:12-13](#).
23. It is the sign of the true God, by which we are to know Him from false gods. [Ezekiel 20:20](#)
24. God promised that Jerusalem will stand forever if the Jews would keep the Sabbath. [Jer. 17:24-25](#)
25. He sent them into the Babylon's captivity for breaking it. [Nehemiah 13:18](#).
26. He destroyed Jerusalem for its violation. [Jeremiah 17:27](#); [2 Chronicles 36:19-21](#).
27. God has pronounced a special blessing on all the Gentiles who keep it. [Isaiah 56:6-7](#).
28. This is in the prophecy which refers wholly to the Christian dispensation. See [Isaiah 56](#).
29. God has promised to bless every man who keeps the Sabbath. [Isaiah 56:2](#).
30. The Lord requires us to call it "honorable" day [Isaiah 58:13](#). Beware, ye who take delight in calling it the "Old Jewish Sabbath," "a yoke of bondage," etc.
31. After the holy Sabbath has been trodden down for "many generations," it is to be restored in the last days. [Isaiah 58:72](#), [13](#).
32. All the holy prophets kept the seventh day.
33. The seventh day is the Lord's Day. See [Rev. 1:10](#); [Mark 2:28](#); [Isaiah 58:13](#); [Exodus 20:10](#).



34. When the Son of God came, He kept the Sabbath. See [Luke 4:16](#); [John 15:10](#). Thus He followed His Father's example at creation. Shall we not be safe in following the example of the Father and the Son?
35. Jesus was the Lord of the Sabbath [Mark 2:28](#); that is, to love and protect it, as the husband is the lord of the wife, to love and cherish her [1 Peter 3:6](#).
36. He vindicated the Sabbath as a merciful institution designed for man's good [Mark 2:23-28](#).
37. Instead of abolishing the Sabbath, He carefully taught how it should be observed [Matt. 12:1-13](#).
38. He taught His disciples that they should do nothing upon the Sabbath day but what was "lawful." [Matthew 12:12](#).
39. He instructed His apostles that the Sabbath should be prayerfully regarded 40 years after His resurrection. [Matthew 24:20](#).
40. The pious women who had been with Jesus carefully kept the seventh day after His death. [Luke 23:56](#).
41. Thirty years after Christ's resurrection, the Holy Spirit expressly calls it "the Sabbath day," [Acts 13:14](#).
42. Paul, the apostle to the Gentiles, called it "the Sabbath day" in A.D. 45, [Acts 13:27](#). Did not Paul know? Or shall we believe modern teachers, who affirm that it ceased to be the Sabbath at the resurrection of Christ?
43. Luke, the inspired Christian historian, writing as late as A.D. 62, calls it "the Sabbath day." [Acts 13:44](#).
44. The Gentile converts called it the Sabbath. [Acts 13:42](#).
45. It was customary to hold prayer meetings upon that day. [Acts 16:13](#).
46. In the great Christian council, A.D. 52, in the presence of the apostles and thousands of disciples, James calls it the "Sabbath day." [Acts 15:21](#).
47. Paul read the Scriptures in public meetings on that day [Acts 17:2-3](#)
48. It was his custom to preach upon that day [Acts 17:2](#).
49. The book of Acts alone gives a record of his holding eighty-four meetings upon that day. See [Acts 13:14, 44; 16:13; 17:2; 18:4, 11](#)
50. There was never any dispute between the Christians and the Jews about the Sabbath day. This is proof that the Christians still observed.
51. In all their accusations against Paul, they never charged him with disregarding the Sabbath day. Why did they not if he did not keep it?
52. But Paul himself expressly declared that he had kept the law. "Neither against the law of the Jews, neither against the temple, nor yet against Caesar, have I offended any thing at all." [Acts 25:8](#). How could this be true if he had not kept the Sabbath?
53. The Sabbath is mentioned in the New Testament 59 times, and always with respect, bearing the same title it had in the Old Testament, "the Sabbath day."
54. Not a word is said anywhere in the New Testament about the Sabbath's being abolished, done away, changed, or anything of the kind.
55. God has never given permission to any man to work upon it. Reader, by what authority do you use the seventh day for common labor?
56. No Christian of the New Testament, either before or after the resurrection, ever did ordinary work upon the seventh day. Find one case of that kind, and we will yield the question. Why should modern Christians do differently from Bible Christians?
57. There is no record that God has ever removed His blessing or sanctification from the seventh day.
58. As the Sabbath was kept in Eden before the fall, so it will be observed eternally in the new earth after the restitution. [Isaiah 66:22-23](#).
59. The seventh-day Sabbath was an important part of the law of God, as it came from His own mouth, and was written by His own finger upon stone at Sinai. See [Exodus 20](#). When Jesus began His work, He expressly declared that He had not come to destroy the law. "Think not that I am come to destroy the law, or the prophets." [Matthew 5:17](#).
60. Jesus severely condemned the Pharisees as hypocrites for pretending to love God, while at the same time they made void one of the Ten Commandments by their tradition. The keeping of Sunday is only a tradition of men.



Forty Bible Facts Concerning the First Day of the Week

1. The very first thing recorded in the Bible is work done on Sunday, the first day of the week. [Genesis 1:1-5](#). This was done by the Creator Himself.
If God made the earth on Sunday, can it be wicked for us to work on Sunday?
2. God commands men to work upon the first day of the week [Ex. 20:8-11](#). Is it wrong to obey God?
3. None of the patriarchs ever kept it.
4. None of the holy prophets ever kept it.
5. By the express command of God, His holy people used the first day of the week as a common working day for 4,000 years, at least.
6. God Himself calls it a "working" day [Ezekiel 46:1](#)
7. God did not rest upon it.
8. He never blessed it.
9. Christ did not rest upon it.
10. Jesus was a carpenter [Mark 6:3](#) and worked at His trade until He was 30 years old. He kept the Sabbath and worked six days in the week, as all admit.
Hence He did many a hard day's work on Sunday.
11. The apostles worked upon it during the same time.
12. The apostles never rested upon it.
13. Christ never blessed it.
14. It has never been blessed by any divine authority.
15. It has never been sanctified.
16. No law was ever given to enforce the keeping of it: hence it is no transgression to work upon it.
"For where no law is, there is no transgression." [Romans 4:15](#); ([1 John 3:4](#)).
17. The New Testament nowhere forbids to work on it.
18. No penalty is provided for its violation.
19. No blessing is promised for its observance.
20. No regulation is given as to how it ought to be observed.
Would this be so if the Lord wished us to keep it?
21. It is never called the Christian Sabbath.
22. It is never called the Sabbath day at all.
23. It is never called the Lord's day.
24. It is never called even a rest day.
25. No sacred title whatever is applied to it. Then why should we call it holy?
26. It is simply called "first day of the week."
27. Jesus never mentioned it in any way- never took its name upon His lips as far as the record shows.
28. The word Sunday never occurs in the Bible at all
29. Neither God, Christ, nor inspired men, ever said one word in favor of Sunday as a holy day.
30. The first day of the week is mentioned only eight times in all the New Testament. [Matthew 28:1](#); [Mark 16:2, 9](#); [Luke 24:1](#); [John 20:1, 19](#); [Acts 20:7](#); [2 Corinthians 16:2](#).
31. Six of these texts refer to the same first day of the week.
32. Paul directed the saints to look over their secular affairs on that day. [2 Corinthians 16:2](#).
33. In all the New Testament we have a record of only one religious meeting held upon the first day of the week, and even this farewell, night meeting was held on Sunday, just because Paul was about to live the very next day. [Acts 20:5-7](#).
34. There is no intimation that they ever held a meeting upon it before or after that.
35. It was not their custom to meet on that day.
36. There was no requirement to break bread on that day.
37. We have an account of only one instance in which it was done. [Acts 20:7](#).
38. That was done in the night-after midnight. [Verses 7-8](#). Jesus celebrated it on Thursday evening, [Luke 22](#), and the disciples had a practice to do it every day. [Acts 2:42-46](#).
39. The Bible nowhere says that the first day of the week commemorates the resurrection of Christ.
This is a tradition of men, which makes void the law of God [Matthew 15:1-9](#).
Baptism commemorates the burial and resurrection of Jesus [Romans 6:3-5](#).



40. Finally, the New Testament is totally silent with regard to any change of the Sabbath day or any sacredness for the first day.

Important Historical Reference

Sunday actually was not observed as a Christian day of rest until the time of Constantine (Emperor of Rome from AD 306 to 337.) in the fourth century. A couple of years after he received the sceptre, Constantine professed conversion to Christianity. Without experiencing the true conversion, he makes efforts to mold Christian beliefs to the requirements of the common traditions of worshipping the sun in the first day of the week. As a result Constantine created the earliest Sunday law known to history in AD 321.

It says this: "On the venerable Day of the sun let the magistrates and people residing in cities rest, and let all workshops be closed. In the country, however, persons engaged in agriculture may freely and lawfully continue their pursuits: because it often happens that another Day is not so suitable for grain sowing or for vine planting: lest by neglecting the proper moment for such operations the bounty of heaven should be lost." - Codex Justinianus lib. 3, tit. 12, 3; trans. in Philip Schaff, History of the Christian Church, Vol. 3, p. 380, note 1.

Chamber's Encyclopedia says this: "Unquestionably the first law, either ecclesiastical or civil, by which the Sabbatical observance of that Day is known to have been ordained, is the edict of Constantine, 321 A.D." - "Sabbath," Chamber's Encyclopedia Volume 11 (1982):401.

Following this initial legislation, both emperors and Popes in succeeding centuries added other laws to strengthen Sunday observance. What began as a pagan ordinance ended as a Christian regulation. Close on the heels of the Edict of Constantine followed the Catholic Church Council of Laodicea (circa 364 AD): "Christians shall not Judaize and be idle on Saturday (Sabbath), but shall work on that Day: but the Lord's Day, they shall especially honour; and as being Christians, shall, if possible, do no work on that day. If however, they are found Judaizing, they shall be shut out from Christ." _ Rev. Charles Joseph Hefele, Henry N. Oxenham (trans.), A History of the Church Councils from 326 to 429 Volume 2 (Edinburgh: T. and T. Clark, 1896), 316.

There are facts of "**thus says the Lord**" and there are human laws?

"Choose you this day whom ye will serve!"

[Joshua 24:15](#)