

**Lesson Book:**

***The Sabbath –  
How to Keep it Holy***

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## INTRODUCTION

The purpose of this text is to aid the reader in a better understanding of various truths found in the Holy Scriptures and discovering for themselves how the Scriptures apply to their lives. It is the desire of this work that through this study of the Scriptures each learner will be brought closer in their relationship to their Creator as a result of these lessons.

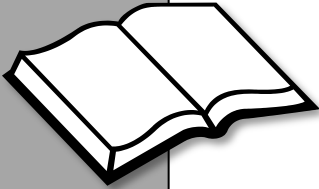
Presented on the following pages is a series of one page lessons associated with the topic of “*The Sabbath – How to Keep it Holy*”. Each lesson has been optimized to work best for use in a small group, but is also appropriate for individual review. In fact, if you plan to meet with others to work through this lesson book, it is highly recommend that you work through the lessons ahead of time to find answers in Scripture, as most lessons welcome discussion. When prompted for discussion, *opinions* should be heard and discussed, of course. However, a Scripture verse or passage should accompany discussions as the foundation for what the belief or opinion is based on. Study tools, such as a printed concordance or searchable Bible software to help you find the location of a Scripture that you may be having a hard time remembering, are encouraged for use with these lessons. Please remember always to study the Scriptures in context of the full passage to ensure that it properly accompanies the topic being discussed.

Concerning the source used for these lessons, please note that all Scripture quotations in this book are taken from the Modern King James Version of the Bible. The purpose in using this particular English translation is simply because of its wide acceptance and the fact that it is public domain in the United States, allowing the text to be freely quoted without copyright restriction. From the start, readers are encouraged to have his or her preferred translation of their Bible alongside for reference while reading along.

In addition, traditional Christian terms and names are *intentionally* used throughout this lesson book to reach a larger scope of readers and help those who may be beginners in this knowledge learn with ease. Occasionally, the need to employ the use of a Hebrew term or phrase may present itself for a clearer understanding of Scripture; when this occurs, the corresponding English meaning is always supplied.

# Preparation Day

## Scripture Highlights



**Exodus 20:8-10** Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work. But the seventh day is the Sabbath of Jehovah your God. You shall not do any work, you, nor your son, nor your daughter, your manservant, nor your maidservant, nor your cattle, nor your stranger within your gates. (This is the 4<sup>th</sup> of the Ten Commandments)

**Mark 15:42** And it, becoming evening already, since it was the Preparation, that is, the day before sabbath,

**Luke 23:54** And that day was the Preparation, and the sabbath drew on.

**Exodus 20:20** And Moses said to the people, Do not fear, for God has come to test you, and so that His fear may be before your faces, so that you may not sin

## Sabbath Wisdom

The Sabbath was designed to serve mankind.

**Mark 2:27** And He said to them, The sabbath came into being for man's sake, and not man for the sabbath's sake.

God's commandments, including the Sabbath, were given to be a benefit to mankind, bringing blessings when obeyed.

**Deuteronomy 5:29** Oh that there were such a heart in them that they would fear Me and keep all My commandments always, so that it might be well with them and with their sons forever!

**Deuteronomy 4:40** Therefore, you shall keep His statutes and His commandments which I command you this day, so that it may go well with you and with your sons after you, and so that you may make your days longer upon the earth which Jehovah your God gives you forever.

Ezekiel wrote of severe consequences when people defiled His Sabbaths.

**Ezekiel 20:11-13** And I gave them My statutes and showed them My judgments, which if a man do, he shall even live in them. And also I gave them My sabbaths to be a sign between Me and them, that they might know that I am Jehovah who sets them apart. But the house of Israel rebelled against Me in the wilderness; they did not walk in My statutes, and they despised My judgments, which if a man does, he shall even live in them. And they greatly profaned My sabbaths. And I said, I will pour out My fury on them in the wilderness to destroy them.

## Group Discussion

Please discuss these questions amongst yourselves:

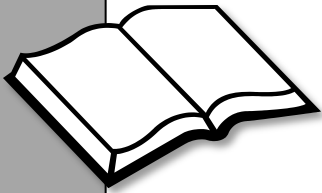
- 1) When is Preparation Day? See Mark 15:42.
- 2) When does Preparation end and Sabbath begin?
- 3) What is the purpose of Preparation Day? Is it wise to actually wait until Preparation Day to begin preparing for the Sabbath?
- 4) What can you learn from Exodus 20:20 above?

Keeping the Sabbath holy sounds simple, but it really does take practice. Everyone has their own busy life and a long list of "To Do's". No matter how hard you try, things "just happen" to test your ability to keep this day holy.

Just as the name implies, this is the day to finish off all those last minute things to do before you meet with your Creator on His Appointed Day. Try to have the house cleaned, laundry done, food bought, and bills paid before this day gets here. Then on this day, plan to have your family meals for today and Sabbath prepared. Bathing, dishes, and other last minute things need to be completed as well. All before sundown!

Proper observance allows us to develop a relationship with our human family and the family of God. It is wise to begin planning for the Sabbath all week long. Treat each Sabbath as a highly anticipated day that you want to be perfect and ready for.

# Make the Sabbath a Delight



## Scripture Highlights

**Isaiah 58:13-14** If you turn your foot because of the Sabbath, from doing what you please on My holy days, and call the Sabbath a delight, the holy of Jehovah, honorable; and shall honor Him, not doing your own ways, nor finding your own pleasure, nor speaking your own words, then you shall delight yourself in Jehovah; and I will cause you to ride on the high places of the earth, and feed yourself with the inheritance of Jacob your father. For the mouth of Jehovah has spoken.

**Ezekiel 20:12** And also I gave them My sabbaths to be a sign between Me and them, that they might know that I am Jehovah who sets them apart.

## Sabbath Wisdom

God tells us to take care of our ordinary work and concerns on the other six days, leaving our time and our minds free to properly worship and obey Him by observing the Sabbath. When we are free to focus our minds and thoughts on God's way and purpose, the Sabbath truly becomes the blessing and delight God intends it to be. See Isaiah 58:13-14 above.

If we do our customary work on the first six days of the week, we will be prepared to put those things out of our mind for the seventh day rest, freeing up that time to Sabbath with our Creator. Spend time in prayer, study, and fellowship; include the whole family in making the Sabbath a delight!

It is also important to "love your neighbor as yourself" on the Sabbath day, by not doing activities that require others to work. If no one is working on the Sabbath, then everyone can spend the day at rest.

If you plan to attend an assembly of believers, you want to bring honor to this "sanctuary", no matter the location. Dress your best. Don't stop to buy coffee and donuts on the way. Prepare a snack the day before. Come prepared to study His Word.

**Leviticus 19:30** You shall keep My sabbaths and revere My sanctuary. I am Jehovah.

## Group Discussion

Please discuss these questions amongst yourselves:

- 1) Name things you can do as a family to make the Sabbath a welcomed event for all?

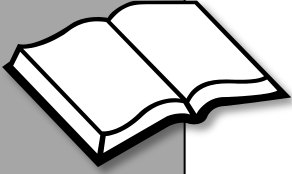
The Sabbath is a special time to spend time with your spouse and children as well. This doesn't mean going fishing, shopping, etc. It means reading Scripture together, playing games that teach and test their knowledge, having a special Friday evening meal, and one on one time just "cuddling" with your spouse and children showing each of them how much they are appreciated. It's a time to step back from technology and the fast paced world. It's especially important to train children up in the Sabbath to see it not just as a "holy time" and forced upon them, but rather a day they will come to delight in and want to continue as they get older. Enjoying a walk in nature can be a time of personal rejuvenation of the soul.

- 2) What does it mean to not do your own pleasure or to speak your own words?  
Read Romans 6:15-23

It is normal to have a battle between our will and our heart. Paul spoke of this as well. This is all part of our test. Will we seek and honor Him especially on this day or do we turn to our own things that just can't seem to wait. Poor planning is not an acceptable excuse. Try to keep your minds off worries and concerns on this day. As we have learned, the Sabbath is a test to see if we carry His mark, His sign.

# Welcoming the Sabbath

## Scripture Highlights



**Ruth 4:11-12** And all the people in the gate, and the elders, said, We are witnesses. May Jehovah make the woman who has come into your house like Rachel and like Leah, for these two built the house of Israel. And may you be blessed in Ephratah, and be famous in Bethlehem. And let your house be like the house of Pharez, whom Tamar bore to Judah, of the seed which Jehovah shall give you of this young woman.

**Genesis 48:20-22** And he blessed them that day, saying, In you shall Israel bless, saying, God make you as Ephraim and as Manasseh. And he put Ephraim before Manasseh. And Israel said to Joseph, Behold, I die. But God shall be with you, and bring you again into the land of your fathers. And I have given to you one portion above your brothers, which I took out of the hand of the Amorite with my sword and with my bow.

## Practical Examples

- The Sabbath is a wonderful opportunity to visit the sick or the elderly that may be isolated. Those who have lost a spouse often feel the weight of loneliness more on this day since it is typically seen as “family time”. This would be a great opportunity to not only show you care, but to share your personal relationship with the Creator with them. Wonderful new relationships may be formed from this.
- Write a note of encouragement to others. They will be blessed in knowing someone cares and it blesses us too.
- Study His Word together as a family.
- Spend quality time showing love to your spouse and your children. Teach your children by showing them the relationships you want them to have in their life.
- Discuss current events as you see them prophetically in His Word. Show them the Bible is relevant today.
- Take a walk in the park to rejuvenate your soul either alone or with your family. Have a picnic. Enjoy His creation. Invite an acquaintance who is isolated or lonely to join you. Take the picnic to the nursing home.
- Have a special Friday night meal prepared prior to sundown. Enjoy a favorite biblically related video. Let each child and adult take turns choosing.

## Blessing Our Family

Our brother Judah has a wonderful tradition of praying blessings over their spouse and children. We see the origination of this in the verses above. They represent Matriarchs in Scripture and the two sons of Joseph born in Egypt from an Egyptian Mother and an Israelite Father. Those sons now represent the United Kingdom, Canada, Australia, New Zealand, and South Africa (Ephraim) and America (Manasseh).

A hand is placed on the child’s head as you then recite the blessing. Both parents could place a hand as one parent reads the blessing. After each child, whisper something special into their ear, praising them and encouraging them. Repeat with each child individually.

**Daughters:** “May God make you like the greatest women the Torah knows - Sarah, Rebecca, Rachel, Leah, Deborah, and Abigail. May you (1st daughter) give inspiration to others through your special and unique capabilities as you rise up the next generation of followers of God and His Torah.”

**Sons:** “May God make you (1st son) like Ephraim and Manasseh. The sons who were born in exile to Joseph, but were adopted into the family of Jacob. The beloved of Jacob with eternal destinies. May your feet be sure and your eyes focused on God’s plan for you.”

**Spouse:** Husbands can read from Proverbs 31 and the wives can read from Psalm 34. You can also speak of your respect, affection, and trust in your own words.