

The Sabbath: 10 Purposes

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Introduction:

Mat 24:12 NKJV 12 "And because lawlessness will abound, the love of many will grow cold.

1Jo 3:4 NKJV 4 Whoever commits sin also commits lawlessness, and sin is lawlessness.

1Jo 3:4 KJV - 4 Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.

1Jo 3:4 AMP - 4 Everyone who practices sin also practices lawlessness; and sin is lawlessness [ignoring God's law by action or neglect or by tolerating wrongdoing--being unrestrained by His commands and His will].

We live in a world that is becoming more and more lawless. Society under the influence of Satan has tried - very successfully - to do away with the word of God as the basis of truth. By eliminating the absolute authority of the Bible, mankind now thinks it can do whatever it wants.

Jdg 17:6 KJV - 6 In those days [there was] no king in Israel, [but] every man did [that which was] right in his own eyes.

Jdg 21:25 KJV - 25 In those days [there was] no king in Israel: every man did [that which was] right in his own eyes.

Pro 14:12 KJV - 12 There is a way which seemeth right unto a man, but the end thereof [are] the ways of death.

Exo 20:8-11 KJV 8 Remember the sabbath day, to keep it holy. 9 Six days shalt thou labour, and do all thy work: 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: 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.	Exo 20:8-11 NLT 8 "Remember to observe the Sabbath day by keeping it holy. 9 You have six days each week for your ordinary work, 10 but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. 11 For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.
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Deu 5:12-15 KJV 12 Keep the sabbath day to sanctify it, as the LORD thy God hath commanded thee. 13 Six days thou shalt labour, and do all thy work: 14 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, nor thy manservant, nor thy maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that [is] within thy gates; that thy manservant and thy maidservant may rest as well as thou. 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.	Deu 5:12-15 NLT 12 "Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. 13 You have six days each week for your ordinary work, 14 but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do. 15 Remember that you were once slaves in Egypt, but the LORD your God brought you out with his strong hand and powerful arm. That is why the LORD your God has commanded you to rest on the Sabbath day.
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Lev 23:1-3 KJV 1 And the LORD spake unto Moses, saying, 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. 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 23:1-3 NLT 1 The LORD said to Moses, 2 "Give the following instructions to the people of Israel. These are the LORD's appointed festivals, which you are to proclaim as official days for holy assembly. 3 "You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest, an official day for holy assembly. It is the LORD's Sabbath day, and it must be observed wherever you live.
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From UCG Study Guide Sunset to Sunset: God's Sabbath Rest
Chapter "Just What is Legalism?"

To obey God's biblical commands in a proper attitude, such as His command to remember the Sabbath and keep it holy, is not legalism.

A popular meaning attached to the word today is that **any form** of biblical law-keeping is legalism and therefore to be avoided. The word is used pejoratively, especially against such practices as keeping the Sabbath or adhering to other laws given in the Old Testament.

Google AI re legalism:

Legalism in the Bible is the false teaching that salvation and God's favor are earned by following a set of rules or laws, rather than through faith and God's grace. It emphasizes human performance and outward behavior modification over heart transformation, often adding human-made rules to God's commandments. The Bible condemns this approach, teaching that people are saved by grace through faith, not by the works of the law.

(HOWEVER...) What is the opposite of legalism in Christianity?

AI Overview

The opposite of legalism in Christianity is antinomianism, which is the belief that God's law is irrelevant for believers because salvation is by grace through faith alone. While legalism seeks salvation through strict adherence to rules, **antinomianism rejects the need for obedience**, claiming that grace frees believers from the law entirely. The balanced Christian view is a middle ground between these two extremes.

Antinomianism

- **Belief:** Christians are not required to obey God's moral law because they are saved by grace.
- **Focus:** Disregards or downplays the importance of obedience and the law, sometimes leading to a licentious lifestyle.
- **Outcome:** Creates a false sense of freedom that dismisses the seriousness of sin and the need for a transformed life.

The balanced Christian view

- **Belief:** Salvation is by grace through faith in Jesus Christ, not by works.
- **Focus:** Embraces the freedom from condemnation through Christ, **while still seeking to obey God's law out of love and gratitude**, not as a means of earning salvation.
- **Outcome:** **Encourages a life of obedience** that is empowered by the Holy Spirit, leading to genuine transformation rather than a striving for perfection through self-effort or a reckless disregard for sin.

The Pharisees' interpretations undermined God's law

However, this use of the word is incorrect. It is *not* legalistic to obey God's laws correctly. To be legalistic is to *misuse* God's laws in a way never intended.

The Pharisees, an excessively strict branch of Judaism whose religious interpretations dominated popular thinking at the time of Christ, were examples of this. They added many of

their own humanly devised rules and regulations to God's laws, which had the effect of misrepresenting and misapplying them.

Their added interpretations of God's laws so distorted the original purpose that they rendered them ineffective ([Matthew 15:6](#)), nullifying them. By following the Pharisees' interpretations and edicts, the people were no longer following God's law ([John 7:19](#)).

This mistaken view of God's law led many to reject Jesus Christ as the promised Messiah, even though that very law had prophesied of Him ([John 5:39-40](#); [Luke 24:44](#)).

This was why Christ so strongly condemned the lack of understanding and hypocrisy of the religious leaders of His time. He taught a return to the correct teaching and practice of God's laws *according to their original intent and purpose*, and also that He was the promised Messiah.

Specific Purpose Today...

To look at 10 Purposes God shows in His word for giving us the Sabbath

Gen 2:1-3 NKJV - 1 Thus the heavens and the earth, and all the host of them, were finished. 2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. 3 Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

1. "Then God *blessed* the seventh day" (Genesis 2:3).

The first purpose is found in the fact that the Sabbath is a day *blessed* by God—it was intended to be a blessing. And a blessing by God in the Bible is not merely good wishes. It means miracles in our lives to make them better—physically and spiritually.

Isa 56:1 NKJV - Thus says the LORD: "Keep justice, and do righteousness, For My salvation [is] about to come, And My righteousness to be revealed.

Isa 56:2 NKJV - **Blessed [is] the man [who] does this, And the son of man [who] lays hold on it; Who keeps from defiling the Sabbath, And keeps his hand from doing any evil."**

Isa 56:3 NKJV - Do not let the son of the foreigner Who has joined himself to the LORD Speak, saying, "The LORD has utterly separated me from His people"; Nor let the eunuch say, "Here I am, a dry tree."

Isa 56:4 NKJV - For thus says the LORD: "To the eunuchs who keep My Sabbaths, And choose what pleases Me, And hold fast My covenant,

Isa 56:5 NKJV - Even to them I will give in My house And within My walls a place and a name Better than that of sons and daughters; I will give them an everlasting name That shall not be cut off.

Isa 56:6 NKJV - "Also the sons of the foreigner Who join themselves to the LORD, to serve Him, And to love the name of the LORD, to be His servants--Everyone who keeps from defiling the Sabbath, And holds fast My covenant--

Isa 56:7 NKJV - Even them I will bring to My holy mountain, **And make them joyful in My house of prayer**. Their burnt offerings and their sacrifices [Will be] accepted on My altar; For My house shall be called a house of prayer for all nations."

Isa 58:13 NKJV - "If you turn away your foot from the Sabbath, [From] doing your pleasure on My holy day, And **call the Sabbath a delight**, The holy [day] of the LORD honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking [your own] words,

Isa 58:14 NKJV - Then you shall delight yourself in the LORD; **And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father.** The mouth of the LORD has spoken."

2. "Then God blessed the seventh day and *sanctified* it" (Genesis 2:3).

The second purpose for the Sabbath is its *sanctification*, meaning it is a day set apart by God for holy use. God says it is *His* day and calls its occurrences "*My* Sabbaths."

Lev 19:2 AMP - "Say to all the congregation of the children of Israel, 'You shall be holy, for I the LORD your God am holy.

Lev 19:3 AMP - 'Each of you shall respect his mother and his father, and you shall keep **My** Sabbaths; I am the LORD your God.

Rev 15:4 AMP - "Who will not fear [reverently] and glorify Your name, O Lord [giving You honor and praise in worship]? For You alone are holy; For ALL THE NATIONS SHALL COME AND WORSHIP BEFORE YOU, FOR YOUR RIGHTEOUS ACTS [Your just decrees and judgments] HAVE BEEN REVEALED and DISPLAYED."

Exo 20:11 AMP - "For in six days the LORD made the heavens and the earth, the sea and everything that is in them, and He rested (ceased) on the seventh day. That is why the LORD blessed the Sabbath day and **made it holy** [that is, set it apart for His purposes].

3. "And on the seventh day . . . He *rested* from all His work which God had created and made" (Genesis 2:2-3).

The third purpose of the Sabbath found in Genesis is that it's a day *of rest*. Here is the first time the Hebrew word *shabath*, meaning "rest," is found. "It is from this root [of *shabath*] that the noun for *Sabbath* originates, a word designating the time to be set aside for rest" (Warren Baker and Eugene Carpenter, *The Complete Word Study Dictionary: Old Testament*, 2003, p. 1098).

Exo 23:12 NKJV - "Six days you shall do your work, and on the seventh day you shall rest, that your ox and your donkey may rest, and the son of your female servant and the stranger may **be refreshed**.

Exo 31:17 NKJV - '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**.' "

Luk 4:16 NKJV - So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read.

4. “It is a *sign* between Me and the children of Israel forever” (Exodus 31:17).

A fourth purpose of the Sabbath is that it is a covenant sign between God and His people. It is the only one of the Ten Commandments singled out this way as a sign or a marker.

Exo 31:13 NKJV - "Speak also to the children of Israel, saying: 'Surely My Sabbaths you shall keep, **for it [is] a sign between Me and you throughout your generations**, that [you] may know that I [am] the LORD who sanctifies you.

Exo 31:14 NKJV - 'You shall keep the Sabbath, therefore, for [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.

Exo 31:15 NKJV - '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.

Exo 31:16 NKJV - 'Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations [as] a **perpetual covenant**.

Exo 31:17 NKJV - '**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.' "

5. “Remember the Sabbath day, to keep it holy . . . For in six days the Lord *made* the heavens and the earth, the sea, and all that is in them . . .” (Exodus 20:8-11).

The fifth purpose of the Sabbath is as a reminder of God as our *Creator and Maker*. The word translated “made” here means “fashioned” or “set in order”—as God reformed the world and its environs in the course of a week. This was after having initially created everything out of nothing. Thus, the Sabbath is a monument to God’s awe-inspiring power to have brought into existence all we see around us—including ourselves!

Ex 20:11 For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.

Psa 92:5 NKJV - O LORD, how great are Your works! Your thoughts are very deep.

Psa 92:6 NKJV - A senseless man does not know, Nor does a fool understand this.

6. “And remember that you were a slave in the land of Egypt, and the Lord your God *brought you out from there* by a mighty hand and by an outstretched arm; therefore the Lord your God commanded you to keep the Sabbath day” (Deuteronomy 5:15).

The sixth purpose of the Sabbath is about *redemption*, the paying of a ransom for a slave. This is a key biblical concept that deals with physical and spiritual salvation. So God is not only our Creator, but also *mankind’s Redeemer*—by making salvation possible through His Son’s sacrifice so as to release us from spiritual slavery.

Gal 3:13 NKJV - **Christ has redeemed us** from the curse of the law, having become a curse for us (for it is written, "Cursed [is] everyone who hangs on a tree"),

Gal 3:26 NKJV - For you are all sons of God through faith in Christ Jesus.

Gal 3:27 NKJV - For as many of you as were baptized into Christ have put on Christ.

Gal 3:28 NKJV - There is neither Jew nor Greek, there is **neither slave** nor free, there is neither male nor female; for you are all one in Christ Jesus.

Gal 3:29 NKJV - And if you [are] Christ's, then you are Abraham's seed, and heirs according to the promise.

Mic 6:4 NKJV - For I brought you up from the land of Egypt, I redeemed you from the house of bondage; And I sent before you Moses, Aaron, and Miriam.

Luk 1:68 NKJV - "Blessed [is] the Lord God of Israel, For He has visited and redeemed His people,

Rev 5:9 NKJV - And they sang a new song, saying: "You are worthy to take the scroll, And to open its seals; For You were slain, **And have redeemed us to God by Your blood** Out of every tribe and tongue and people and nation,

7. "Six days shall work be done, but the seventh day is a Sabbath of solemn rest, a *holy convocation*". These [are] the feasts of the LORD, holy convocations which you shall proclaim at their *appointed times*. (Leviticus 23:3-4)

The seventh purpose of the Sabbath is as ***an appointed time*** to gather together for worship. It is interesting that God calls the Sabbath one of His Feasts "which you shall proclaim at their appointed times" ([Leviticus 23:4](#)).

Appointed = H4150 = mōw'êd, mo-ade'; or מֵעַד mō'êd; or (feminine) מוֹעֵדָה mōw'ādāh; (2 Chronicles 8:13), from [H3259](#); properly, an appointment, i.e. a fixed time or season; specifically, a festival; conventionally a year; by implication, an assembly (as convened for a definite purpose); technically the congregation; by extension, the place of meeting; also a signal (as appointed beforehand):—appointed (sign, time), (place of, solemn) assembly, congregation, (set, solemn) feast, (appointed, due) season, solemn(-ity), synagogue, (set) time (appointed). **The KJV translates Strong's H4150 in the following manner:** [congregation](#) (150x), [feast](#) (23x), [season](#) (13x), [appointed](#) (12x), [time](#) (12x), [assembly](#) (4x), [solemnity](#) (4x), [solemn](#) (2x), [days](#) (1x), [sign](#) (1x), [synagogues](#) (1x).

The term "appointed times" in Hebrew means setting a date to meet, just as today we have an "appointment" with a doctor. It is important to note it is *God* who sets up the appointment and sends out the invitation. Whoever answers the invitation will then show up at this appointment. And whoever ignores it ignores the divine appointment God has set to meet with us!

8. "The feasts of the Lord, which you shall proclaim to be holy convocations, these are My feasts. Six days shall work be done, but the

seventh day is a Sabbath of solemn rest, a holy *convocation*” (Leviticus 23:2-3).

The eighth purpose of the Sabbath is to *fellowship* with others of God's people. The term “convocation” means a *commanded assembly*. So, when possible, we are to meet together on the Sabbath and not remain alone on that day.

Convocation = miqrâ', mik-raw'; from [H7121](#); something called out, i.e. a public meeting (the act, the persons, or the place); also a rehearsal:—assembly, calling, convocation, reading. **The KJV translates Strong's H4744 in the following manner:** [convocation](#) (19x), [assemblies](#) (2x), [calling](#) (1x), [reading](#) (1x).

Heb 10:24 NKJV - And let us consider one another in order to stir up love and good works,
Heb 10:25 NKJV - **not forsaking the assembling of ourselves together**, as [is] the manner of some, but exhorting [one another], and so much the more as you see the Day approaching.
Heb 10:26 NKJV - For if we sin willfully after we have received the knowledge of the truth, there no longer remains a sacrifice for sins,

9. “One Sabbath day as Jesus was *teaching* in a synagogue . . .” (Luke 13:10, New Living Translation).

The ninth purpose for the Sabbath is for us *to receive instruction from God's Word*. So the Sabbath day is not only for fellowship but for *spiritual learning*.

Luk 13:10 NKJV - Now He was teaching in one of the synagogues on the Sabbath.

Mat 4:23 NKJV - And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people.

Mat 9:35 NKJV - Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people.

Mat 28:20 NKJV - "teaching them to observe all things that I have commanded you; and lo, I am with you always, [even] to the end of the age." Amen.

Act 18:1 NKJV - After these things Paul departed from Athens and went to Corinth.

Act 18:4 NKJV - And he reasoned in the synagogue every Sabbath, and persuaded both Jews and Greeks.

Act 18:11 NKJV - And he continued [there] a year and six months, teaching the word of God among them.

10. “So that *there is still* a Sabbath-keeping for the people of God” (Hebrews 4:9, Bible in Basic English).

A 10th purpose for the Sabbath is as a reminder of the glorious future rest and restoration of the earth.

In the book of Hebrews, one of the arguments made for the Hebrew Christians to remain faithful in the Church was for them to remember the coming Kingdom of God, which the Sabbath portrays.

Heb 4:8 NKJV - For if Joshua had given them rest, then He would not afterward have spoken of another day.

Heb 4:9 NKJV - There remains therefore a rest for the people of God.

Heb 4:10 NKJV - For he who has entered His rest has himself also ceased from his works as God [did] from His.

Heb 4:11 NKJV - Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

Sabbath-keeping, therefore, **also points to the future** and not just the past or the present. It is a reminder of the *past* as we honor God for His Creation. It reminds us in the *present* of God as our great Redeemer. And it looks to the *future* as we anticipate the coming millennial reign of the Kingdom of God on earth—with Jesus Christ as King of Kings.

Conclusion:

So God reveals in Scripture at least 10 purposes for the Sabbath. Let's be thankful for each of them and use this wonderful gift from God for the many purposes He intended!

Mat 11:28 NKJV - "Come to Me, all [you] who labor and are heavy laden, and I will give you rest.

Mat 11:29 NKJV - "Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

Additional Resources:

<https://www.ucg.org/learn/bible-study-tools/bible-study-aids/sunset-sunset-gods-sabbath-rest>

<https://www.ucg.org/learn/bible-study-tools/bible-study-aids/ten-commandments/fourth-commandment-sabbath-key-relationship-our-creator>

<https://www.ucg.org/learn/beyond-today-magazine/beyond-today-magazine-january-february-2019/ten-biblical-purposes-sabbath>

<https://www.ucg.org/members/united-news/united-news-may-2005/how-keep-sabbath-day-holy#>