

How To Joyfully Keep The Sabbath

Part 2 "BURDEN BREAKERS"

Before we begin, we must remember the **Sabbath** is meant to relieve the burden of life, so we can focus on our relationship with God. We must also guard ourselves from robbing those around us from being free of their burdens. God has graciously provided some simple things to keep in mind on how to best relieve these burdens and focus our heart, mind, and time upon our Heavenly Father. These prohibited activities are "Burden Prevention 101", from God our Father. A lot of people who start **Sabbath**-keeping can get an "I can't" attitude. Taking what God intends for positives and burden prevention, and turning them into negatives. If we can get our mindset fixed upon the understanding that it's a blessing, freeing us from life's burdens and distractions, then the following information will create a sense of relief. That being said, let us continue to learn **how to keep the Sabbath**.

Let's review The Sabbath Commandment:

Exodus 20:8-11

(See Also: Exodus 31:12-18 & Exodus 35:1-3)

"Remember the **Sabbath** day, to keep it holy. (9) You shall labor six days, and do all your work, (10) but the seventh day is a Sabbath to Yahweh your God. You shall not do any work in it, you, nor your son, nor your daughter, your male servant, nor your female servant, nor your livestock, nor your stranger who is within your gates; (11) for in six days Yahweh made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore Yahweh blessed the **Sabbath** day, and made it holy."

*You might not know that the Commandments are given by God in Exodus and in Deuteronomy. Let's read the recap in Deuteronomy and see if you can spot the difference in the emphasis:

Deuteronomy 5:12-15

“Observe the **Sabbath** day, to keep it holy, as Yahweh your God commanded you. (13) You shall labor six days, and do all your work; (14) but the seventh day is a **Sabbath** to Yahweh your God, in which you shall not do any work, you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your ox, nor your donkey, nor any of your livestock, nor your stranger who is within your gates; that your male servant and your female servant may rest as well as you. (15) You shall remember that you were a servant in the land of Egypt, and Yahweh your God brought you out of there by a mighty hand and by an outstretched arm. Therefore Yahweh your God commanded you to keep the **Sabbath** day.”

*You will notice as God solemnized the **Sabbath** in Exodus, He really stressed creation and the reason for the **Sabbath** being made Holy. In Deuteronomy, the focus is placed upon remembering our burdens in life. Giving them the examples of being slaves in Egypt, and telling them to remember how horrible this was. Contrasting slavery in the world and the **Sabbath** rest given by God. This glorifies His name as the One who provides peace and rest. In Deuteronomy 5:14, it specifically demands that all get to rest as you have received rest. God insist this “burden prevention” is provided for all living creatures- human and animals, forever! In the Deuteronomy retelling, we are told it is a privilege provided to us by God to enjoy freedom from bondage of being servants in the world- it being our jobs, relationships, or the like. The followers of Jesus can never be made to be fully subjected in the world, as Our God has granted us a permanent release from perpetual servitude in the world. This is found in celebrating God’s creation and creative power by keeping the **Sabbath**.

This is truly **how to keep the Sabbath**.

CALLED OUT

We see that in Genesis, Exodus, Deuteronomy, and Leviticus, the **Sabbath** institution and the Command to observe has been consistently restated and empowered by God. Yet, in Leviticus, we see an even greater connection between the Body of Christ and the **Sabbath** of God.

Leviticus 23:3

“Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, a **Holy convocation**; you shall do no kind of work. It is a Sabbath to Yahweh in all your dwellings.”

*Interesting Point: The **Sabbath** is called a “Holy Convocation”. The word used here for “Convocation” means “Called Out.”

Strong’s Concordance H4744: מִקְרָא= pronounced “miqrâ” (mik-row')

The Definition is as follows: Something called out, that is, a public meeting (the act, the persons, or the place); also a rehearsal: - assembly, calling, convocation, reading.

The **Sabbath** is a Convocation, or “calling out” of God’s people.

In the New Testament, the word used for “church” is “Ekklēsia”, which means: “Called out ones!”

Strong’s Concordance G1577: ἐκκλησία= Pronounced “ekklēsia” (ek-klay-see'-ah).

The Definition is as follows: A calling out, that is, (concretely) a popular meeting, especially a religious congregation (Jewish synagogue, or Christian community of members on earth or saints in heaven or both): - assembly, church.

What we have is an undeniable parallel of the **Sabbath** Convocation, or a “**calling out**” of God’s people, and the Church being made up of those who are called out from the world. The “**Called Out Ones**”, or Church, are called out into the Holy Convocation of the **Sabbath**. In short, the true church and body of Christ are called out into the Holy **Sabbath** Day of God. The only people on earth that would keep the **Sabbath** of Yahweh, are the people of God. We are called out into this Holy and special meeting with God every 7th day. To be truly called out and be the Church as the Body of Christ, we must keep the Holy **Sabbath** Convocation of God! If you are called out, then you are called into the **Sabbath** Rest.

*Note: In the forthcoming Bible Study “The Sabbath and the Mark of the Beast”, we will go into this even deeper.

Burden Prevention

The following is a list of “Burden Breakers” that God has given us to free us from the burden of life and the world. By being faithful to God’s ways, we can keep the **Sabbath** Holy and truly unlock the blessings of God’s Holy Day. We must utilize the burden breakers as we learn **how to keep the Sabbath**:

Don't Work, As God Rested From His Work.

“But the seventh day is a Sabbath to Yahweh your God. You shall not do any work in it, you, ...” (Exodus 20:10a)

Exodus 20:10-11

Don't Make Anyone Work On Your Behalf (Including kids & strangers).

“But the seventh day is a Sabbath to Yahweh your God. You shall not do any work in it, you, nor your son, nor your daughter, your male servant, nor your female servant,” (Exodus 20:10b)

*Don't Make Your Animals Work (Yes, even animals get to keep the **Sabbath!**)*

“But the seventh day is a Sabbath to Yahweh your God. You shall not do any work in it, you, nor your son, nor your daughter, your male servant, nor your female servant, nor your livestock, nor your stranger who is within your gates;” (Exodus 20:10)

*Side note: Even the land is given a Sabbath year by God. See: Leviticus 25:1-7

*Don't Do Your Own Pleasure On **Sabbath.***

“If you turn away your foot from the Sabbath, from doing your pleasure on my holy day;...” (Isaiah 58:13)

*Don't Speak Vain Words On **Sabbath.***

“If you turn away your foot from the Sabbath, from doing your pleasure on my holy day; and call the Sabbath a delight, and the holy of Yahweh honorable; and shall honor it, not doing your own ways, nor finding your own pleasure, nor speaking your own words:” (Isaiah 58:13)

Don't Complain.

“Let no foreigner, who has joined himself to Yahweh, speak, saying, “Yahweh will surely separate me from his people.” Do not let the eunuch say, “**Behold, I am a dry tree.**” For Yahweh says, “To the eunuchs who keep my Sabbaths, and choose the things that please me, and hold fast to my covenant:” (Isaiah 56:3-4)

*Don't Buy Food On **Sabbath.***

“And if the peoples of the land bring wares or any grain on the Sabbath day to sell, that we would not buy from them on the Sabbath, or on a holy day; and that we would forego the seventh year, and the exaction of every debt.” (Nehemiah 10:31)

*Don't Sell Food On **Sabbath**.*

“In those days saw I in Judah some men treading wine presses on the Sabbath, bringing in sheaves, and loading donkeys; also with wine, grapes, figs, and all kinds of burdens, which they brought into Jerusalem on the Sabbath day; and I testified against them in the day in which they sold food.” (Nehemiah 13:15)

Nehemiah 13:15-22

*Don't Bring Any Burdens Upon The **Sabbath** From The Outside World.*

“It came to pass that when the gates of Jerusalem began to be dark before the Sabbath, I commanded that the doors should be shut, and commanded that they should not be opened until after the Sabbath. I set some of my servants over the gates, so that no burden should be brought in on the Sabbath day.” (Nehemiah 13:19)

*Don't Carry Forth A Burden Out Of Your House On The **Sabbath**.*

“Don't carry a burden out of your houses on the Sabbath day. Don't do any work, but make the Sabbath day holy, as I commanded your fathers.” (Jeremiah 17:22)

*Don't Pollute/Profane/Harm the **Sabbath**.*

“Blessed is the man who does this, and the son of man who holds it fast; who keeps the Sabbath without profaning it,...” (Isaiah 56:2a)

Don't Practice Evil.

“Blessed is the man who does this, and the son of man who holds it fast; who keeps the Sabbath without profaning it, and keeps his hand from doing any evil.” (Isaiah 56:2)

Q&A

The following are very practical questions on “**how to keep the Sabbath**”:

Q) If I'm not supposed to buy, sell, trade, or make others work on the **Sabbath**, then am I breaking the commandment by using electricity, phone service, and water on **Sabbath**?

A) I believe we find the answer in the commandment, let's read: Exodus 20:10 "but the seventh day is a **Sabbath** to Yahweh your God. You shall not do any work in it, you, nor your son, nor your daughter, your male servant, nor your female servant, nor your livestock, nor your stranger who is within your gates;"

As you see, it's what happens within your gates that is the dividing line, as the electric company and all other utilities are outside of your gates/property. And you are not on a daily payment arrangement, but on a monthly payment cycle. I believe you are still faithful in **Sabbath**-keeping. Yet, I have known some people to turn off their electricity and unplug their phones on **Sabbath**. Though, this doesn't make a lot of sense to me. As they are still buying the services- since they are on monthly payment arrangement. Plus, if you are renting or buying a house, you are still incurring an expense every day, though you pay for it once a month. So, I don't see how you could be freed from this. Not to mention property taxes, etc. The take away is this, if the services are being produced outside your gates/property, and you pay for them monthly or bi-weekly, not daily, then I believe you are faithfully keeping **Sabbath**. With that being said, do as the Lord leads you to do!

Q) Are we not allowed to heat our houses on the **Sabbath**? In Exodus 35:3 it says, "You shall kindle no fire throughout your habitations on the Sabbath day."

A) As we read, the prohibition was not against having a fire to keep warm. It was against the work of wondering around trying to find wood to make one. (See: Numbers 15:32-36) And this should and could have been done 6 days a week by anyone in the family. On top of that, you could also go and enjoy the warmth of a neighbor's fire. We see in the Temple every **Sabbath**, they had fires for the burnt offering. (See: Numbers 28:9-10) Therefore, every **Sabbath** they had fires going. The fire was not the issue. It was the labor of getting one started. This is why we have a "preparation day"- to prepare everything in advance.

Q) Do Ministers of the Gospel Break the Sabbath by working on The Sabbath?

A) No. It is lawful "to do good" on the Sabbath. Just as Jesus and His disciples custom to teach on Sabbath. The priesthood still had to work in the Temple. So, for the minister of the Gospel, there is no day when he cannot minister.