

What Day is the Christian Sabbath?

The Sabbath was made for man. The Creator would not create the human family without giving them an instruction book on how they should live their lives. Even man puts an instruction book in every product that he makes so you will know how to correctly use the product whether it's a car or an appliance. They all come with an instruction book.

So the Creator gave man an instruction book, which is the bible, on how man should live his life and take care of his body. The Sabbath was made for man so that he would not stay busy pursuing materialistic things all the time. The Most High wanted the human family to take a day out of the seven days of the week and use it for rest. This would prolong life and energize the body for another week of work. That's the reason the Most High said, six days shall thy labor and do all thy work. But the seventh day is the Sabbath of rest.

Exodus 31:15 Six days may work be done; but in the seventh is the sabbath of rest, holy to the LORD: whosoever doeth any work in the sabbath day, he shall surely be put to death

The Creator understands that you do not have time to be in church with Him every day because you have to work and take care of your family. God gave man one day out of the week, which was the seventh day, which is called the Sabbath and the only day that He named so man could have total devotion with his maker.

Isaiah 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:

14Then 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.

The Most High God chose a nation by the name of Israel to distribute this instruction book, which is the bible, to other nations on the earth so they would know how to keep the Sabbath and rest their bodies.

Deuteronomy 4:6 Keep therefore and do them; for this is your wisdom and your understanding in the sight of the nations, which shall hear all these statutes, and say, Surely this great nation is a wise and understanding people.

7For what nation is there so great, who hath God so nigh unto them, as the LORD our God is in all things that we call upon him for?

8And what nation is there so great, that hath statutes and judgments so righteous as all this law, which I set before you this day?

Someone would say, I thought the seventh day Sabbath was for the Jews only and not for the gentiles. Remember, Jesus said, in the New Testament, that Sabbath was made for man. And the gentiles are men and women also.

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

28Therefore the Son of man is Lord also of the sabbath.

The Sabbath was made for whole human family. And God Himself was the first Sabbath keeper giving us an example that we should do likewise.

Genesis 2:1 Thus the heavens and the earth were finished, and all the host of them.

2And 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.

3And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

Remember, the Creator said that you should not let your manservant or maidservant work on the Sabbath day. Adam and Eve were God's servants.

Exodus 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:

God even lets your beast rest on the Sabbath day, letting you know the importance of taking care of your animals.

God said that when you keep Sabbath, you will be refreshed and be ready for another six days of labor.

Exodus 31:17 It is a sign between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.

If God was refreshed by keeping the Sabbath, you know our frail bodies would need refreshing also by keeping the Sabbath of rest. Someone will say, "Why can't I use any day of the week to rest on? Why does

it have to be the seventh day only?” God put a special blessing on the seventh day Sabbath that is not on any other day of the week when it comes to resting.

Genesis 2:3 And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

God created our bodies and He knows what they need in order to function properly. Because we desire to be busy all the time in the world of getting things, some of us would work seven days a week until we are completely worn out trying to get material gain. That’s the reason the Most High said, I will give you twice as much on the sixth day so you can rest on the seventh day without worrying about money or any other worldly goods.

Exodus 16:29 See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.

The Most High is angry with those who know that the seventh day Sabbath is the day of rest but still break and pollute the Sabbath trying to get money. He has given you twice as much on the sixth day, but because

you are greedy and disobedient, you let the devil deceive you in thinking that you are going to get something by disobeying God.

That's the reason He said to Moses, these people refuse to keep my commandments and my laws.

Exodus 16:28 And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws?

29 See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.

Someone religious leaders would say, "I thought because Jesus rose on the first day of the week, that He wants us no longer to keep the seventh day Sabbath, but the first day of the week which we call Sunday. That is what they taught us in seminary when I got my degree in the Christian educational system".

The resurrection of Jesus was not on a Sunday but on the seventh day Sabbath, late in the evening.

Remember, the Pharisees asked Jesus for a sign that would prove that He was the true Messiah. He said to the Pharisees and scribes, "the only sign that I'm going to give you is the sign of Jonah. As Jonah was in

the belly of the whale three days and three nights, so shall the son of man be in the heart of the earth three days and three nights”.

Understand that three days and three nights consist of seventy-two hours. Jesus said there was twelve hours in a day and there is twelve hours also in a night.

John 11:9 Jesus answered, Are there not twelve hours in the day? If any man walk in the day, he stumbleth not, because he seeth the light of this world.

Remember, Jesus was crucified in the midst of the week according to Daniel 9:27.

Daniel 9:27And he shall confirm the covenant with many for one week: and in the midst of the week he shall cause the sacrifice and the oblation to cease, and for the overspreading of abominations he shall make it desolate, even until the consummation, and that determined shall be poured upon the desolate.

The midst of a week is the fourth day of the week which we call Wednesday. That Wednesday was the 14th day on the Hebrew Calendar of the month of Abib on Passover and was the preparation day for the feast of Unleavened Bread which was that Thursday, the

fifth day of the week; Jesus was crucified on that Wednesday during the third hour which is our 9:00 am.

Mark 15:25 And it was the third hour, and they crucified him.

26 And the superscription of his accusation was written over, THE KING OF THE JEWS.

Remember Jesus gave the Pharisees a sign that He would be in the heart of the earth, three days and three nights like Jonah was in the belly of the whale, three days and three nights.

Matthew 12:38 Then certain of the scribes and of the Pharisees answered, saying, Master, we would see a sign from thee.

39 But he answered and said unto them, An evil and adulterous generation seeketh after a sign; and there shall no sign be given to it, but the sign of the prophet Jonas:

40 For as Jonas was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth.

In order for Jesus to be the true Messiah, these scriptures had to be fulfilled concerning His resurrection. He had to be in the earth, three days and

three nights or else He would not be the true Christ for the scripture cannot be broken.

John 10:35 If he called them gods, unto whom the word of God came, and the scripture cannot be broken;

Jesus Christ had to fulfill the prophecy of Jonah. In order to do that, He had to be in the earth seventy-two hours. It could not be possible if He was crucified on so-called Good Friday. The most Jesus would have been in the earth was thirty-six hours. Remember they buried Him around 6:00 p.m. on a Wednesday according to:

Mark 15:37 And Jesus cried with a loud voice, and gave up the ghost.

The Jews wanted Jesus off the cross before the *High Sabbath* started which was that Thursday, the first day of the Feast of Unleavened Bread. That's the reason they said the body should not remain on the cross on the Sabbath day. That Sabbath day was a *High Sabbath* which meant that it was a feast Sabbath and not a regular seventh day Sabbath.

When the word *High Sabbath* is used, it's always talking about one of the feast day Sabbaths and not the seventh day Sabbath.

John 19:31 The Jews therefore, because it was the preparation, that the bodies should not remain upon the cross on the sabbath day, (for that sabbath day was an high day,) besought Pilate that their legs might be broken, and that they might be taken away.

Understand that God has more than one Sabbath. He has feast day Sabbaths as well according to Leviticus chapter 23:1-7. But they are kept differently than the regular seventh day Sabbath which is the holy rest day found in Exodus 20:4.

These other Sabbaths are the Feast of Unleavened Bread; the first and the last day of a seven day period, the Feast of Trumpets which is one day; the Day of Atonement, which is one day and the Feast of Tabernacles, which is eight days with the first and last day, a Sabbath. These are called *High Sabbaths*.

***High Sabbaths* have preparation days also. The preparation day for the *High Sabbath* of Unleavened Bread was the 14th day of the month Abib which fell on**

a Wednesday the year Jesus was crucified according to:

John 19:14 And it was the preparation of the passover, and about the sixth hour: and he saith unto the Jews, Behold your King!

15But they cried out, Away with him, away with him, crucify him. Pilate saith unto them, Shall I crucify your King? The chief priests answered, We have no king but Caesar.

The preparation day in that week for the regular seventh day Sabbath was Friday. However, the writers who translated the New Testament were not Jewish writers and were not familiar with the preparation day for the feast of Unleavened Bread which was that Wednesday. They gave the opinion to the New Testament saints in modern times that the preparation day that Jesus died on was so-called Good Friday.

But that is not true. The preparation for the regular seventh day Sabbath was Friday. There were two preparation days in that week. One for the Feast of Unleavened Bread that the Passover Lamb would be killed on, which was Wednesday, and the preparation

day for the regular seventh Day Sabbath, which was Friday. That's the reason John wrote in John 19:14 that the preparation of the Passover was going on which was the 14th day of Abib.

Remember, the women could not properly dress the body of Jesus on the fourteenth day which was the Passover because they would be polluted for the first day of the Feast of Unleavened Bread which was a *High Sabbath*. Neither could they see about the body on that Friday which was the preparation day for the seventh day Sabbath. They had to wait until after both Sabbaths, the High Sabbath, which were the First Day of Unleavened Bread and the seventh day Sabbath to go to the gravesite to properly dress Jesus' body with spices they had prepared.

When the seventh day Sabbath had ended, they went immediately to the gravesite of Jesus while it was yet dark to dress His body. When they got there, they found two angels standing on each side of the tomb. The angels said to the women, "Why seek the living among the dead, He has risen."

Remember, the prophecy of Jonah had to be fulfilled which was three days and three nights. Jesus was buried on a Wednesday in haste around 6:00 pm because the Jews did not want the body on the cross on the High Sabbath which was the first day of the Feast of Unleavened Bread.

So let's begin to count, Wednesday from 6:00 pm to Thursday to 6:00 pm would be one day. Thursday from 6:00 pm to Friday at 6:00 pm would be two days. Friday at 6:00 pm to Saturday at 6:00 pm would be three days and three nights.

Jesus rose on the seventh day Sabbath before the sun went down the same time He was put in the grave on Wednesday, giving Him seventy-two hours which was three days and three nights in the heart of the earth fulfilling the prophecy of Jonah, which He gave to the Jews who asked for a sign showing that He was the true Messiah for the scripture cannot be broken.

When the women got there on the day we call Sunday, which is the First day of the week, Jesus was already gone. The angels said He had risen. Not that He's rising, but had risen which is past tense in the English

language. Remember, the Jews were not keeping time like the gentiles keep today. Their day was from sundown to sundown according to:

Leviticus 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.

The sun ended their day and a new day started. Early Sunday morning in biblical time was once the Sun went down. The women could not go to the grave until the sun went down unless they would have broken the seventh day Sabbath. When the Bible says early Sunday morning, it's talking about the seventh day Sabbath ending at sundown, Jewish time. Mary the mother of Jesus and the other women got to the tomb at the end of the seventh day Sabbath, the beginning of the first day of the week but Jesus had already risen.

Another misunderstanding is that some Christians think that the apostle Paul had service on the first day of the week because the scripture said in the book of Acts that Paul preached on the first day of the week until midnight. Remember, Paul started preaching after the seventh day Sabbath had ended when the

sun went down which according to the Jewish time, was early Sunday morning; because early Sunday morning starts at the going down of the sun and He preached until midnight. He did not start according to the way we use time today which would be early in the morning.

You know Paul wouldn't start preaching an early Sunday service and preach until midnight. He'd have to preach all day long. But this service started at the end of the Sabbath day which is around 7:00 pm and Paul preached until midnight. Many New Testament saints have thought for years that this was a Sunday morning service but it was not. It was a service right after the seventh day Sabbath ended. No one would preach early Sunday morning all the way until midnight. The first day of the week starts at the end of the seventh day Sabbath when the sun goes down.

Another scripture that has been misunderstood is 1 Corinthians 16:2 when Paul told the church that when they come together on the first day of the week, which is the first day of work, that they should bring the gifts they have for the poor saints in Jerusalem.

Understand that the first day of the week is the day work begins. The bible says “six days shall you labor and do all your work”. Sunday is the first day you are supposed to start working according to the bible; not according to the tradition of man which says Monday is the first day of the work week. So Paul was telling them when you come together on the first day of the week, lay aside the gifts of fruits and vegetables that you are going to give to the poor saints in Jerusalem so there would be no gathering when I come. He was not talking about a first day of the week worship service. The apostle Paul taught the gentiles to worship on the seventh day Sabbath and not on the first day of the week according to Acts chapter 13:42-44:

Acts 13:42 And when the Jews were gone out of the synagogue, the Gentiles besought that these words might be preached to them the next sabbath.

43 Now when the congregation was broken up, many of the Jews and religious proselytes followed Paul and Barnabas: who, speaking to them, persuaded them to continue in the grace of God.

44 And the next sabbath day came almost the whole city together to hear the word of God.

It was Paul's custom to enter into the synagogue, which is the biblical word for church, and preach on the Sabbath day.

Acts 17: 2 And Paul, as his manner was, went in unto them, and three sabbath days reasoned with them out of the scriptures,

Acts 18:4 And he reasoned in the synagogue every sabbath, and persuaded the Jews and the Greeks.

Someone would ask the question, "I thought we could keep everyday holy and no one was allowed to judge us when it came to a special day".

First of all, God did not tell you to keep everyday holy. He told you to live holy everyday. If you kept everyday holy, you would never get anything done concerning your livelihood. He told you to remember the Sabbath day and to keep it holy. The rest of the days He told you to go to work and take care of your business.

The scripture that says, "let no man judge you on the day you keep" was talking about days of the week that you have chosen in your mind to put emphasis on. It was not talking about the seventh day Sabbath.

The seventh day Sabbath has already been esteemed and blessed by God. Genesis 2:1-2. You cannot take anything from it, or add anything to it. But, you can esteem the other six days if you wish and some do. Some celebrate their birthday. Some celebrate their anniversary and many other personal days. Therefore when the scripture talks about one man esteeming one day above the other, it was not talking about the seventh day Sabbath at all but the other six days of the week. It is true, that no man should judge one another concerning their personal days.

So remember, the Christian Sabbath is the seventh day Sabbath of the Lord our God and Sunday is no Sabbath at all but the first work day of the week.

We have carefully done research on all the mainstream religious churches that keep Sunday for thinking that it's the Lord's day. They all have agreed that Saturday which is the seventh day, is the Sabbath. But they are all hung up on that Jesus on Sunday and that's the day He wants the gentile Christians to keep. We have clearly showed you that Jesus did not rise on Sunday morning. We have given you scripture which cannot be broken and precept on

precept and line upon line, here a little and there a little.

Isaiah 28:10 For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little:

And if Jesus had wanted the church to keep any other day besides the seventh day Sabbath as the day of rest, He would have said so according to:

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

But He did not, so the seventh day Sabbath remains the day for the Christian Sabbath.

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WHAT IS THE KINGDOM OF GOD?

GOD'S HOLY FEAST DAYS REVEAL THE PLAN OF SALVATION

THE HOLY GHOST IS THE SPIRIT OF TRUTH

IS THE GODHEAD A TRINITY?

IS THERE A HELL FIRE WHERE SINNER BURN FOREVER?

WHO ARE THE 144,000?

THE REWARD OF THE SAVED

GOD'S ROYAL LAW IS THE KNOWLEDGE OF SIN

GOD'S PROSPERITY PLAN

THE RECESSION AROUND THE WORLD IS THE FULLNES OF THE GENTILES

THE MIDDLE EAST IN PROPHECY

THE NEW COVENANT

HOW TO HAVE A HAPPY MARRIAGE

NOTES