Remember the Sabbath to keep it holy... Ex. 20:8

If the Sabbath were insignificant, why is it mentioned 137 times in the Bible? If Messiah had done away with it, why is it observed by the disciples after His ascension? (Acts 2:1-4, 13:14-16, 13:42-44, 18:4, 1 Cor. 7:19, 11:1) Why did the early church keep it as well? If it was temporary, why does scripture profess the Sabbath is forever in your generations for a perpetual and everlasting covenant by a statute forever? (Ex. 31:13, 16, Lev. 16:31, 24:8) Why did Jesus(Yahusha) say he did not come to abolish it? (Matt. 5:17-20)

For this is the Day of Rest created for man to rejuvenate in the presence of our Creator. He knows we need that and without it, we will never have the needed fuel nor will we ever apply our full armor. (Mark 2:27) This is never a suggestion but in Israel, to defile this day in many references, would mean death (Ex. 31:14-15, 35:2). On this day, we are to conduct no work not even cooking, nor to indulge in pleasure but strictly to focus on Him in a state of rest (Ex. 35:3, Lev. 23:3, Deut. 5). Even when Yahuah rained manna from Heaven, He refrained on the seventh day (Ex. 16:26).


It is time to restore His Sabbath in your life.