

## The Sabbath Day

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Zone Conference  
Wednesday May 5, 1999

The Bible Dictionary says the following about the Sabbath:

Instituted to commemorate God's seventh day of rest at the Creation (Ex. 20:10–11), and also the redemption from Egyptian bondage (Deut. 5:15). On the Sabbath the daily sacrifices were doubled; the loaves of the shewbread were changed; the people abstained from all manner of work, and it was a day of holy assembly.

The Sabbath was a holy day before the giving of the law, even from the earliest times (see the account of the Creation—Gen. 2:2–3; the sacredness of the number 7; the narrative of the manna—Ex. 16:23–30; and the narrative of the man gathering sticks—Num. 15:32–36); but we have no evidence of its observance in patriarchal times. This is no doubt due to the scantiness of the record, for the Sabbath is an eternal principle and would have existed from the days of Adam, whenever the gospel was on the earth among men.

After the return from the exile Nehemiah made the observance of the Sabbath one of the chief points of his reformation (10:31; 13:15–22), and the strictness with which it was kept by the Jews became a well-known fact. In course of time many regulations

grew up and were observed by the Pharisees. One of the charges frequently brought against our Lord was that of Sabbath breaking, but this was because He failed to conform to the traditions and man-made regulations concerning the Sabbath. Jesus obeyed the letter and the spirit of the Sabbath, but was not obligated to follow the traditions of the elders of the Jews.

After the Ascension of Christ, the members of the Church, whether Jews or Gentiles, kept holy the first day of the week (the Lord's day) as a weekly commemoration of our Lord's Resurrection (Acts 20:7; 1 Cor. 16:2; Rev. 1:10); and by degrees the observance of the seventh day was discontinued. (See Lord's Day.)

The importance of a sacred day for man to rest from his temporal labors, contemplate the word of the Lord, and assemble for public worship is a major item in a person's spiritual development. Furthermore, a decay in the national religious life always follows any tendency toward carelessness in the matter of Sabbath observance. The existence of a weekly holy day is a most important safeguard; it leaves a constant reminder to the individual of his need for spiritual sustenance and his duty before God, and serves as a witness to the world that there is such a thing as revealed religion.

The change from observing the last day of the week to the first day of the week is not so important as is the concept and principle of the Sabbath. In either case, the Sabbath

was symbolic of the mighty works of God: the creation of the earth, the deliverance of Israel from Egypt, and the resurrection of Jesus from the dead.

Latter-day revelation confirms the significance of the Sabbath (or Lord's day) in D&C 59. For other references to the Sabbath see 2 Kgs. 4:23; 11:5-7; Isa. 1:13; 58:13; Jer. 17:20-27; Ezek. 20:12-13, 16; Hosea 2:11; Amos 8:5; Matt. 12:1-13; Mark 2:23-28; 3:1-5; Luke 6:1-10; 13:11-16; 14:1-5; John 5:18; 7:21-24; Rom. 14:5-6; Gal. 4:10; Col. 2:16. [Bible Dictionary: Sabbath]

The Sabbath was around since the creation of the earth. As it states in Genesis 2:2:

2 - And 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.

Section 59 of the Doctrine and Covenants talks about the Sabbath Day. I would like to read verse nine and ten from that section:

9 - And that thou mayest more fully keep thyself unspotted from the world, thou shalt go to the house of prayer and offer up thy sacraments upon my holy day;

10 - For verily this is a day appointed unto you to rest from your labors, and to pay thy devotions unto the Most High;

So the Sabbath Day is a day set aside for us to worship God. We do this by attending our meetings and partaking of the sacrament. We are to basically rest from our everyday concerns.

We always hear people asking “Well is this okay do do on Sunday? Or what about this? etc.” Here are five questions a person can ask themselves about Sabbath Day activities:

1. Does it help me grow spiritually?
2. Does it help me rest from ordinary concerns?
3. Does it help me and my family grow closer together?
4. Is there any way I could do it on the other 6 days of the week?
5. Is the ox in the mire? If so, who put it there?