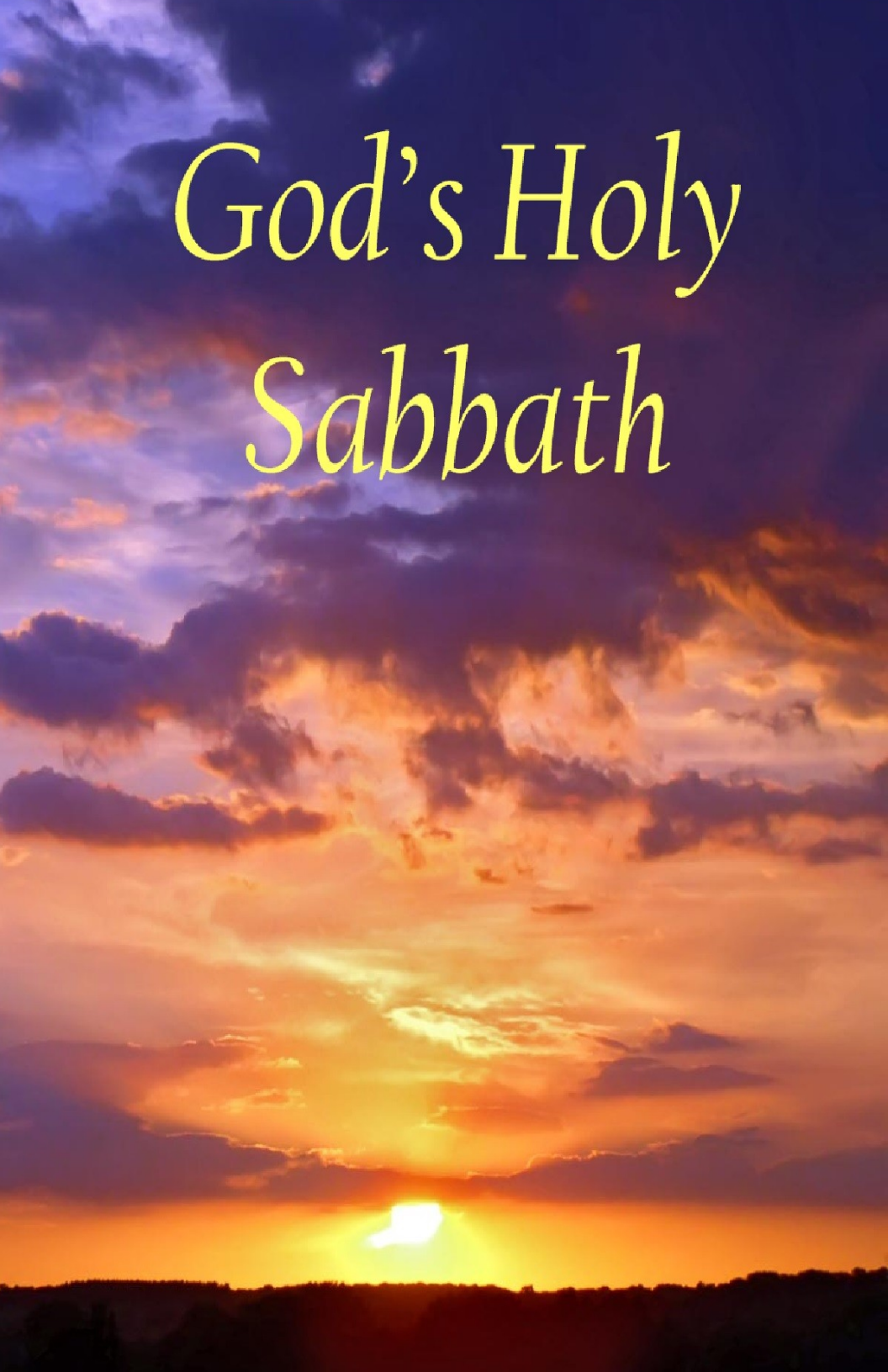


*God's Holy  
Sabbath*





# God's Holy Sabbath

Three Important Reasons  
To Keep God's Sabbath  
Holy!

Elder William Shults

This booklet is a short version of the full-length book, "Holy Time With God". The book has much greater depth and revelation on the Sabbath. To order the full-length book go to our website [www.hungryheartsministry.com](http://www.hungryheartsministry.com). Go to the Resources Section and then go to the Store.

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# The Sabbath is Holy

The story of the creation is in the book of Genesis in the Holy Bible. In chapter two is the account of the creation of the Sabbath Day. *“By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all his work. 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”* (Gen 2:2). Here in the very beginning, the Sabbath was given by God for mankind. This was a permanent way for God to maintain contact with His greatest creation, mankind. Sooner or later, everyone would become overwhelmed with the cares of life. The Sabbath is a way to put all of that aside and to re-focus our time and attention back to God. It is a permanent sign of who is the Creator God. For in six days He re-created the face of the earth, and blessed the seventh day. And it says that He made the seventh day holy. What is holy? And how can things, including time, become holy? Things, including time, become holy by the very Presence of the Almighty God. We need the time in the Presence of the Lord, we need the time to stop and honor Him. There is automatic, recurring Presence from the Lord, waiting on us every Sabbath eve! Every person in whom the Spirit of Christ dwells should stop his own ways and honor God on the Sabbath.

Most people do not understand the Old Testament of their Bibles. Something about the ancientness of the books prevents them from grasping the concepts. But, is it really all that old? Is it out of place in today’s hyper-modern world? Human nature is still the same today as it was then, making those ancient words so very relevant for us today. Something else is blocking people from under-

standing those ancient words. The Apostle Paul describes for us why we have a hard time with the old testament in his second letter to the Corinthians. *“Therefore, since we have such a hope, we are very bold. We are not like Moses, who put a veil over his face to keep the Israelites from gazing at it while the radiance was fading away. But their minds were made dull, for to this day the same veil remains when the old covenant is read. It has not been removed, because only in Christ is it taken away. Even to this day when Moses is read, a veil covers their hearts. But whenever anyone turns to the Lord, the veil is taken away. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord’s glory, are being transformed into His likeness with ever increasing glory, which comes from the Lord, who is the Spirit”* (2 Corinthians 3:12-18). Consider God’s Sabbath Day. Most churches have done away with it; others think that one day in seven is good enough. Just what is the truth of the matter? People’s minds are made dull when reading or studying the Old Testament, unless in Christ, their minds are made active, through the Spirit of the Lord. There is freedom in the Spirit of the Lord. That is only one, of many reasons the Lord Jesus Christ is called the Lord of the Sabbath.

In natural terms, when people are required to work we call that *slavery*. When employers require large amounts of work we call them *slave drivers*. The Lord on the other hand gives us His Sabbath Day to ***rest***, and to worship and to spend time with Him, and religious people call that slavery. That does not make sense! Freedom to rest, Freedom from work, Freedom to have time with the Lord, is not slavery, it is Freedom! That is why the Law of God is called the *“perfect law of liberty”* (James 1:25). Without the Spirit of

the Christ living in you, it is impossible to understand the Sabbath Day, or why there is a need for that *specific* day.

That specific day was given for a variety of reasons. One is that, it is prophetic in regard to a future Messiah, and the need for that Messiah. Another is, that it is the identifying sign with the one true Creator God who in John 1:1-3 is identified as Jesus our Messiah: *“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made.”* The Lord Himself confirms this in Matthew 12:8 *“For the Son of Man is Lord of the Sabbath.”* The Sabbath was created; it was made. And we quoted John 1:1-3, where it says that everything that was made was made by the One who became Christ. Another reason for the Sabbath is Relationship. There is quite a bit of teaching about having a relationship with God. And, that is a very definite reason for the Sabbath Day. Time is essential for any relationship, and through the Sabbath, God has given us the time for a relationship with Him. And something not so well known, is that, God from creation placed His Presence in the Sabbath Day. These are important reasons to see God on His Sabbath. As we go through God’s reasons for His Sabbath Day, ask the Lord to “unveil” your mind to this essential part of the Old Testament.

# The Prophetic Reasons

*“He was chosen before creation of the world, but was revealed in these last times for your sake” (1 Peter 1:20). Before the creation of this world Jesus Christ was chosen to be our Savior and Messiah. How did God know that we would need a Messiah? He made us mortal. He made us subject to the physical, and He placed us where Satan lives. “For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope” (Romans 8:20 ). God subjected us to this flesh, this clay, in the hope that we would accept our Messiah and be saved. This need for salvation was evident to God from before Creation. The Sabbath Day directly reflects this need for a Savior. Look at the Sabbath Command found in Exodus 20:8-11: “Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.” Work six days, but rest on the Sabbath. In other words, go your own way, try it yourself, but when things don’t work out, when life isn’t going right, come back to God and do it His way. After we try to earn goodness with God our own way and fail, then return to the Lord and try it His way. How do we get this point from rest? Because when you accept Jesus Christ as your Personal Savior, you are resting in Jesus’ work. We work and toil, and sin; then, when we accept Him as our Savior we rest in His work. “Therefore, since the promise of entering His rest still stands, let us be careful that none of you be found to have fallen short of it. For we also have had the gospel preached to us, just as they did; but the message they heard*

*was of no value to them, because those who heard did not combine it with faith. Now we who have believed enter that rest, just as God had said, "So I declared an oath in My anger, 'They shall never enter My rest.'" And yet His work has been finished since the creation of the world. For somewhere He has spoken about the seventh day in these words: "And on the seventh day God rested from all His work." And again in the passage above he says, "They shall never enter My rest." It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. Therefore God again set a certain day, calling it Today, when a long time later He spoke through David, as was said before: "Today, if you hear His voice, do not harden your hearts." For if Joshua had given them rest, God would not have spoken later about another day. There remains, then, a Sabbath rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from His. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience" (Hebrews 4:1-11).*

We need to make every effort to enter that rest, the Sabbath Day. Why so important? Because it is an example of obedience that dramatically states, your need to live in the Rest of Messiah. By your action, or inaction on the Sabbath, you are declaring for all time that you need Jesus as your Savior, and that you are resting in His redemptive work on the Cross.

There is something very interesting, and very often overlooked in the provisions for the Holy Tabernacle in the Wilderness. The Showbread, or in the Hebrew, the "facebread." What was so special about the Bread placed on the table in the Holy Place? "*Put the bread of the Presence on this table to be before Me at all times*" (Ex 25:30). This Bread represents Jesus Christ. He is the Bread of Life



(John 6:35). He is the Unleavened Bread of Sincerity and Truth (I Corinthians 5:8). He is forever in the Presence of the Father. And the Sabbath was made that we could be forever in their Presence. The showbread was set out in fresh supply every Sabbath Day and was eaten by the Priests everyday throughout the week. If you honor the Father and Jesus Christ by observing their Sabbath, They will give you a fresh supply of their presence that will carry you through to the next week.

Most Prophetic scholars acknowledge a rough plan Of God in the Creation week of six days of labor and then a Sabbath of rest. Man has had about six thousand years on earth to do it our way, and we have filled the planet with misery and suffering. Then there is the Sabbath Rest of Christ's rule on earth for a thousand years of Plenty and Happiness. Now, man has been on the earth (reckoned from the genealogies in the Bible) for just over six thousand years, I say that we are in "over time."

It is time for the Messiah to save us from ourselves. *"Remember this, fix it in mind, and take it to heart, you rebels. Remember the former things, those of long ago; I am God, and there is no other; I am God, and there is none like Me. I make known the end from the beginning, from ancient times, what is still to come. I say: My purpose will stand, and I will do all that I please"* (Isaiah 46:8-10). God announces the end from the beginning because He can make it so. He used the weekly Sabbath to outline His incredible plan for human redemption. A Sabbath truly honoring God does bring to mind, by its very nature, the Millennial Rule of Jesus Christ. During the Millennium we will live in the Presence of our Savior, Jesus Christ. During the Sabbath, if we put away our own work, fun, and wants to devote the time to Jesus, then we can live in His Presence

for one day a week; the Seventh Day, because He will rule the *seventh* thousand year span.

*“All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance. And they admitted that they were aliens and strangers on earth. People who say such things show that they are looking for a country of their own. If they had been thinking of the country they had left, they would have had opportunity to return. Instead, they were longing for a better country a heavenly one. Therefore God is not ashamed to be called their God, for He has prepared a city for them”* (Hebrews 11:13-16). The Sabbath is figuratively, this better city that He has prepared for us. In the future, after all, when the earth is renewed, the New Jerusalem will come down from Heaven, and the Father will dwell on earth with His children. You can taste that right now, by truly honoring Him on His Sabbath Day. God put His Presence into the Sabbath Day to give you a taste of what is coming. To show from the very beginning the things that shall come to pass.

Another Prophetic reason for modern day Christians to observe God’s Sabbath is that it is an eternal covenant. *“Then the LORD said to Moses, “Say to the Israelites, ‘You must observe My Sabbaths. This will be a sign between Me and you for the generations to come, so you may know that I am the LORD, who makes you holy.’ ” ““Observe the Sabbath, because it is holy to you. Anyone who desecrates it must be put to death; whoever does any work on that day must be cut off from his people. For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the LORD. Whoever does any work on that day must be put to death. The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. It will be a sign between Me and the Israelites forever, for in six days the LORD made the heavens and the earth, and on*

*the seventh day he abstained from work and rested''* (Exodus 31: 12-17). Christians who have accepted Jesus Christ as their Savior, are made Holy by the Atonement, body and blood, that Jesus made for every believer. Think about it, you've been made Holy, by the Atonement; the Sabbath is the sign that you believe in Him. Do you know the Jesus who died for you on the cross? He made the Sabbath for you to be with Him in His Presence. Your redemption from sin is an eternal covenant, the Sabbath is the eternal sign that you acknowledge and understand.

Maybe you didn't understand, maybe you just accepted what you were told, return to the Lord, go to Him this Sabbath and seek His face. Maybe you've honored God by abstaining from work on the Sabbath, but never really sought Him the way that you should have. Return to the Lord this Sabbath and seek Him. The Prophetic season is now very short. The Lord is soon to return, make sure that you use His Sabbath to seek His face, before it is too late.

## The Physical Reasons

In this modern world we work like ants. Always driving ourselves to achieve every last efficiency. Productivity growth is the watchword of our age. Many people take work home with them, and others work two jobs. Our bodies will not sustain that. We were designed for a certain amount of “down-time.” We need to sleep each day. And we need a day off every seven days--the SEVENTH DAY. While any day of the week off of work may be sufficient, only one day of the week contains the Presence of the Almighty God to really rejuvenate us! While one day each week off of work may be sufficient for minimal rest for our bodies, only the Sabbath Day contains the Presence of the Almighty to refresh our spirit. We need to worship our God. *“Jesus declared, ‘Believe Me, woman, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. God is spirit, and His worshipers must worship in spirit and in truth’”* (John 4:21-24). We can worship God in *Spirit without the Truth*, or we can worship God in *Truth without the Spirit*; but we were told to worship *both in Spirit and in Truth*. That means we must worship Him on His Sabbath and we must worship Him in His Presence. And God put it all together for us on the Seventh Day Sabbath. Worship does for the human spirit in a person, what rest does for the body.

The human mind also needs learning. The very composition of our brain cells requires learning to keep the mind active and sharp. We need to be taught. We were created to be taught. All over this planet, there is teaching about everything imaginable. We need teaching about God. And He gave us the Sabbath to be available for that teaching. In Exodus 16 is the story of the manna in the wilderness. The manna is a foreshadowing of the Messiah. He is the manna that we need. Look at Exodus 16:21-26: *“Each morning everyone gathered as much as he needed, and when the sun grew hot, it melted away. On the sixth day, they gathered twice as much—two omers for each person—and the leaders of the community came and reported this to Moses. He said to them, ‘This is what the LORD commanded: “Tomorrow is to be a day of rest, a holy Sabbath to the LORD. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.”’ ‘So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. “Eat it today, Moses said, “because today is a Sabbath to the LORD. You will not find any of it on the ground today. Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.”’* One of the reasons for the manna was to restore to Israel which day was the Sabbath Day. The other was to know the need to eat the food from God. In John 6, Jesus taught that He was the true bread from Heaven. We need that teaching every week. We need the renewing of our thinking every week from the Lord. We need the memory cells in our brains configuring the Gospel message every week. This is important for our development as Christians. Memory cells die just like all of the other cells, and replenishing the number of cells that have the imprint of God and His teaching is necessary for our conversion. Some people object to the fact that the Sabbath is commanded as a part of the Ten Commandments. I

will openly ask you, do you still need to be commanded to walk right before Jesus? Do you still need to be commanded to worship Jesus on the Sabbath? Don't you know that Holy Spirit inside of you envies intensely? You need the rest, you need the worship, and you need the teaching. Come to the Lord's table and refresh yourself with the "face-bread."

## SPIRITUAL REASONS

There are important Spiritual reasons to observe God's Sabbath. From creation God sanctified the day and made it holy. Only God's presence can make things holy. On the Sabbath there is an outpouring of God's Holy Spirit. And, observing the Sabbath will help a believer overcome in their personal spiritual battles. All of these are excellent reasons to discipline yourself to devoting the Sabbath to the Lord.

*“Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the desert and came to Horeb, the mountain of God. There the angel of the LORD appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. So Moses thought, ‘I will go over and see this strange sight-why the bush does not burn up.’ When the LORD saw that he had gone over to look, God called to him from within the bush, ‘Moses! Moses!’ And Moses said, ‘Here I am.’ ‘Do not come any closer,’ God said. ‘Take off your sandals, for the place where you are standing is holy ground.’ Then He said, ‘I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob.’ At this, Moses hid his face, because he was afraid to look at God. Moses was standing in the very Presence of God Almighty. And the ground where he stood was holy because of the very Presence of God” (Exodus 3: 1-6). The ground wasn't holy earlier in the day, and it wasn't holy some time later, but it was holy right then. So, Moses took off his shoes and showed God the proper respect that He deserved.*

We started in Genesis where God said that He sanctified the day. Sanctified means set apart for holy use, and then we have to use it in a holy manner to keep it holy. If we profane the Sabbath day by working, or by pursuing our

own pleasure, then we have made it just an ordinary day. But if we will seek the face of God, just like the show-bread, or face-bread that was set out every Sabbath; if we will make the day all about Jesus, then we will experience the benefits of living in the Presence of God; to have that, we need to take our shoes off. *“If you keep your feet from breaking the Sabbath and from doing as you please on My holy day, if you call the Sabbath a delight and the LORD’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob”* (Isaiah 58:13-14). The mouth of the LORD has spoken. It is not about a set of rules and regulations about what you can say, or what you can do; it is all about focusing your time and attention on God. He has given us the first six days to go our way and do our thing. He has set aside the time to be with us, for our blessing. If you really want to be a “God Catcher” then climb up in to “Daddy’s” lap on the Sabbath. He’s waiting for you each and every Sabbath.

There is also out-pouring of God’s Holy Spirit on the Sabbath day. But, in order to receive that outpouring, you need to observe that day. *“Then the LORD said to Moses, ‘Say to the Israelites, You must observe My Sabbaths. This will be a sign between Me and you for the generations to come, so you may know that I am the LORD, who makes you holy.’”* (Exodus 31:12-13). What sanctifies, or makes a Christian holy is the Spirit of the Living God, living in them. Nothing else can make us holy. *“But we ought always to thank God for you, brothers loved by the Lord, because from the .beginning God chose you to be saved through the sanctifying work of the Spirit and through belief in the truth. He called you to this through our gospel that you might share in the glory of our Lord Jesus*



*Christ. So then, brothers, stand firm and hold to the teaching we passed on to you, whether by word of mouth or by letter” (II Thessalonians 2: 13-15). “Who have been chosen according to the foreknowledge of God the Father, through the sanctifying work of the Spirit, for obedience to Jesus Christ and sprinkling by His blood” (I Peter 1:2).* The Holy Spirit sanctifies us. God said in Exodus that the Sabbath is a sign or identifying mark that the true creator God is the one who makes us holy. He does that with an outpouring of His Spirit on each Sabbath Day.

In Ephesians 6:13-18 the Apostle Paul lists out the weapons of Spiritual warfare. The Presence of God on the Sabbath enhances every one of these. Actually none of the Spiritual forces of Darkness can withstand the Presence of Jesus in the Day itself. Our ability to comprehend and use the weapons to counteract demonic oppression is noticeably enhanced by proper Sabbath Observance. Why? The teaching to be done on each Sabbath considerably strengthens the loin belt of truth. The more truth in your mind, the better you are able to use it. Understanding the Breastplate of Righteousness and the Helmet of Salvation is deepened, when you worship in the Presence of the Lord. You really realize just how you are placed in His body, when you worship in the Spirit on the Sabbath. The Shield of Faith is to be soaked in the water of the Word and rubbed down with the oil of the Holy Spirit, both of which are in abundance on the Sabbath. The sword of the Spirit is sharpened, both by the teaching and the worship. And when you come to really dwell in the Presence of the Lord you will really understand how to use your weapon. Praying in the Spirit on all occasions, (vs. 18) is much more effective on THE day of the week, where the Lord has invested so much of Himself, and so much of His Spirit. The teaching, and worship with family and friends on the Sabbath is a benefit to every person,

and so much more when under attacks of any kind. Time in the Holy Bible to get to know Jesus better, time alone with our Heavenly Father, and time to teach your children about God and the Bible, this is Spiritual warfare.

# What Did Jesus Do?

Jesus Christ kept the Sabbath Day Holy, your salvation and mine depended on it. But, did His fulfillment do away with our need to fulfill the command? The Lord's perfect fulfillment of all of the other laws did not do away with our need to obey God. Why only for the Sabbath command, do people say that the Lord's observance removes our requirement? Why would the Lord do away with our legal right to rest, when we need it so badly? Why would the Lord do away with our special Sabbath access to His Sanctifying Spirit, after we really need it in the New Covenant? The fact is; the New Covenant is founded on better promises, so that means that if the Sabbath Day was sanctified in the *Old*, it is more so in the *New*. If we have special access to God on His Sabbath in the *Old*, we have more access in the *New*, not less. His perfect fulfillment qualified Him to be our Messiah and King. His perfect fulfillment allowed Him to be our Atonement. After we receive that Atonement for our past, we need to put aside our old ways and turn to Him in newness of life. That newness of His life inside of us includes taking our foot off of His Sabbath, and honoring Him on it. If His Spirit lives inside of you, you should want to be with Him on that day.

What did Jesus do? "*For the Son of Man is Lord of the Sabbath*" (Matthew 12:8). Of course He is, He created the Sabbath. In all of the passages you will find that Jesus confronted the Pharisees over their man-made rules for the Sabbath, which made it a burden to the people. What does the Lord of the Sabbath want? He desires that we should

worship The Father and His Son on the Sabbath, in *Spirit* and in *Truth*. He wants us to do good on the Sabbath. “How much more valuable is a man than a sheep! Therefore, it is lawful to do good on the Sabbath” (Matthew 12:12). The Lord also taught in the Synagogue on the Sabbath. “*They went to Capernaum, and when the Sabbath came, Jesus went into the Synagogue and began to teach*” (Mark 1:21). All of His life on earth Jesus observed the Sabbath, resting from His work, teaching the people, doing miracles and going off to pray. This is a perfect example for us today. All of the Apostles after Jesus taught on the Sabbath Day. This included the Apostle Paul, who taught on the Sabbath, even after he was thrown out of the Synagogues. Jesus’ controversy with the Pharisees was not over whether or not to keep the Sabbath to God. But, was always over the man-made rules about Sabbath observance. It is not about lists of do’s and don’ts; it is about seeking the face and the Presence of God on the Day.

## Concluding Thoughts

This author has been keeping the Sabbath Day holy for sometime. I've made all of the mistakes, and I've done some things right. God is not impressed with our righteousness. As a matter of fact the Lord Jesus upbraided the religious leaders of His day for their man-made righteousness. They did a better job of following all of the do's and don'ts than we ever will. Jesus said that the Father looks on the heart. And so did all of the prophets. The problems people of all ages have run into concerning the Sabbath, all have to do with our thinking that we are better than someone else over the little "extra" rules that we follow. God wants our heart, He wants a relationship with us. He wants us. We should want Him. He gave us a day off, not just any day off. He gave the one where, He has made the time to be with us. He is particular that we respect His time. And the reward for respecting His time is that He will give us the extra blessing of more of Him and more of His Spirit into our lives. He wants to be found by us, and how much easier can He make it than, "here I am every seventh day, come and get me!"

Don't let your heart be so stubborn that you will not go out to Him while He may be found! The days are coming when there will be a famine of the Words of the Lord. Today, hear His voice calling you to Himself on His Sabbath Day. Come to the God of All Creation and worship Him for all of His goodness and all of His ways. So many people of all the ages on this earth have forsaken the True Creator God. Don't be one of them. He wants your love, and He wants to love you. All you have to do is to stop what you are doing at sunset on Friday nights and turn your attention to Him with a sincere heart full of faith. Spend a little time with Him. A little time with Him will do more good for you than anything else on earth.

This booklet is a short version of the full-length book, “Holy Time With God”. The book has much greater depth and revelation on the Sabbath. To order the full-length book go to our website [www.hungryheartsministry.com](http://www.hungryheartsministry.com). Go to the Resources Section and then go to the Store.

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