

“Cooking on Shabbat”

Exodus 16:16-27 Lets talk about cooking on Shabbat

We need to be careful not to add to the commandments of God nor take away from them.

The verse that some use to say God commands us not to cook on Shabbat is vs.23.

Exodus 16:23 And he said unto them, This *is that* which the LORD hath said, To morrow *is* the rest of the holy sabbath unto the LORD: bake *that* which ye will bake *to day*, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

Today is in italics which means that it was added and not in the original text.

However, nowhere in this verse does God say, “Don’t cook on Shabbat”. I propose the question, “Was it the uncooked remainder that they put aside”? The verse doesn’t specify whether it was the uncooked remainder that they put aside, or if they cooked everything on Friday and put aside leftovers. Did they only bake half the amount they gathered? The verse isn’t specific in whether or not they cooked everything on Friday, or if they left an uncooked portion for Sabbath. This is the only verse I have ever seen anyone use to tell me that “God commanded us not to cook on Shabbat”. I know this is a sensitive and controversial subject even in my own congregation. I will not take an unspecific topic in a vague verse and make a doctrine out of it. If Yahweh really didn’t want us to cook on Shabbat, then why not just say plainly, “Speak to the children of Israel and tell them not to cook on Shabbat!”

Nowhere in the bible does God say, “don’t cook on Shabbat” - although I can understand where the idea comes from, and that the scripture may even in some way imply it. But God doesn’t say don’t cook on Shabbat- so if you say that God commanded us not to cook on Shabbat then you are adding to the commandments of God.

I think the emphasis here in this passage of scripture is actually on the gathering on the Sabbath- rather than cooking.

Some may consider cooking as work and therefore would disqualify cooking on Shabbat because it’s work- I can understand that as well- but I still wouldn’t go as far as to say that God said, “don’t cook on Shabbat.”

I think those who don’t cook on Shabbat would be better off saying, “I think Yahweh is instructing us not to cook on Shabbat, and I think this verse is implying it”.

I think that preparing your food in advance so you don't have to do anything vigorous on Shabbat is a good habit to get into. I will usually put aside some of the meal that I make for Friday night aside for Sabbath. Or I will simply warm up a pizza, or warm up some menudo. Some people will buy, the day before Shabbat, donuts and pastries rather than cooking breakfast. These are great ideas to serve as teachers and reminders to honor the LORD's Sabbath.

We need to make sure that we have a good balance of keeping Yahweh's commandments **without adding our own interpretation** to it when telling others of Yahweh's commands.

Exodus 12:16- Exo 12:16 And in the first day *there shall be an holy convocation, and in the seventh day there shall be an holy convocation to you; no manner of work shall be done in them, save that which every man must eat, that only may be done of you.*

Here we have the first and seventh day of Unleavened Bread which are to be days of no work, similar to a Sabbath day! And yet, the scripture specifically instructs us that you are allowed to cook on these days! The word done is strong's # 6213 and means to do or to make. A primitive root; to *do or make*, in the broadest sense and widest application: - accomplish, be busy.

"Cooking Showbread on Shabbat!"

I Chronicles 9:31,32 And Mattithiah, one of the Levites, who was the firstborn of Shallum the Korahite, had the set office over the things that were made in the pans. And other of their brethren, of the sons of the Kohathites, were over the shewbread, to prepare it every sabbath.

The scripture sure does seem to imply that they cooked hala, or shewbread on Shabbat! Combine that with...

2Chronicles 13:11 And they burn unto the LORD every morning and every evening burnt sacrifices and sweet incense: the shewbread also set they in order upon the pure table; and the candlestick of gold with the lamps thereof, to burn every evening: for we keep the charge of the LORD our God; but ye have forsaken him.

And the question becomes did they put stale day old bread on the table for Yah or did they put fresh bread?

I Samuel 21:6 "So the priest gave him consecrated bread; for there was no bread there but the bread of the Presence which was removed from before the Lord in order to put hot bread in its place when it was taken away."

So I must conclude that they cooked on Shabbat!

Exodus 12:16 And in the first day there shall be an holy convocation, and in the seventh day there shall be an holy convocation to you; no manner of work shall be done in them, save that which every man must eat, that only may be done of you.

Exodus 12:16 uses the word prepare just like I Chronicles 9:32 but they are actually two different words. The one from Exodus means to do or make and the one from Chronicles means to set something firmly in place with your hands or words- so I'm sure people who say Yah commanded us not to cook on Shabbat would use that argument over this- they would say the word prepare in Chronicles 9:32 is simply implying that they put the hala on the table that was made the day before. However, we see in I Samuel 21:6 that the bread they put before Yah was indeed Hot!