

In-Depth Teaching of the Moedim:

SABBATH/SHABBAT

Sabbath/Shabbat

Sabbath = vines = The observation of the seventh day of the week. It was a sign between God and His people. **Hebrew Chaldean dictionary** = **Intermission, cease, desist, rest, celebrate**. **Lexical aid** = The Sabbath is a covenant sign of God's authority. When kept it shows that you are subject to His authority; it is a way of showing your trust in God. We plant and water, but only God gives increase!

Know that we are all put to the test in keeping Sabbath! You will at some point have to choose between obeying God and working on the Sabbath to make money and put food on your table and pay your bills. These are tough decisions, but it is always better to obey God and leave the consequences to Him. He will honor you for honoring the Sabbath.

Genesis 1:1-5 evening and morning first day

I actually prefer to use Leviticus 23:32 to show people that on Yahweh's calendar a day begins in the evening at sunset, and ends in the evening at sunset. But that is also the idea in Genesis 1:5. **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.**

Genesis 2:1-3 Yahweh rested, blessed, and sanctified His Sabbath

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. 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- 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.* 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.

1 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?

1 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!

Exodus 16:29,30 The Sabbath was given to us; we don't have to work- we get to rest! The idea behind not going out of your place has to do with occupational work, don't go out of your place to go to your job or gather things which would cause others to work. No man is to go out of his place; however we do know in from the New Testament that the disciples and Yeshua did go out of their place to at least go to the synagogue.

Exodus 20:8-11 – **Remember** this commandment starts off with a reminder! Not only is the Sabbath an appointed time, but it is a commandment- I think it's pretty important to God!

Exodus 31:12-18 The Sabbath is **a sign between us and the Lord** to know that the Lord sanctifies. **Sabbath seems to be part of the covenantal sign between us and Yah; for in verse 16 it says the Sabbath is a perpetual covenant, or a covenant forever!**

Exodus 35:1-4 We are not to kindle a fire; this means we are not to kindle a fire on the Sabbath. **Kindle is strong's 1197 and means to consume!** Strong's 8313 is a synonym of 1197 and it means to destroy. When the Father gets angry he talks of kindling a fire (Jer.17:27). Maybe kindling a fire has to do with getting angry on Shabbat and carrying out the consequences of that anger. **Some think kindling a fire is a Hebrew idiom for doing occupational work.**

Some people will interpret this as not starting a car, or not turning on lights, or not turning on anything electronic- like phones or computers. Now while I can understand and respect how they come to this conclusion- it's important that we don't add to the commandments of God- the command is literally not to kindle a fire. If you say the command is anything other than what it literally says- then you are adding to the commandment of Yah. So if you say the command is not to turn on lights, or start your car, or listen to music on your ipod, or push the button in an elevator, or use your phone, or use your computer - then you are adding to the commandments of Yah. Now if you say the command is not to kindle a fire and you take it to the extreme and honor Yah by not turning on your lights, or starting your car, or turning on your computer and so forth- then that's fine as long as you don't say Yah commanded you not to turn on lights, or start your car, or turn on your computer.

We know that in the tabernacle the Menorah was lit and continually burned- so there was fire on the Sabbath, and they kept the fire going.

I try to consistently apply this to my life by not kindling a fire on Shabbat; however I do use a candle to keep a fire going, and if I need to use the stove for something; then I use the fire from the candle rather than starting a new fire. **However, I think sometimes it's best to take the bible literally for what it says. And to me literally kindling a fire would be going out to gather wood and chopping up kindling and creating a fire with the wood.**

I also lean towards kindling a fire representing occupational work, or getting angry and carrying out the destructive consequences of anger.

We need to be careful not to add to or take away from the commandments of God-

The command is not to kindle a fire

Leviticus 23:1-3 An appointed time of the Lord! An appointment for us to meet with God.

Perhaps the most holy thing to God is not a geographical place but a place in time. The 'Tabernacle of the Sabbath' however, was made not by a man but by God. Man has tried to tear it down, but he cannot. **It is a secret place – a holy place.** God beckons us to go in and meet with Him.

Leviticus 24:5-8 & 1 Chronicles 9:32 Showbread prepared every Sabbath; is this where the **hala** comes from? I think it's possible, at least it resembles it. Anyway Jews do the hala in remembrance of Gods provision.

Dueteronomy 5:12-15 Keep Sabbath to Remember where you come from and to Remember what God's done for you

Nehemia 13:15-22 No buying and selling on Shabbat

Jeremiah 17:19-27 No carrying a load on Shabbat. If you noticed in Nehemiah 13:15- they were loading the donkeys for the purpose of selling things at the marketplace. Notice the word load shows up in Jeremiah 4 times in this passage. I tend to think the **"Load"** is not just carrying something, but rather I think the load is implying the idea of taking your stuff to the swap meet, or the marketplace to sell! I think the idea of the load here has to do with buying and selling, or being about your business of making money. However, I could be wrong! I know **Yeshua specifically told the man he healed to take up his mat**, or to carry his load, not in the sense of buying or selling but in the sense of it's ok to carry things on Shabbat. This incited the Pharisees against Him, who claimed Yeshua was

breaking the commandments of Yahweh by telling this man to carry his mat. I am referring to **John 5:5-17**.

Isaiah 56:2,3,6-8 Blessed is the man who keeps from profaning the Sabbath, Let not the foreigner who has joined himself to Yah, say "The Lord will separate me from His people". The foreigners who join themselves to Yah, to minister to Him, and to love the name of Yah, To be His servants, every one who keeps from profaning the Sabbath, and holds fast My covenant; those I will bring to My holy mountain. Yah who gathers the dispersed of Israel declares "Yet others I will gather to them, to those already gathered."

Isaiah 58:13-14 Turn your foot from your own business and striking bargains, and delight in the Lord on the Sabbath. The word delight means luxury. Is the Sabbath a Luxury to you?

Isaiah 58:13,14 If and then principle –

1. If you turn your foot from doing your own business and striking bargains
2. If you call the Sabbath a delight
3. If you honor it
4. If you desist from seeking your own ways

1. Then you will delight in the Lord
2. Then I will make you ride on the high places
3. Then I will feed you with the heritage of Jacob your Father

Isaiah 66:23 – Worship or Bow down

Ezekiel 20:11,12 Sabbaths are a sign; statutes bring life

Ezekiel 46:3 Worship

Matthew 12:1-8 Yeshua is Lord of the Sabbath; Have **compassion, and mercy**

Mark 2:27 – The Sabbath was made for man, and not man for the Sabbath

Mark 3:1-5 It is lawful to do good on the Sabbath

John 5:5-17 – the rabbis were adding to the word of God by saying you couldn't carry anything on Shabbat! Yeshua was tearing down their takanot (man made commandments) by telling this man to carry his pallet! In Verse 17 Yeshua says "I Myself am working"- Interesting that He said this since it was Shabbat.

Acts 13:27 – Reading the Word of God

Acts 20:7 – the correct translation should read "And on one of the Sabbaths, or At the end of the Sabbath"

Traditionally at the end of the Sabbath families and congregations would come together and have a meal and talk. **It's called a havdalah service!**

The church likes to use this verse to show people that Yah changed the Sabbath from Saturday to Sunday; but that is a complete misinterpretation of this verse!

I Corinthians 16:2 – Word for Word translation is from Greens interlinear bible: "Every one of a week" It doesn't even mention the first day of the week. This verse is talking about putting aside money. This is another verse the church misinterprets to say that Yah changed the Sabbath from Saturday to Sunday.

Colossians 2:16,17 – Paul is talking to new believers in the Messiah who were formerly gentiles. These new believers are now partaking in the

Feasts of Yah, including New Moon, and Sabbath, and being Torah – obedient. They are probably taking some flak for it from their old non-believing friends. Paul says don't worry about that God will judge them and you accordingly.

This scripture is not saying I won't let anyone judge me because I don't keep the Feasts or Yah, or New Moons, or Sabbaths, or the rest of the Torah. This scripture isn't saying it's ok to not be Torah-obedient.

Hebrews 4:9-11 Let us be diligent to enter the Sabbath rest

**Rest = menuhah (Hebrew) = peace, harmony, happiness, no strife
On the seventh day, God ended His work by creating the blessing – the menuhah- of peace, harmony, happiness, no strife.**

Revelation 1:10 "I was in the Spirit on the Lord's day.." I have heard Christians use this verse to say that the Sabbath was changed from Saturday to Sunday. There is no implication here that the Lord's Day is Sunday, nor is there any evidence here that Yah changed the Sabbath from Saturday to Sunday. Christians claim that Yeshua rose on Sunday and that is the Lord's Day; however, if we use hermeneutics (letting scripture interpret scripture) we will see that "The Lord's Day" is actually the Sabbath. **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 day of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking *thine own words*:"** In this verse "The day of the Lord" or "The Lord's Day" is the Sabbath, which is the seventh day of the week- not the first day of the week.

Don'ts on the Sabbath:

Ex.20:8 **No Work or Occupational Labor**

Ex.35:1-3 **No kindling a fire**

Neh. 13:15-22 **No buying or selling**

Is.58:13,14 **No doing your own business affairs**

Ex.31:12-18 **No profaning the Sabbath**

Do's on the Sabbath:

Ex.20:8 **Remember God; Keep the Sabbath Holy; Rest**

Duet.5:12-15 **Remember where you come from, and what God's done for you.**

Isaiah 58:13,14 **Call the Sabbath a delight**

Is.66:23 **Bow down**

Ez.46:3 **Worship**

Lev.23:13 **Keep Sabbath as Appointed time; a permanent statute; a commandment forever!**

Math.12:12 **Do good**

Acts 13:27 **Read the Word of God**

You can also take time to Bless your spouse and kids!

We are saved by grace, not by the law, but we need to add knowledge to our faith so that we don't miss this rest, as well. The Sabbath is an appointed time of the Lord. It's an appointment for the Lord to meet with us! It is on the seventh day of the week which is Friday evening and last until sundown on Saturday evening. The Lord created the world in 6 days and rested on the 7th. The Sabbath is a day of rest. It is also a new beginning to start over a new week; to forget what lies behind and move ahead; it's a clean slate. Or a time to build on the foundation the Lord has

established in you. The Sabbath was made for us; we were not made for the Sabbath; it's a simple appointment with the Lord so He can bless us. Hebrews tells us it is a day of rest on which many don't enter, they miss it. Do you want to miss out on the blessing of the Lord?

"Sabbath Candle Lighting"

Light candles– lighting candles to begin Shabbat is only a tradition not a commandment. I must admit though that I have learned many a lesson from the candle burning. I also like to use the light of a candle burning throughout Shabbat to pass fire from the candle to the stove so as not to kindle a fire, this may seem silly to some but it serves as a good reminder to me to honor the Sabbath. **It is possible that the commandment to not kindle a fire is a Hebrew idiom for not doing any occupational work.** And in the traditional sense I don't think turning your stove on is kindling a fire, to me kindling a fire is literally gathering wood and kindling, and starting a fire. Traditionally a woman does this lighting of the candles because God used a woman to bring forth our Messiah, the Light of the World. The candles can represent peace and blessing. They remind us that no matter how dark it is outside, when God is in your life, His light will always shine. Wave your hands over them three times to welcome God's power and usher in God's light, health, and prosperity into our lives. The woman then covers her eyes and says a prayer welcoming in the Sabbath. The moment she opens her eyes, Sabbath has officially begun. **This is tradition of course, we all know that Shabbat begins once the sun sets.** This is also a good time to have family prayer and bless your spouse and children; and of course- eat a festive meal!

***Blessed are You, O LORD our God, King of the Universe.
You have sanctified us by Your Word and given us Yeshua
our Messiah, and commanded us to be a light to the world.***

"Sabbath Vs Sabbathown"

Sabbath= H7676 means the Sabbath from H7673 meaning to desist or repose or rest, or cease

Sabbathown= H7677 comes from H7676 and means special holiday, or rest

It's taught that a Sabbath is different from a Sabbathown in that not all the rules of the weekly Sabbath apply to a Sabbathown- like kindling a fire – although I am not 100% convinced that this is what the scriptures say.

Leviticus 23:3 No work (Sabbath) vs. Leviticus 23:7,8 No Laborious work (Sabbathown)

There is a distinction made in scripture concerning work- one is laborious work, and the other is work. In the NASB in vs.3- to me it implies that the weekly Shabbat is a day of complete rest, or no work.

And in vs.7,8 it implies that the Shabbat of Unleavened Bread is a day of rest, but not complete rest- so there must be a difference. Maybe this implies no occupational work.

Vs.7,8 No laborious work or No Servile Work, personally I think of this as no occupational work

Servile= 5656 work of any kind, work, labor, service; work in any sense

Work= 4399 employment, industrious, occupation, business

The only Moed (Appointed Time/Feast) that is worded the same way as Shabbat is Yom Kippur in Leviticus 23:32.

Hopefully I didn't confuse anyone! It seems to me that scripture makes a distinction between the word used for Sabbath and Yom Kippur (Sabbath); and the word used for the other feast days (Sabbathown). I am not 100% convinced of what the difference is. But what I think is this: **Sabbath and Yom Kippur is are days of no work at all; and the other Feast days (Sabbathowns) are more lenient with the work you do, but still no occupational work.** I hope this helps.

“Interesting Quotes”

I came across these quotes in my studies. I thought them quite interesting! It would almost appear that these indoctrinated christian theologians realized that the Law of Yah is not done away with-

Quote:

“The Torah is much more than a law, or a set of rules. It is not to be perceived as restrictions, but the very means by which one can reach a spiritual ideal. If you will keep the Torah, then you will be kept safe.

However, people come to understand it as something which is imposed for its own sake rather than what God has intended for us to become.

Therefore, the means becomes the end. Instead of being seen as a guideline, it becomes a heavy, external set of rules which are stifling.

Failure to understand the perfect law of liberty will lead to severe legalism.” **(Quote taken from the lexical aid to the old testament from kjv study bible by Zodiates)**

Quote:

“We are under the law of Christ. The gospel is not set up in opposition to the law, but is an explication and illustration of it, and a branch growing out of its roots.” (Quote taken from Henry Matthews commentary in Micah 4:1-7 part v.)

The rabbis teach that the Sabbath is the hub of the universe. It is the first rung on the ladder of knowing God. An interesting thought but I’m not sure that it is true; however, they go on to teach that God created the heavens and the earth looked at it and called it good. Then He said, in effect, “Now, I am going to create man, and I am going to create a menuhah – a rest and a blessing. I am going to sanctify this day. I am going to ‘marry’ My children with their blessings because it is a Fathers good pleasure to give them My kingdom.” So God made us and blessed us, then He made the Sabbath for

us and blessed the Sabbath." Left to our own devices, we tend to keep ourselves so hurried and busy that we forget Him, the One from whom our blessings come. Because God knows this about us, He gave us a commandment to Him. He even gave the appointment a name: the Sabbath. He assigned a specific day of each week, the seventh day, so we wouldn't be confused and miss it. By seeking Him on this day, we receive all the peace, blessing, and joy that God has promised us. We will never achieve all that is before us if we charge ahead without His blessing and provision. **Perhaps the most holy thing to God is not a geographical place but a place in time. The 'Tabernacle of the Sabbath'** however, was made not by a man but by God. Man has tried to tear it down, but he cannot. It is a secret place – a holy place. God beckons us to go in and meet with Him!