

# The Lost Day of History



Amazing Facts  
Study Guide

# Did

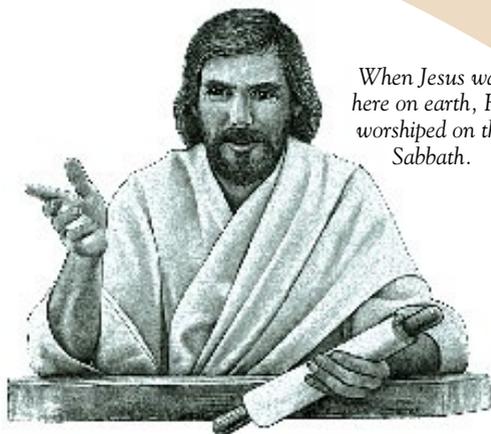
you know there is a very important day that almost everyone has forgotten about? It's astounding that only a few people are aware of it, because it's one of the most significant days in all of human history! It's not only a day in the past, but the present and future. Furthermore, what happened on this neglected day can have a profound effect on your life. Want to know more amazing facts about this lost day of history? Then read over this Study Guide carefully.



## 1. On what day did Jesus customarily worship?

“So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read” (Luke 4:16).

**Answer:** Jesus' custom was to worship on the Sabbath.



When Jesus was here on earth, He worshiped on the Sabbath.

## 2. But which day of history has been lost?

“The seventh day is the Sabbath of the LORD your God” (Exodus 20:10). “Now when the Sabbath was past, ... Very early in the morning, on the first day of the week, they came to the tomb when the sun had risen” (Mark 16:1, 2).

**Answer:** A little detective work is required. Many people believe that the Sabbath is the first day of the week (Sunday). But this text shows that the Sabbath is the day that comes just before the first day of the week. According to Scripture, the Sabbath is the seventh day of the week (Saturday).



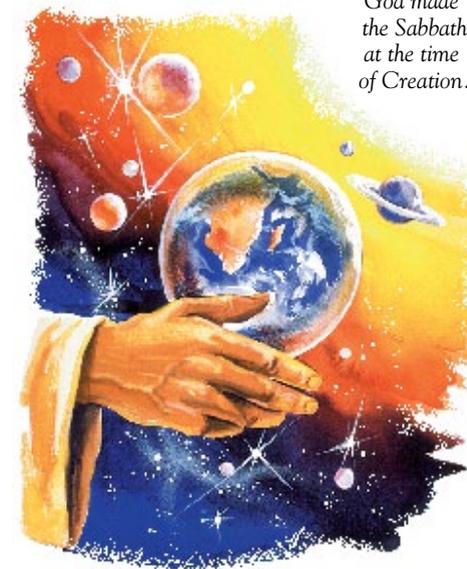
The seventh day of the week (Saturday) is the Sabbath.

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## 3. Who made the Sabbath and when?

“In the beginning God created the heavens and the earth.” ... “And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it” (Genesis 1:1; 2:2, 3).

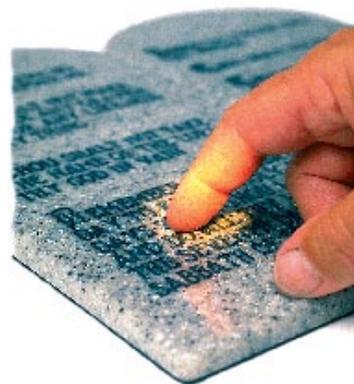
**Answer:** God made the Sabbath at the time of Creation, when He made the world. He rested on the Sabbath and blessed and sanctified it (set it apart for a holy use).



God made the Sabbath at the time of Creation.

## 4. What does God say about Sabbath-keeping in the Ten Commandments, which He wrote with His own finger?

“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it” (Exodus 20:8-11). “Then the LORD delivered to me two tablets of stone written with the finger of God” (Deuteronomy 9:10).



God wrote the Sabbath commandment with His own finger.

**Answer:** In the fourth commandment of the 10, God commands us to observe the seventh-day Sabbath as His holy day. God knew people would forget His Sabbath, so He began this commandment with the word “remember.” He has never commanded anyone anywhere to keep any other day as a weekly holy day.

## 5. But haven't the Ten Commandments been changed?

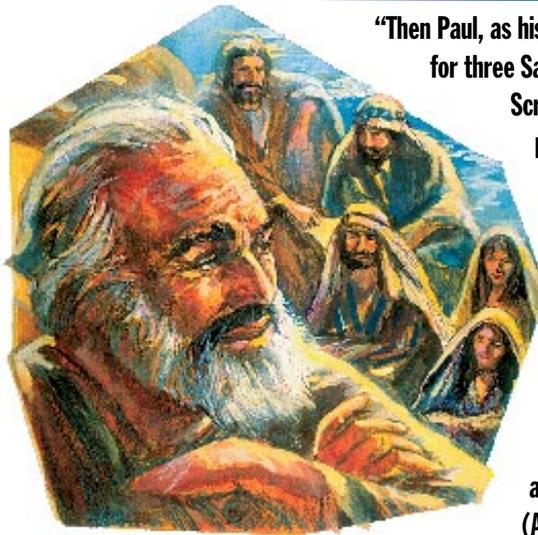
Jesus says: "And it is easier for heaven and earth to pass away than for one tittle of the law to fail" (Luke 16:17). God says: "My covenant I will not break, nor alter the word that has gone out of My lips" (Psalm 89:34). Notice, the Ten Commandments came from His lips. Exodus 20:1 says, "And God spoke all these words, saying ... [the Ten Commandments follow in verses 2-17]."

**Answer:** No, indeed! It is utterly impossible for any of God's moral law ever to change. All Ten Commandments are binding today.



Jesus says it is easier for heaven to pass away than for God's law to change.

## 6. Did the apostles keep the Sabbath?



Paul and the other apostles kept God's seventh-day Sabbath holy.

"Then Paul, as his custom was, went in to them, and for three Sabbaths reasoned with them from the Scriptures" (Acts 17:2). "Paul and his party ... went into the synagogue on the Sabbath day and sat down" (Acts 13:13, 14). "And on the Sabbath day we went out of the city to the riverside, where prayer was customarily made; and we sat down and spoke to the women who met there" (Acts 16:13). "And he [Paul] reasoned in the synagogue every Sabbath, and persuaded both Jews and Greeks" (Acts 18:4).

**Answer:** Yes, the book of Acts makes it clear that Paul and the early church kept the Sabbath.

## 7. Did the Gentiles also worship on Sabbath?

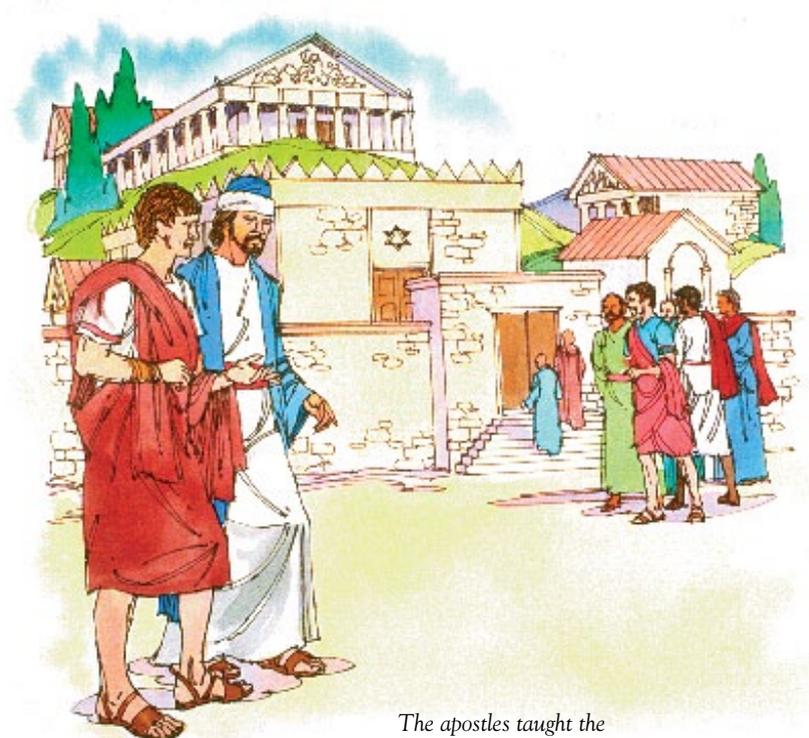
**God commanded it:**

"Blessed is the man ... Who keeps from defiling the Sabbath." ... "Also the sons of the foreigner who join themselves to the LORD, ... Everyone who keeps from defiling the Sabbath, and holds fast My covenant—Even them I will bring to My holy mountain, and make them joyful in My house of prayer ... for My house shall be called a house of prayer for all nations" (Isaiah 56:2, 6, 7, emphasis added).

**Apostles taught it:**

"So when the Jews went out of the synagogue, the Gentiles begged that these words might be preached to them the next Sabbath." "On the next Sabbath almost the whole city came together to hear the word of God" (Acts 13:42, 44, emphasis added). "And he reasoned in the synagogue every Sabbath, and persuaded both Jews and Greeks" (Acts 18:4).

**Answer:** The apostles in the early New Testament church not only obeyed God's Sabbath command, but they also taught the converted Gentiles to worship on Sabbath. Never once do they refer to Sunday as a holy day.



The apostles taught the Gentiles to keep the Sabbath holy.

## 8. But wasn't the Sabbath changed to Sunday at Christ's death or resurrection?

**Answer:** No, there is not the remotest hint that the Sabbath was changed at Christ's death or resurrection. The Bible teaches just the opposite. Please carefully review the following evidence:

**A. God blessed the Sabbath.** "The LORD blessed the Sabbath day and hallowed it" (Exodus 20:11). "Then God blessed the seventh day and sanctified it" (Genesis 2:3).

**B. Christ expected His people to be still keeping the Sabbath in A.D. 70 when Jerusalem was destroyed.** Knowing full well that Jerusalem would be destroyed by Rome in A.D. 70, Jesus warned His followers of that time, saying, "And pray that your flight may not be in winter *or on the Sabbath*" (Matthew 24:20, emphasis added). Jesus made it clear that He intended for the Sabbath to be kept even 40 years after His resurrection. In fact, there is no intimation anywhere in the Scriptures that Jesus, His Father, or the apostles ever (at any time, under any circumstances) changed the holy seventh-day Sabbath to any other day.

**C. The women who came to anoint Christ's dead body kept the Sabbath. Jesus died on "the day before the Sabbath" (Mark 15:37, 42), which is now called Good**

**Friday.** The women prepared spices and ointments to anoint His body, then "rested on the Sabbath according to the commandment" (Luke 23:56). Only "when the Sabbath was past" (Mark 16:1) did the women come "on the first day of the week" (Mark 16:2) to continue their sad work. They found Jesus "rose early on the first day of the week" (verse 9), commonly called Easter Sunday. Please note that the Sabbath "according to the commandment" was the day preceding Easter Sunday, which we now call Saturday.

**D. Luke, the author of Acts, doesn't refer to any change of the day of worship. There's no biblical record of a change.** In the book of Acts, Luke says that he wrote his gospel (the book of Luke) about "all" of Jesus' teachings (Acts 1:1-3). But he never wrote about Sunday-keeping or a change of the Sabbath.



*The Sabbath was not changed to Sunday at the time of Jesus' resurrection.*

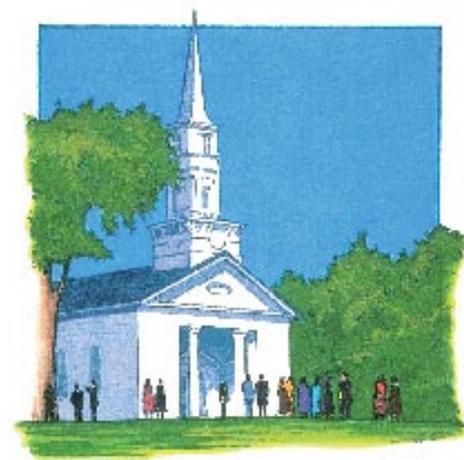
## 9. Some people say the Sabbath will be kept in God's new earth. Is this correct?

**"For as the new heavens and the new earth which I will make shall remain before Me," says the LORD, "So shall your descendants and your name remain. And it shall come to pass that from one New Moon to another, and from one Sabbath to another, all flesh shall come to worship before Me," says the LORD" (Isaiah 66:22, 23).**

**Answer:** Yes, the Bible says the saved people of all ages will keep the Sabbath in the new earth.



*Everybody in God's eternal kingdom will keep the Sabbath holy.*



*The Lord's day is Sabbath, not Sunday.*

## 10. But isn't Sunday the Lord's day?

**"Call the Sabbath a delight, the holy day of the LORD" (Isaiah 58:13). "For the Son of Man is Lord even of the Sabbath" (Matthew 12:8).**

**Answer:** The Bible speaks of the "Lord's day" in Revelation 1:10, so the Lord does have a special day. But no verse of Scripture refers to Sunday as the Lord's day. Rather, the Bible plainly identifies Sabbath as the Lord's day. The only day ever blessed by the Lord or claimed by Him as His holy day is the seventh-day Sabbath.

## 11. Shouldn't I keep Sunday in honor of Christ's resurrection?

**"Do you not know that as many of us as were baptized into Christ Jesus were baptized into His death? Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin" (Romans 6:3-6).**

**Answer:** No! No more than you would keep Friday in honor of the crucifixion. Christ gave the ordinance of baptism in honor of His death, burial, and resurrection. The Bible never suggests Sunday-keeping in honor of the

resurrection (or for any other reason, for that matter). We honor Christ by obeying Him (John 14:15)—not by substituting man-made requirements in place of His.

## 12. Well, if Sunday-keeping isn't in the Bible, whose idea was it anyway?

**"He ... shall intend to change times and law" (Daniel 7:25). "Thus you have made the commandment of God of no effect by your tradition." "And in vain they worship Me, teaching as doctrines the commandments of men" (Matthew 15:6, 9). "Her priests have violated My law." "Her prophets plastered them with untempered mortar, ... saying, 'Thus says the Lord God,' when the LORD had not spoken" (Ezekiel 22:26, 28).**

**Answer:** In the early centuries, because of hatred against the Jews, misguided men suggested that God's holy day of worship be changed from Saturday to Sunday. God predicted it would happen, and it did. This error was passed on to our unsuspecting generation as gospel fact. Sunday-keeping is a tradition of uninspired men and breaks God's law, which commands Sabbath-keeping. Only God can make a day holy. God blessed the Sabbath, and when God blesses, no man can "reverse it." (Numbers 23:20).

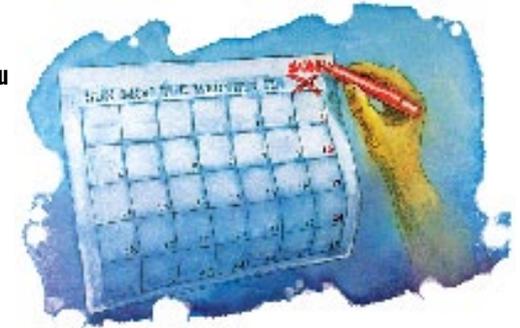


*Misguided men had the audacity to substitute Sunday for the Sabbath of God's law.*

## 13. But isn't it very dangerous to tamper with God's law?

**"You shall not add to the word which I command you, nor take from it, that you may keep the commandments of the LORD your God which I command you" (Deuteronomy 4:2). "Every word of God is pure. ... Do not add to His words, lest He rebuke you, and you be found a liar" (Proverbs 30:5, 6).**

**Answer:** God has specifically and positively forbidden men to change His law by deletions or additions. To tamper with God's holy law in any way is one of the most fearful and dangerous things a person can do.



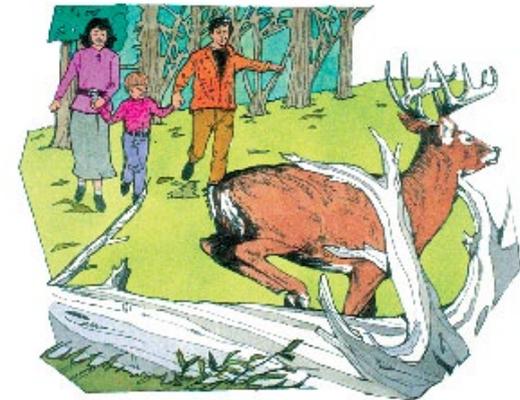
*Changing Sabbath to Sunday is an insult to God because it attempts to alter His divine law.*

## 14. Why did God make the Sabbath anyway?

**A. Sign of Creation. "Remember the Sabbath day, to keep it holy." "For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it" (Exodus 20:8, 11).**

**B. Sign of redemption and sanctification. "Moreover I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the LORD who sanctifies them" (Ezekiel 20:12).**

**Answer:** God gave the Sabbath as a twofold sign: (1) It is a sign that He created the world in six literal 24-hour days, and (2) it is also a sign of God's mighty power to redeem and sanctify men. Surely every Christian will love the Sabbath as God's precious sign of Creation and redemption (Exodus 31:13, 17; Ezekiel 20:12, 20). It is a great insult to God for people to trample upon His Sabbath. In Isaiah 58:13, 14, God says all who would be blessed must first get their feet off His Sabbath.



*The Sabbath is a sign of God's power to create and redeem.*

## 15. How important is Sabbath-keeping?

“Sin is lawlessness [transgression of the law]” (1 John 3:4). “The wages of sin is death” (Romans 6:23). “Whoever shall keep the whole law, and yet stumble in one point, he is guilty of all” (James 2:10). “Christ also suffered for us, leaving us an example, that you should follow His steps” (1 Peter 2:21). “He became the author of eternal salvation to all who obey Him” (Hebrews 5:9).

**Answer:** It is a matter of life and death. Sabbath-keeping is enjoined in the fourth commandment of God’s law. The deliberate breaking of any one of the Ten Commandments is a sin. Christians will gladly follow Christ’s example of Sabbath-keeping. Our only safety is to diligently study the Bible, “rightly dividing the word of truth” (2 Timothy 2:15). We must have positive Scripture support for every Christian practice we follow.

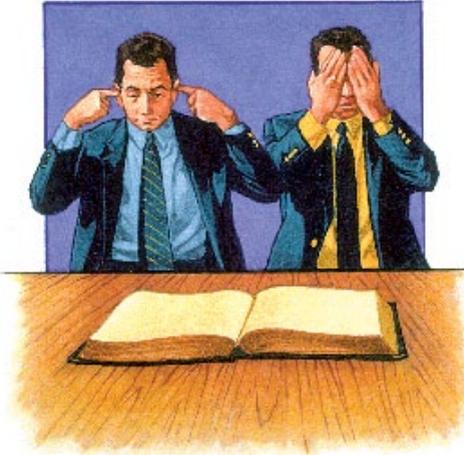


*Breaking any commandment of God’s law is sin.*

## 16. How does God feel about religious leaders who ignore the Sabbath?

“Her priests have violated My law and profaned My holy things; they have not distinguished between the holy and unholy ... and they have hidden their eyes from My Sabbaths, so that I am profaned among them.” “Therefore I have poured out My indignation on them” (Ezekiel 22:26, 31).

**Answer:** While there are religious leaders who keep a false sabbath in ignorance, those who deliberately do so offend God. In hiding their eyes from God’s true Sabbath, religious leaders have caused others to profane it. Millions have been misled on this matter. God cannot treat it lightly. Jesus condemned the Pharisees for pretending to love God while making void one of the Ten Commandments by their tradition (Mark 7:7-13).



*God will not excuse religious leaders who knowingly ignore His Sabbath.*

## 17. Does Sabbath-keeping really affect me personally?

“If you love Me, keep My commandments” (John 14:15). “Therefore, to him who knows to do good and does not do it, to him it is sin” (James 4:17). “Blessed are those who do His commandments, that they may have the right to the tree of life, and may enter through the gates into the city” (Revelation 22:14).

**Answer:** Yes, by all means, the Sabbath is your Sabbath. God made it for you, and if you love Him you will keep it, because it is one of His commandments. Love without commandment-keeping is no love at all (1 John 2:4). You must make a decision. You cannot avoid it. No one can excuse you. You yourself will answer before God on this most important matter. God asks you to love and obey Him now!

And keeping the Sabbath is the best decision that you can possibly make. On the Sabbath, you can cease your regular activities like work and shopping and spend time with the Creator of the Universe. Worshipping God with other believers, visiting the sick, spending time with family, walking in nature, or reading spiritually uplifting materials are all good ways to keep the Sabbath holy. After the stress of six days of work, God has given you the gift of the Sabbath to feed your soul. You need to trust that He knows what’s best.



*Everyone who enters heaven and eats from the tree of life will keep God’s Sabbath holy.*

## 18. Are you willing to follow Jesus’ command and example of Sabbath-keeping?

**Your Answer:** \_\_\_\_\_

# YOUR THOUGHT QUESTIONS ANSWERED

## 1 But isn't the Sabbath for the Jews only?

**ANSWER:** No. Jesus said, "The Sabbath was made for man" (Mark 2:27). It is not for the Jews only, but for mankind—all men and women everywhere. The Jewish nation did not even exist until 2,500 years after the Sabbath was made.

## 2 Isn't Acts 20:7-12 proof that the disciples kept Sunday as a holy day?

**ANSWER:** According to the Bible, each day begins at sundown and ends at the next sundown (Genesis 1:5, 8, 13, 19, 23, 31; Leviticus 23:32) and the dark part of the day comes first. So Sabbath begins Friday night at sundown and ends Saturday night at sundown. This meeting of Acts 20 was held on the dark part of Sunday, or on what we now call Saturday night. *The New English Bible*<sup>1</sup> begins Acts 20:7 like this: "On the Saturday night in our assembly ..." It was a Saturday-night meeting, and it lasted until midnight. Paul was on a farewell tour and knew he would not see these people again before his death (verse 25). No wonder he preached so long! (No regular weekly service would have lasted all night.) Paul was "ready to depart on the morrow." The "breaking of

bread" has no "holy day" significance whatever, because they broke bread daily (Acts 2:46). There is not the slightest indication in this Scripture passage that the first day is holy, nor that these early Christians considered it so. Nor is there the remotest evidence that the Sabbath had been changed. Incidentally, this meeting is probably mentioned in the Scripture only because of the miracle of raising Eutychus back to life after he fell to his death from a third-floor window. In Ezekiel 46:1, God refers to Sunday as one of the six "working days."

<sup>1</sup>© The Delegates of the Oxford University Press and the Syndics of the Cambridge University Press, 1961, 1970. Used by permission.

## 3 Doesn't 1 Corinthians 16:1, 2 speak of Sunday school offerings?

**ANSWER:** No, there is no reference here to a public meeting. The money was to be laid aside privately at home. Paul was writing to ask the churches in Asia Minor to assist their poverty stricken brethren in Jerusalem (Romans 15:26-28). These Christians all kept Sabbath holy, so Paul suggested that on Sunday morning, after the Sabbath was over, they put aside something for their needy brethren so it would be on hand when he came. It was to be done privately or, as *La Santa Biblia* (a Spanish

translation) says, "at home." Notice also that there is no reference here to Sunday as a holy day. In fact, the Bible nowhere commands or even suggests Sunday-keeping.

## 4 But hasn't time been lost and the days of the week changed since the time of Christ?

**ANSWER:** No! Reliable encyclopedias and reference books make it clear that our seventh day is the same one that Jesus kept holy. It is a simple matter of research.

## 5 But isn't John 20:19 the record of the disciples instituting Sunday-keeping in honor of the resurrection?

**ANSWER:** On the contrary, the disciples at this time did not believe that the resurrection had taken place (Mark 16:14). They had met there "for fear of the Jews" and had the doors bolted. When Jesus appeared in their midst, He rebuked them "because they believed not them which had seen him after he was risen." There is no implication that they counted Sunday as a holy day. Only eight texts in the New Testament mention the first day of the week; none of them imply that it is holy.

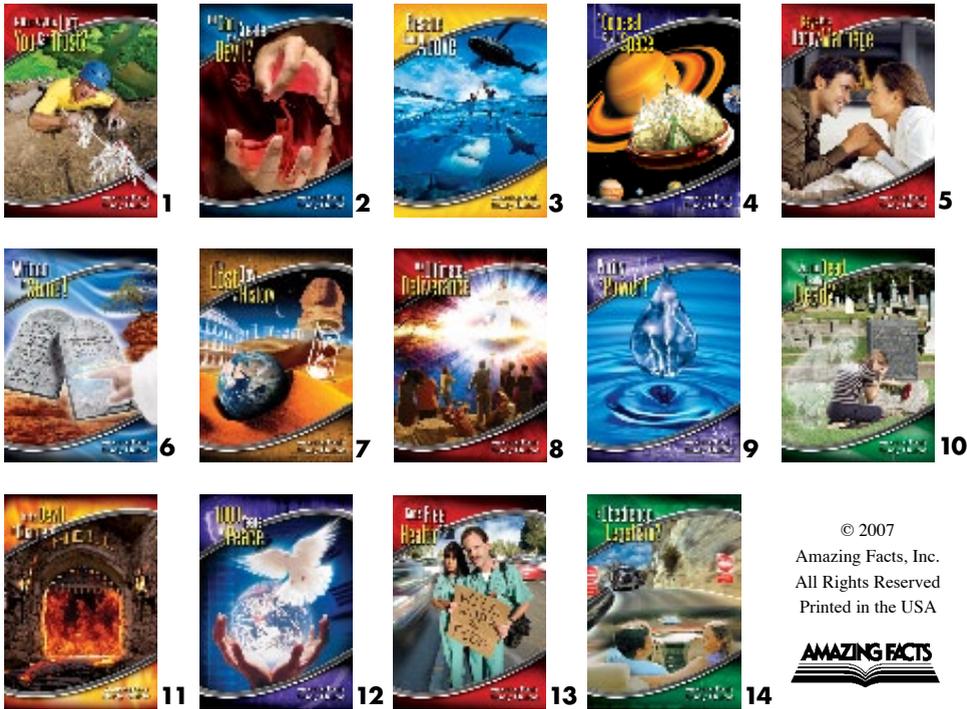
## 6 Doesn't Colossians 2:14-17 do away with the seventh-day Sabbath?

**ANSWER:** Not at all. It refers only to the sabbaths which were "a shadow of things to come" and not to the seventh-day Sabbath. There were seven yearly holy days, or festivals, in ancient Israel which were also called sabbaths. These were in addition to, or "besides the Sabbaths of the LORD" (Leviticus 23:38), or seventh-day Sabbath. These all foreshadowed, or pointed to, the cross and ended at the cross. God's seventh-day Sabbath was made before sin entered, and therefore could foreshadow nothing about deliverance from sin. That's why Colossians chapter 2 differentiates and specifically mentions the sabbaths that were "a shadow." These seven yearly sabbaths which were abolished are listed in Leviticus chapter 23.

## 7 According to Romans 14:5 the day we keep is a matter of personal opinion, isn't it?

**ANSWER:** Notice that the whole chapter is on judging one another (verses 4, 10, 13). The issue here is not over the seventh-day Sabbath, which was a part of the great moral law, but over other religious days. Jewish Christians were judging Gentile Christians for not observing them. Paul is simply saying, "Don't judge each other. That ceremonial law is no longer binding."

# SUMMARY SHEET



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Please read the Study Guide before completing this Summary Sheet. All answers to the questions below can be found in the Study Guide. Place a check by the correct answer. Numbers in parentheses (1) indicate the number of correct answers.

1. **Jesus kept (1)**
  - Sunday as a holy day.
  - The seventh-day Sabbath holy.
  - Every other day holy.
2. **The Lord's day is (1)**
  - Sunday, the first day of the week.
  - Sabbath, the seventh day of the week.
  - Any day that we dedicate to the Lord.
3. **The Sabbath was made (1)**
  - For the Jews only.
  - By God at Creation for all men and women everywhere for all time.
  - Only for people who lived in the Old Testament times.
4. **The change from Sabbath to Sunday was made by (1)**
  - Christ.
  - The apostles.
  - Misguided men.
5. **God's law, which includes the Sabbath commandment, (1)**
  - Is no longer in effect today.
  - Can never change. It is still binding today.
  - Ended at the death of Christ.
6. **In the New Testament church the converted Gentiles and the apostles (1)**
  - Observed Sunday as a holy day.
  - Taught that any day will suffice as a holy day if you are sincere.
  - Observed the Sabbath.
7. **The Sabbath (1)**
  - Ended at the cross.
  - Will end at Jesus' second coming.
  - Will be kept in God's new eternal kingdom by the redeemed of all ages.
8. **Since the Sabbath is part of God's law, breaking the Sabbath is (1)**
  - Nothing to be concerned about since Christ's death.
  - A dangerous sin because it tramples upon holy things.
  - Of no importance today.
9. **All who really love and follow Jesus will (1)**
  - Observe the Sabbath, as Jesus did.
  - Keep every other day holy.
  - Keep Sunday as a holy day.
10. **The Sabbath is (1)**
  - Sunday, the first day of the week.
  - Saturday, the seventh day of the week.
  - Any day we dedicate to God.
11. **Sunday-keeping (1)**
  - Is an invention of men that was predicted in the Bible.
  - Is God's plan for today.
  - Originated at Christ's resurrection and was approved at Pentecost.

12. Sabbath-keeping is (1)

- A sign of legalism.
- Important only to the Jews.
- God's twofold sign of Creation and redemption.

13. I am willing to follow Jesus' example of Sabbath-keeping.

- Yes.
- No.

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