

Why every Christian should observe & obey the Sabbath:

The Sabbath is very important to YAHUVEH GOD, to YAHUSHUA, and to IMMAYAH.

It is part of the 10 commandments. YAH set this day apart to spend time with HIM, to rest in HIM, to learn more about HIM.

to learn more in depth about the Sabbath: Click [HERE](#).

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The Sabbath Day

The wedding Ring of remembrance

The beginning of observing the commands of YAHUVEH start with keeping His Feast Days. The first one is the Sabbath. All the Feast Days of YAHUVEH have their origin within keeping the Sabbath. Worshipping on Sunday is not the Sabbath. You cannot keep the Sabbath and then keep the Sunday. Sunday is a day instituted by man. Most of us have been taught that we worship Sunday because YAHUSHUA was resurrected on Sunday. The scriptures both old and new testament speak to never adding to or taking away from the word. By worshipping on Sunday we add to, but also take away from the Sabbath. In *Genesis* the Sabbath was established forever as a perpetual command to be on the 7th day, which is sundown Friday to sundown Saturday by YAHUVEH.

How do we begin to remember to keep the Sabbath holy?

The Sabbath begins at Friday sundown and ends Saturday at sundown.

Keeping the Sabbath holy is initiated by recognizing it as a separate holy day from the other days.

I prepare a day early. I begin, by making sure my home is clean. I have meals prepared that will last until Sabbath is over.

I try to lessen distractions, such as T.V., the phone, or doing some home project. Remember, it is to be a delight, it is to be restful. I look for those things that are delightful. By ceasing from our work it brings a restoration and refreshing that YOU ONLY GET WHEN YOU BEGIN TO KEEP THE SABBATH, not just rest on Saturday or Sunday but the Sabbath.

On Sabbath evening, Friday, I always begin with praise and prayer to YAHUVEH. I invite Him into my home and into me, to keep Sabbath with me. I ask Him each Sabbath to show me what it is that He wants us to share together.

The father and/or husband blesses his wife and children as part of Sabbath. For those of you that are single, it is YAHUVEH who blesses you.

It is also permissible to do good on the Sabbath; remember YAHUSHUA healed and did miracles on the Sabbath. Accusers of YAHUSHUA said that He did not keep the Sabbath. He argued not against Sabbath but those who restricted any activity (including doing good) on Sabbath. In fact, YAHUSHUA specifically healed certain men on Sabbath to illustrate this point. His logic was straightforward. And He said to them, What man shall there be among you, who shall have one sheep, and if it falls into a pit on the Sabbath, will he not take hold of it, and lift it out? Of how much more value then is a man than a sheep! So then, it is lawful to do good on the Sabbath. Matthew 12:11-12

For those of you who want to keep Sabbath but are facing an employment situation which conflicts with its observance, ask YAHUVEH to solve that problem by giving you a new job, a different work schedule, or a promotion.

The Scripture teaches that if we will obey His voice, He will bless and make us successful.

Some activities on a Sabbath can cause others to have to work. The commandment says that we should not cause others to serve us. This even includes family members, paid servants, and animals (other living creatures)...but the seventh day is a Sabbath of the Lord your God; in it you shall not do any work, you or your son or your daughter or your male servant or your female servant or your ox or your donkey or any of your cattle or your sojourner who stays with you, so that your male servant and your female servant may rest as well as you. Deuteronomy 5:14

If because of the Sabbath, you turn your foot from doing your own pleasure on My holy day, and call the Sabbath a delight, the holy day of YAHUVEH honorable, and shall honor it, desisting from your own ways, from seeking your own pleasure, and speaking your own word, then you will take delight in YAHUVEH, and I will make you ride on the heights of the earth; and I will feed you with the heritage of Jacob your father, for the mouth of YAHUVEH has spoken.(Isaiah 58:13-14) This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success. Joshua 1:8

Just like the wedding ring, in its circular construction speaks of a never

ending relationship, the Shabbat speaks to the covenant relationship between the bridegroom (YAHUSHUA) and the bride. The precious metals, (gold-kingship and the silver-redemption, ransom of YAHUSHUA) speaks of the vows that formed the marriage. The ring is worn as a reminder. We as the Bride of YAHUSHUA are to wear (keep) the Sabbath as a reminder. The Sabbath is a feast day.

The Old Testament or Torah calls the Sabbath the commandment of remembrance. The Sabbath was known to man prior to the giving of the Old Testament or Torah; therefore, the instruction is A Remembrance to keep the Sabbath holy.

The observance of Sabbath serves as a stepping stone to a new awakening of YAHUVEH. Instead of always going to assemblies to visit Him, keeping Sabbath shows people how to invite YAHUVEH to their home and He comes to visit them. And He was saying to them, A Sabbath was made for man, and not man for the Sabbath.(MAR 2:27)

Sabbath is a day of rest and refreshment. According to YAHUVEH, the very labeling of days is based on Sabbath.

The whole concept of the millennial kingdom is based on the Sabbath. It is the seventh 1,000th year day in the history of the earth. For with YAHUVEH, one day is as a 1,000 years, and 1,000 years as one day. The millennial Kingdom begins with the wedding of the Lamb/YAHUSHUA. We as the believing community of YAHUVEH are to observe such a weekly event with diligence, deep conviction, and overwhelming joy!

The Sabbath is not Jewish. It began before there were any Hebrews or Jewish people. Sabbath is explained in Genesis chapter two. Adam kept

Sabbath, as did Noah, before Abraham, the first Hebrew or called out one.

One of the greatest misunderstandings of the Sabbath seems to be the nature of the commandment itself. Many people think that Sabbath is a commandment of assembly. They think Sabbath is a commandment of assembly on the seventh day rather than the first day of the week. The commandment of Sabbath is not A "Thou shall assemble and hold church on Saturday." Lets look at what Moses in the Old Testament or Torah taught from the revelation of YAHUVEH.

Travel on the Sabbath

See, the Lord has given you the Sabbath; therefore He gives you bread for two days on the sixth day. Remain every man in his place; let no man go out of his place on the seventh day. Exodus 16:29

When the children of Israel departed Egypt, YAHUVEH provided manna for bread. His instructions called for it's gathering to be only on six days with no gathering on Sabbath. YAHUVEH instructed that every man remain in his place or your home.

In fact, the apostle Paul taught that we are not to let anyone act as our judge concerning a Sabbath. Therefore let no one act as your judge in regard to food or drink or in respect to a festival or a new moon or a Sabbath day. Colossians 2:16.

Scriptures on the Sabbath

Genesis 2:2

By the seventh day YAHUVEH completed his work which He had done, and he abstained on the seventh day from all His work which he had done.

YAHUVEH blessed the seventh day and sanctified (set apart) it because on it He abstained from all his work which YAHUVEH created to.

Exodus 20:8-11

Remember the Sabbath day to sanctify it. Six days shall you work and accomplish all your work, but the seventh day is Sabbath to YAHUVEH, your Elohim, you shall not do any work - you, your son, your daughter, your slave, your maidservant, your animal, and your convert within your dates - for in six days YAHUVEH made the heavens and the earth, the sea and all that is in them, and He rested on the seventh day. Therefore, YAHUVEH blessed the Sabbath day and sanctified it.

Leviticus 23:1-3

YAHUVEH spoke to Moses saying, Speak to the Children of Israel and say to them, YAHUVEH's appointed festivals that you are to designate as holy convocations (rehearsals) these are MY appointed festivals. For six days labor may be done, and the seventh day is a day of complete rest, a holy convocation, you shall not do any work; it is a Sabbath for YAHUVEH in all your dwelling places.

Numbers 15:32-36

The Children of Israel were in the Wilderness and they found a man gathering wood on a Sabbath day. Those who found him gathering wood brought him to Moses and Aaron, and to the entire assembly. They placed him in custody, for it had not been clarified what should be done to him. YAHUVEH said to Moses, the man shall be put to death, the entire assembly shall pelted him with stones outside of the camp. The entire assembly removed him to the outside of the camp, they pelted him with stones and he died, as YAHUVEH had commanded Moses.

Numbers 28:9-10

And on the Sabbath day: two male lambs in their first year, unblemished, two tenth-ephah of fine flour for a meal offering, mixed with oil, and its libation. The elevation-offering of each Sabbath on its own Sabbath, in addition to the continual elevation-offering and its libation.

BEGIN TO KEEP THE SABBATH. THE BLESSINGS WILL FLOW. YOUR RELATIONSHIP WITH YAHUVEH AND WITH OTHERS WILL BECOME MORE INTIMATE. YOU WILL REST PHYSICALLY AND SPIRITUALLY IN A WAY YOU THOUGHT NOT POSSIBLE.

Shalom

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Shalom Elisheva Eliyahu,

My name is Devorah and I think you have already spoken to a very good friend and sister of mine Sandy Smith here in Colorado.

I was called by YAHUVEH to begin studying HIM/Torah 5 years ago. I had never heard of the word Torah, Shabbat, Menorah, etc. I had realized that there was something VERY VERY MAJOR missing but I did not know what it was, other than it dealt with HIM. I had prayed and ask him to reveal to me what it was.

In the meantime, he pulled me out of the church. I spent the next 2 years going from church to church, thinking that the particular fellowship I was attending was what was wrong. I realized why he had me do this; it was to show me that what I was looking for was in none of them, no matter what they were called! they had pieces of the truth but not the full gospel. We

need YAHUSHUA, his Torah, his Ruach, his blood atonement, but I did not know all of that then.

One day I went to a Christian bookstore that I frequented and stopped in front of the book case that said "Hebrew Literature" Wondering what that meant, I looked. On the top shelf was this big blue (my favorite color) book which was called "The Chumash". I had no idea why I was so drawn to this book. I opened it up and noticed it was *Genesis - Deuteronomy*. I wondered why was I drawn to this book since I felt that I already knew the "Old Testament".

Well to make a long story short, I would come to this store off and on for the next year and each time be drawn to this book, pick it up, walk around the store with it, and then put it back (isn't that just like us to put YAHUSHUA back on the shelf, even when he hands himself to us!) well eventually I "took hold" On that same day in the store a friend, not Sandy this time, walked in and asked what I was buying, when she saw the Torah she asked where I was attending a "Torah Study" and I ask her "what's a Torah?", she said it's what's your holding, Oh! she said, who told you to get it? no one!, just feel like I'm suppose to have it!, she said Deborah, you're being called, I said called what?

I can now answer that question: I have been called to teach HIS Torah, make talmadim. It is truly awesome what YAHUVEH has done. It is even more awesome what he is doing and is going to do with all of us. I pray we all remain obedient to Him. As you know, it is thought that the Torah was studied from *Genesis* through *Deuteronomy* every 3 to 3-1/2 years (notice it also represents the time in ministry of YAHUSHUA on earth). Over the years and especially after the various dispersions of the 12 tribes, it became more and more difficult to do so. In order to maintain

an order or siddur for the reading of the word no matter where the tribes lived, the rabbis established this Torah Cycle schedule which is used to this day by Jews worldwide. What is interesting about the breakdown of the Parashiot or portions, is each weekly portion reveals something that is going on in our life personally, and the world. I find this an excellent way to study the word of YAHUVEH, and for all of us to be one or echad.

As you can see, we have already started the Torah cycle for the year. As we go thru the Torah schedule cycle I will explain the headings. Within the Torah schedule cycle falls the 7 Biblical Feasts of YAHUVEH. As we come to these throughout the year, I will attempt to begin to teach on those as well. I will attach a Torah Schedule. As you can see, we have already started for this year, and are now on Vayera which means: And He Appeared. This is the Sabbath portion for 10/26/02.

To get you started with some Messianic Music, here are the names of a few: Jerusalem Arise by Paul Wilbur Shalom Jerusalem by Paul Wilbur A Final thought.....remember when you begin to keep the Sabbath, you will not do it perfectly, but as you keep the Sabbath with God or YAHUVEH he will begin to teach and instruct you how to keep the Sabbath, but the key is to start.

Shalom Elisheva, I pray you both had a blessed and restful Shabbat. The Shabbat is the wedding ring. It is the symbol or sign that says to YAHUVEH "I DO" or I HEAR AND I WILL OBEY! Yes, I have finally read all the prophecies and heard the audible words spoken to you by YAHUVEH. I find it a confirmation to the things that I have heard through reading and studying his word. Sandy and I have often discussed these same things, and how we might not talk to each other for a week or

so, and then find out that YAHUVEH has been speaking the same things to us. YAHUVEH usually speaks to me thorough the reading and hearing of his word. When I first started to study, the letters and/or words would jump of the page. Now there is just this continual flow of understanding and revelation, the word of YAHUVEH is truly alive

The observance of Sabbath serves as a stepping stone to a new awakening of YAHUVEH. Instead of always going to assemblies to visit Him, keeping Sabbath shows people how to invite YAHUVEH to their home and He comes to visit them. And He was saying to them, A Sabbath was made for man, and not man for the Sabbath.(MAR 2:27) The Sabbath is not Jewish. It began before there were any Hebrews or Jewish people. Sabbath is explained in Genesis chapter two. Adam kept Sabbath, as did Noah, before Abraham, the first Hebrew or called out one.

Love and Blessings in the name of YAHUSHUA!