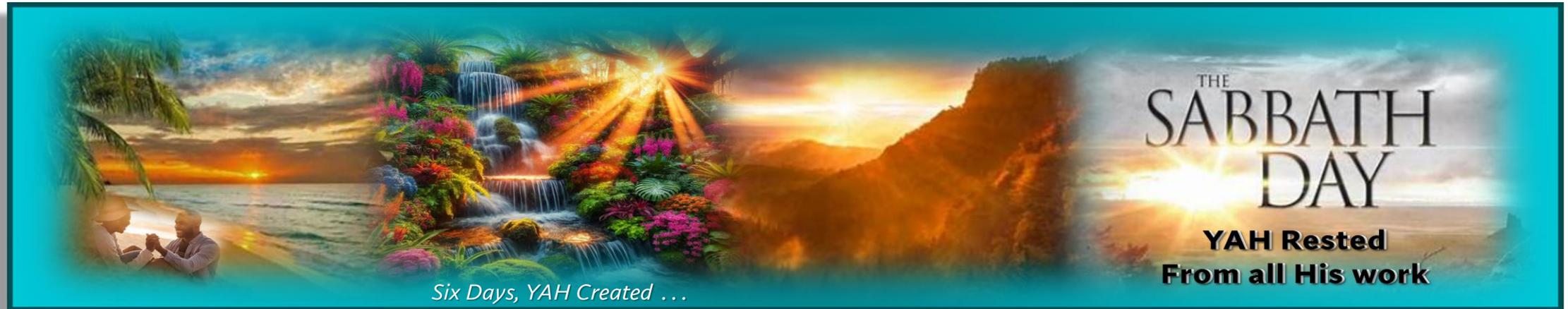


# THE SABBATH DAY COVENANT

## Why Do We Have a Sabbath Day?



**Gen 1:1-28** – “In the beginning, **YAH** created the heaven and earth.” On **Day #1**, He created light, day, and the darkness He called night. On **Day #2**, He created the firmament (heaven) and the separation of the water above and below the firmament. **Day #3**, **YAH** separated the water below the heaven to bring forth dry land, which He called earth and the gathering together of the waters the seas. He caused the earth to bring forth grass, herbs, and trees. **Day #4**, **YAH** added lights in the heaven, including the Sun and Moon. **Day #5**, He created all the animals of the seas and all the fowl of the air. On **Day #6**, **YAH** created the cattle, beasts, and creeping things from the earth. Then He made man in His own image, male and female. He blessed everything and commanded them to be fruitful.

**Gen 2:2-3** – “And on the seventh day, **YAH** ended His work which He had made; and He rested on the seventh day from all His work which He had made. <sup>3</sup>And **YAH** blessed the seventh day, and sanctified it: because that in it He had rested from all his work which **YAH** created and made.” In **Ex 20:9** He commanded Israel, His chosen people, to “**Remember the sabbath day, to keep it holy.** <sup>10</sup>*Six days shalt thou labour, and do all thy work: <sup>11</sup>But the seventh day is the sabbath (day of rest) of Yahuah your Elohim: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy stranger that is within thy gates: <sup>11</sup>For in six days **YAH** made heaven and earth, the sea, and all that is in them is, and rested the seventh day: wherefore **YAH** blessed the sabbath day, and hallowed it.” We have a Sabbath because **YAH** made it so!*

**The Sabbath Day is a Holy Day because YAH set it apart from the other six days.**

# THE SABBATH DAY COVENANT

## Why We Should Keep the Sabbath Holy



**Ex 31:13** – **YAH spoke to Moses saying,** “*Speak thou to the children of Israel saying, Verily my sabbaths ye shall keep: for it is a sign (pledge/keepsake) between me and you throughout your generations; that ye may know that I am Yahuah that doth sanctify you.*” <sup>14</sup>*Ye shall keep the sabbath therefore; for it is holy unto you: everyone that defileth it shall surely be put to death: whosoever doeth any work therein, that soul shall be cut off from among his people.* <sup>16</sup>*Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant.* <sup>17</sup>*It is a sign between me and the children of Israel for ever: for in that YAH made heaven and earth, and on the seventh day he rested, and was refreshed (to breathe deeply).”* Our Heavenly Father, the Creator of all that is, has called His chosen people to join Him on His day of rest. A time to take a deep



**breathe** and **stop to refresh ourselves** just as He did after six days of work. **He particularly called Israel to join Him on this Holy day.** It is a holy day because He “hallowed” it. He **BLESSED & SET IT APART** from the other six days. He didn’t command or invite the heathen nations to keep the sabbath, because He wanted it to be a special bond between Him and his chosen ones – He said it was a “token”, a “sign” between Him and us. Also, it should be a sign to the rest of the world that **He has set us apart from everyone else (sanctified us)**, who does not observe His holy day. Spend the day with Him, resting. Just as a betrothed couple give each other rings as a sign/token of their love and commitment to each other; that’s how the Father looks at **the relationship of the Sabbath and Israel.** The question is, “**How faithful are we to this relationship with our Elohim?**” “Selah” (Think on this)

**Israel doesn’t live like the rest of the world – nor do they rest like the world.**