God’s Blessed Day

The Truth about the Sabbath

One of the greatest blessings that God gifted mankind with is a day of rest. The seventh-day of creation week was crowned with the blessing of heaven as God rested from all His creative work. God not only rested but sanctified and set apart the last day of the week as apart as a holy day. The blessing of creation week was reiterated in the fourth of the Ten Commandments. God said that we must “Remember the Sabbath day to keep it holy” because “The seventh day is the Sabbath of the LORD your God.” Exodus 20:8, 10.

Those that recognize the God of creation as their Lord will honor the day that He blessed. To set aside another day of the week as “a holy day” is to assume that we have the power to bless just as God has the power to bless. Only God has the power and the authority to make anything holy.

When God said remember the Sabbath day to keep it holy He was reminding us that He already made the seventh-day holy. As you study you will also discover that honoring tradition can never connect us to a true relationship with God. We know that the day that God blessed is what we call Saturday. Furthermore, the record of Jesus’ death, burial, and resurrection confirms that the only day that God blessed is the Sabbath. Jesus rose on the day after the Sabbath which is known as Easter Sunday. If you desire a relationship based on truth God is calling you to honor the only day He blessed—Saturday, the seventh-day, Sabbath.