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SABBATH Gift

a faith experiment

The Sabbath Gift – a faith experiment

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INTRODUCTION

THE EXPERIMENT

I am a faith experimenter. I never used to be. I was a non-believer. But that all changed in the shadows of 9/11/2001 (perhaps a story for another time). In my quest to understand what the future held for a post-911 world, I discovered ancient manuscripts that challenged my analytical, critical atheistic thinking. After studying and analysing the major worldviews, I came to realise that the biblical manuscripts were alone in their claims. Claims like their author is God (1 Timothy 3:16), a God who claims to be the only One (Isaiah 46:9-10), and that we are sons and daughters of a Creator God (Gen 1:26) who desires to have a relationship with us (1 John 3:1).

I decided to put these claims to the test in what I now call my "faith experiment". This is an experiment to see if the claims and teachings of this ancient collection of manuscripts are supernatural in origin. It is an experiment to see if they can "do" what they claim they can "do" - in my life. And so far, the best way I have found to conduct this experiment is

to test out the teachings, try them out, taste them (so to speak), and see for myself if they are indeed "good" (Psalms 34:8).

Of the many teachings of the biblical manuscripts I have discovered and experimented with so far, none has been as practical and tangible as the teaching of the Sabbath gift. This teaching, for me, is where the rubber hits the road. In this book, I want to share some of the amazing insights I have learned about the Sabbath. A word that translates from Hebrew into English is "The Rest".

We will explore this gift of the Sabbath and its significance in our lives. We will look at the biblical foundation of the Sabbath, its role in God's plan for humanity, and its relevance for us today. We will examine the Sabbath's importance in the life of Jesus, what it meant to His early followers, and what it means in our modern world. We will also explore practical ways to reclaim the Sabbath gift and experience its fullness today.

The Sabbath gift is not just about taking a day off from work. It is about embracing God's invitation to rest, find healing, and experience His love more profoundly. It is about recognising that we are not defined by our productivity or accomplishments but by our relationship with God and others.

I invite you to journey with me as we rediscover the Sabbath gift and its transformative power in our lives. I will also challenge you at the end of each chapter on how you might be able to embrace the gift of rest and start your own Sabbath experiment.

Robbie Berghan faith experimenter

THE GOD-GIVEN GIFT

I am a workaholic. I thrive on productivity and getting things done, seeing the results, and looking for ways to improve processes continuously. Even when I'm sleeping, I seem to have the ability to keep working. When I wake up, I have already pre-processed my agenda for the day and have mostly "done" what I will do. It is a strange and often frustrating characteristic for my wife, who can't understand how I am still working in my head when we sit opposite each other at the table for dinner

I find that I am always busy! And although I see in the busyness of life that I need a day off, I have always been too worried that taking time off would cause me to be less productive. But I have discovered in my faith experiment that rest is a universal need. And that we all require it (including me) to function physically, emotionally, and spiritually at our best. We need time when we don't have to think of work or deadlines, meetings, or anything else. We need time to experience pure rest.

However, this has often become elusive in our busy, modern lives. Today, we are constantly connected, always on the go, and striving to be more productive and efficient. Thankfully, I have discovered that there is such a gift of rest. According to the Biblical narrative, even while God was creating our universe, He foresaw this need for quality regenerative rest and prepared for it.

In the opening pages of the Bible, God formed the world in six days and then instituted a rest which He named the "Sabbath", which translates literally as "The Rest" (Exodus 16:23). God Himself was the first to observe this rest (Genesis 2:1-3). He designated the seventh day of the week as a memorial of creation. It was to be a break from the routines and duties of the other six days (Exodus 20:8-11).

This rest (or Sabbath) would be a gift from God Himself to all humanity. A gift that provides all with physical rest, emotional renewal, and spiritual rejuvenation. This gift was reiterated by Jesus Himself when He taught, "The Sabbath was made for man, and not man for the Sabbath." (Mark 2:27)

The Sabbath was a day set apart for rest and renewal, a day to focus on our relationship with Him and each other. Even before sin tainted the earth and work became a burden, humans were given this gift of time to rest in the presence of the Creator. This rest created a space for communion and fellowship with God.

The Exodus narrative describes the Sabbath as a sign of the covenant between God and His people. The fourth commandment in the Ten Commandments states, "Remember the Sabbath day, to keep it holy" (Exodus 20:8).

Physical Rest

The Sabbath is a day of physical rest, a day to cease our work and engage in activities that restore our bodies. God, in His infinite wisdom, knew that we would need a day of rest to function at our best. The Sabbath provides us with the opportunity to slow down, to catch our breath, and to recharge.

Emotional Renewal

The Sabbath is also a day of emotional renewal. In our fast-paced lives, we often neglect our emotional needs. The Sabbath offers a time to reconnect with our loved ones and to experience the peace and stillness that comes from being in God's presence.

Spiritual Rejuvenation

The Sabbath is also a day of spiritual rejuvenation. It is a day to focus on our relationship with God, to worship Him, and to deepen our understanding of His character. The Sabbath is a reminder of God's faithfulness, love, and provision for us. By experiencing the Sabbath, we acknowledge our dependence on God and gratitude for His gifts. God says, "Hallow (set apart, or keep) My Sabbaths, and they will be a sign between Me and you, that you may know that I am the LORD your God." (Ezekiel 20:12)

I have found that the Sabbath gift of rest is a universal need in our busy lives. This God-given gift provides physical rest, emotional renewal, and spiritual rejuvenation. It is a day set apart for us to focus on our relationship with God and each other. The Sabbath serves as a sign of

God's promise (or covenant) with His people and a reminder of His faithfulness. Observing the Sabbath, we acknowledge our dependence on God and experience true rest in His presence. It is a precious gift that enables us to function at our best and find deep rejuvenation amidst life's demands

When I first discovered the teaching of the Sabbath and saw that it was a weekly gift from the hand of the Creator, I became intrigued to see what the impact would be on my life if I experienced it for myself, as taught in these ancient manuscripts. I have found that the Sabbath, despite "forcing" me to slow down and take time to rest each week, has helped me achieve more in the other six days of the week than I ever did previously – I know it sounds too good to be true – but that is why I have been experimenting with it!



Your Sabbath Challenge

How might your life be transformed if you intentionally set aside the seventh day each week to truly rest, connect with God, and experience the gift of the Sabbath?

THE GIFT TREAD

I spent the first part of my working life as a Civil Engineer. Designing roads and subdivisions and conducting flood mitigation studies for town planners – all staples for my field. One of the great analytical insights I gained as an engineer was the skill of looking for and following the thread. Everything in our world belongs to a "thread", a unifying element that weaves its way through the environment, providing continuity and coherence to the "thing" itself. Let me explain. A flood doesn't just happen. Rain falls somewhere and travels along a thread of water, ever-connected and constantly increasing. A traffic jam doesn't just happen. Vehicles leave garages and driveways and move down threads of roads ever connected and constantly increasing. When you discover the thread for something, there is instant context and meaning, and often you find purpose.

This is true of the Sabbath. This gift is like a golden thread throughout the entire biblical narrative. And by following it, we find that at its foundation, the Sabbath is about the relationship between God and

the human family. It stretches from the creation story, through the lineage of spiritual leaders (the patriarchs), down to the teachings of Jesus and continues through to the early followers of the Jesus movement. Tracing the thread, we find a beautiful picture of a relational God wanting fellowship with His children.

The Creation Story

The Sabbath is rooted in the creation story in Genesis chapters 1 and 2. After six days of work, God rested on the seventh day and declared it holy. This establishes the pattern of work and rest, which is woven throughout the rest of the Bible. The Sabbath is not just a human invention but a divine institution that reflects God's rest and His desire for us to rest as well

The Exodus Narrative

The Sabbath is also a central theme in the Exodus narrative, the second book of the Bible. In Exodus 16, long before the giving of the Ten Commandments, God provides manna (bread) to the Israelites in the wilderness, with instructions to gather twice as much on the sixth day so that they would not need to collect manna (bread) on the Sabbath day. This established the weekly rhythm of work and rest that would be a defining characteristic of Israel's identity as God's people. The Sabbath is a sign of the promise (or covenant) between God and His people (Ezekiel 20:12, 20:20), a reminder of His provision and faithfulness.

The Ten Commandments

The Sabbath is given prominent placement in the Ten Commandments, the foundational law of God's Government and the basis for much of our moral code today. The fourth commandment states, "Remember the Sabbath day, to keep it holy" (Exodus 20:8). The Sabbath is not an optional suggestion but a commandment that reflects God's desire for us to be intentional and to rest and honour Him. This rest is a constitutional right enshrined in the very heart of God's law for the human family.

The Gospel Teachings of Jesus

Jesus frequently engaged with the topic of the Sabbath during His ministry on earth. He affirmed the importance of the Sabbath and challenged the legalistic attitudes that had developed around it. Jesus demonstrated that the Sabbath was not meant to be a burden, but a gift, a time to heal and to restore. He also emphasised that the Sabbath was made for man, not man for the Sabbath (Mark 2:17), meaning that the Sabbath is intended to serve our needs, not the other way around. He also broke down the wall of separation that the Jewish leaders had built around the Sabbath, making it only a benefit for the Jews. Jesus was clear. This gift of the Sabbath had been, and still was, for all the human family.

The Early Church Teachings

The Sabbath and its practice continued to be a central part of the early Christian church. The first Christians were Jews, and they continued to observe the seventh day Sabbath (Acts 1:2, 13:44, 16:13, 17:2,

18:4). The Sabbath was seen as a time to gather for worship, to engage in acts of mercy, and to rest from work. As the church grew and became more Gentile (non-Jewish), the gift of the Sabbath would once again be seen as a blessing to all nations as it was intended and no longer just a Jewish practice.

As I saw the Sabbath thread tracing its way through the whole Biblical narrative, it highlighted to me just how all-inclusive this Godgiven gift was from the very beginning. Ironically, today most people think of the Sabbath as a command only for a specific people, whereas it was a gift for all humankind. My thought was – how do I get to share in this gift?



Your Sabbath Challenge

Knowing that the Sabbath is a gift that transcends geography, culture, gender, language, history, politics and even religion. What does the sabbath thread teach you about God's desire for a personal relationship with each of us?

A GIFT OF TIME

Several years ago, I discovered a "Life Calendar", a visual representation of your life as little blocks of time; think of a row of 52 little squares. Each square block represents one week of your life. And then, down the page, picture 90 rows. Each row represents one year of your life. Being a visual kind of guy, seeing this representation of my life profoundly impacted my thinking. As you trace the rows down the page, you see the first five rows are "life before School", the next 12 rows are your "school years", the next 4-5 rows are "University or College rows", and then the work rows begin, and you start to notice very quickly that your boxes and your rows are running out. Your time is running out. Seeing my life like this caused me to realise that time is a valuable resource that cannot be replenished. As a result, I have started to cherish my time more than I ever did before.

In my faith experiment, I discovered that God is very interested in time. Our time. The Sabbath is a gift of time that God has given to each

of us. And yet, despite the Sabbath being a divinely appointed time of rest. Today, most need to be aware of its origins and significance as a day of rest and worship. I have found that there are also many common misconceptions about the Sabbath, including the belief that it should be observed on Sunday post-crucifixion. Despite this, there is no need to be left in ignorance or confusion.

Which day is the Sabbath day?

The God-instituted Sabbath rest is the seventh day of the week, which in our calendar today, is Saturday. This is supported by the biblical account of creation, where we read that God rested on the seventh day (Genesis 2:2-3). We also find that during the 40 years in the wilderness, there was a weekly miracle of manna falling on every day but the seventh. This embedded a six-day workweek and a weekly seventh day Sabbath (Exodus 16). This seventh day of the week was then later codified in the Ten Commandments, which instruct us to remember the Sabbath day and keep it holy (Exodus 20:8-11) and specifically names it as "seventh day is the Sabbath of the LORD your God." (Exodus 20:10).

The Crucifixion and the Sabbath

Another event of scripture that clearly shows that the Sabbath is the seventh day of the week is the story of the crucifixion of Jesus. According to the Gospel accounts, Jesus was crucified on what was known as "The Preparation Day" (the sixth day of the week). Today the sixth day is known as Friday, the day before the Sabbath. According to the biblical account, Jesus was laid in the tomb on Friday afternoon and then rose from the dead on the first day of the week, which today we know as Sunday. This means that the Sabbath day that followed the crucifixion

was on Saturday. This was the day Jesus rested (or kept the Sabbath) in the tomb, and then on the first day of the week (Sunday), He rose from the dead. (Mark 15:42-47; 16:1-6; Luke 23:54-56).

The New Sabbath and Constantine

While the Sabbath has always been observed on the seventh day of the week, Saturday, there was a significant shift in the early Christian church when Emperor Constantine declared Sunday as a day of rest in 321 AD. This was done to honour the pagan sun god. This Sunday law caused a gradual shift away from the observance of the seventh day Saturday Sabbath among Christians in favour of the Christianised-Pagan Sunday (Eusebius, Life of Constantine, 4.18-19).

Today the Sabbath Gift is under attack. Most Christians assume that the Sabbath was changed from Saturday to Sunday in honour of the resurrection of Jesus, but this is not the case.

The Lord's Day

In Revelation 1, the phrase "Lord's Day" describes the day John received his vision. Most scholars and theologians believe that it refers to the seventh day Sabbath. This is supported by the fact that Jesus referred to himself as "Lord even of the Sabbath day" (Mark 2:28), indicating that the Sabbath is His day and that He has authority over it. Additionally, the fourth commandment describes the Sabbath as the "Sabbath of the Lord your God," further emphasising the connection between the Sabbath day being the Lord's Day. Taken together, these biblical references indicate that the Lord's Day is the seventh day Sabbath and that there is no basis for suggesting that this text refers to

a change of the Sabbath from the seventh day to any other day of the week.

It was not until 325 A.D. that Pope Sylvester officially named Sunday "the Lord's Day." In 338 A.D., Eusebius, the court bishop of Constantine, wrote, "All things whatsoever that it was the duty to do on the Sabbath (referring to the Biblical Sabbath of the seventh day of the week) we (Constantine, Eusebius, and other bishops) have transferred to the Lord's Day (now referring to the first day of the week) as more appropriately belonging to it." (Eusebius, Commentary on the Psalms, in Migne, Patrologia Graeca, Vol. 23, cols. 1171,1172.)

For about the first 300 years after the resurrection of Jesus, the Lord's Day was known to be the seventh day Sabbath, and it was not until 325 A.D. when a Pope decided to apply it to the first day of the week – Sunday.

Saturday Sabbath Keeping Through the Centuries

Despite the efforts to change the Sabbath day from the seventh day of the week to the first day of the week, Sunday, there have always been groups of people who have kept the Sabbath on Saturday.

The Jewish-Roman, historian Josephus, who was born in 37 A.D. (about five years after the ascension of Jesus), wrote regarding the spread of the seventh day Sabbath by the early Christians. He said, "There is not any city of the Grecians, nor any of the Barbarians, nor any nation whatsoever, whither our custom of resting on the seventh day hath not come!" (Against Apion." Book 2, Section 40, Paragraph 243)

One of the most notable Sabbath-keeping groups was known as the Waldenses. They were a Christian group that emerged in the Middle

Ages, during the midst of papal supremacy, known today as the Dark Ages. They were known for their strict adherence to the Bible and their rejection of the teachings and traditions of the Roman Catholic Church. They observed the seventh day Sabbath and were persecuted for their beliefs, but they persisted in their faith and maintained their Sabbath-keeping practices.

Other Sabbath-keeping groups, such as the Sabbatarians of Transylvania, the Socinians, and Christian Unitarians, all continued the practice of keeping the seventh day holy. These groups and others serve as examples of the diverse and widespread practice of Sabbath-keeping throughout history. The fact that Saturday Sabbath observance has persisted throughout the centuries is a testament to its importance and significance.

The opening and closing of the Sabbath

In biblical instruction, the Sabbath begins at sunset on Friday and ends at sunset on Saturday. This is based on the biblical account of creation in which each day is described as "evening and morning." This means that the Sabbath begins at the end of the sixth day (Friday evening) and concludes 24 hours later at the beginning of the seventh day (Saturday evening). (Leviticus 23:32; Mark 1:32).

In my quest to understand this Sabbath gift of time. I was amazed to discover that God has given humanity a weekly day off for rest and worship, a full 24-hour period (from sunset to sunset) to recharge the batteries. However, the fact that this day was and still is the seventh day of the week (Saturday) was surprising, considering that most today assume that this weekly Sabbath is Sunday. After learning that while

there have been attempts to change the Sabbath day, it has persisted throughout the centuries as a symbol of God's desire for communion with His people, I was eager to experience this weekly gift of time for myself.



Your Sabbath Challenge

God instituted the seventh day as His day of rest, which He gives us as				
gift of time. How would your life benefit each week if you accepted thi				
gift today?				

A GIFT OF REST

I thought my discovery of the seventh-day Sabbath would mean the end of my productivity. After all, how can I give up a day each week to do important and what I thought were essential things and sit around and do nothing? At first, I saw the Sabbath as a religious obligation. And since I discovered that there was evidence for God's existence, and this book, the Bible, was His instructions to me, then I was obliged to "keep the Sabbath". How wrong I was.

The Sabbath is a gift from God, not just a commandment or a duty to be fulfilled. It is a gift of rest that provides us with physical, emotional, and spiritual renewal. The struggle many have is that they can't see their need for the experience that this gift of time brings, especially in our modern lives.

Physical Rest

The Sabbath provides us with physical rest, which is essential for our health and well-being. In a world that values productivity and busyness, the Sabbath invites us to put life in perspective, to break from work and to truly rest. We can use this time to relax physically, slow down, enjoy nature, or spend quality time with friends and family. Physical rest on the Sabbath allows us to recharge our batteries, reduce stress, and ultimately increase our productivity in the long run.

Emotional Rest

The Sabbath also offers us emotional rest. It is a time to disconnect from the demands of work and the distractions of technology and to connect with God. We can use this time to reflect on the past week, to express gratitude for our blessings, and to process our emotions. Emotional rest on the Sabbath allows us to find peace, cultivate resilience, and deepen our relationships.

Spiritual Rest

The Sabbath provides us with spiritual rest. It is a time to focus on our relationship with God, to worship Him, and to study His Word (the Bible). We can use this time to pray, meditate, attend worship services, or engage in other spiritual practices that nurture the soul. Spiritual rest on the Sabbath allows us to draw closer to God, and we find that as we spend time beholding Him, we are transformed by His love.

I have found that my experiment of experiencing the Sabbath every seventh day for a full 24 hours has provided me with physical, emotional, and spiritual rejuvenation. I have found that the Sabbath invites me each week to slow down and disconnect from the things of life and intentionally connect with my inner self, others, and God. As I have embraced the gift of rest on the Sabbath, I have seen an improvement in my overall health and well-being.



Your Sabbath Challenge

How would your week benefit from setting aside time this Saturday for physical rest by disconnecting from work and daily cares and worries?				
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A GIFT OF COMMUNITY

Most people I know enjoy belonging. Some like to belong to a sports team, a social club, a Men's group, a martial arts dojo, a church choir, or a gym. We are wired to be social. Most of us crave it. I was pleasantly surprised in my faith experiment to find that the gift of the Sabbath is not only a gift of rest but also a gift of community. The Sabbath brings people together, fosters fellowship, and builds relationships.

Sabbath Worship

One of the ways the Sabbath builds community is through worship. Whether we attend a church service or worship at home, the Sabbath provides us with a weekly opportunity to gather with other believers and to worship God together. As we sing hymns and spiritual songs, pray, and study God's word, we are strengthened and encouraged by the presence and support of our fellow believers. Sabbath worship provides us with a sense of belonging and reminds us that we are part of a larger community of faith.

Sabbath Meals

Another way the Sabbath builds community is through meals. The Sabbath is a time to share meals with family and friends, to slow down and enjoy each other's company, and to deepen our relationships. Whether it's a special Sabbath welcoming dinner on Friday night or a combined church fellowship lunch, Sabbath meals provide us with an opportunity to connect with others, share our lives, and build meaningful relationships.

Sabbath Activities

The Sabbath also offers us opportunities to engage in Sabbath activities with others. Whether it's playing bible games, going for a group walk, or engaging in an outreach mission, Sabbath activities provide us with a chance to connect with others and enjoy each other's company. These activities allow us to strengthen existing relationships and to build new ones.

Sabbath Rest

Sabbath rest itself can be a gift of community. When we rest on the Sabbath, we also create space for others to rest. We can use this space to spend quality time with our loved ones, engage in meaningful conversations, and be present with one another. Sabbath rest allows us to prioritise relationships and invest in the people who matter most to us.

In my Sabbath experiment, I have found that the Sabbath is indeed a gift of community. That brings people together, fosters fellowship, and builds relationships. Sabbath worship, meals, activities, and rest provide us with opportunities to connect with others, deepen our relationships, and experience the joy of community.



Your Sabbath Challenge

How would your life benefit from belonging to a community that shares

,	0
common values, is built on communion wi	th God, and invests in quality
relationships?	
-	

A GIFT OF CREATION

Growing up in Queensland, Australia, meant I lived between the hinterland mountains and the golden beaches of the coast. And like most Queenslanders, I loved the outdoors. From camping in the hills to bodyboarding on the coast to 4WD driving along the beach, the outdoors were always an adventure waiting to be had! I was pleasantly surprised when I discovered that the Sabbath gift was not only a gift of rest and community but also a gift of the outdoors (creation). The Sabbath invites us to experience, appreciate and care for God's creation.

Creation as a Gift

The Sabbath reminds us that creation is a gift from God. As we rest and reflect on the goodness of God's creation, we are invited to appreciate the beauty and diversity of the natural world. We can use this time to explore nature, observe the wildlife, listen to the birds singing, or appreciate the beauty of a sunset. The Sabbath provides us with an

opportunity to connect with God through His creation and to recognise the sacredness of all life.

Care of Creation

The Sabbath also invites us to practice the stewardship of creation. As we appreciate the beauty of God's creation, we are also called to be stewards (carers/managers) of it. The Sabbath allows us to reflect on our relationship with the natural world and renew our commitment to care for it.

Sabbath as a Model

The Sabbath can be a model for how we can live in harmony with God's creation. As we rest on the seventh day Sabbath, we can create space to slow down and appreciate the natural rhythms of life. We can use this time to prioritise relationships and simplify our lives. The Sabbath allows us to live more sustainably, reduce our consumption, and live in greater harmony with the natural world.

As I have experimented by resting, reflecting, and practising stewardship on the Sabbath, I have found that the time of the Sabbath has deepened my connection with God's creation and renewed my commitment to care for it. The Sabbath has provided me with a model of how I can live in greater harmony with the natural world and has helped me become a more responsible steward of God's creation.



Your Sabbath Challenge

Reflect on how taking time to appreciate and connect with nature on th	le
Sabbath could bring you peace, joy, and a deeper sense of awe an	Ċ
wonder.	
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A GIFT FOR ETERNITY

I love "big pictures". When I fly, I love looking out the window from 37,000 feet (or about 11 km) and just taking in the "big picture" of how mountains create spaces for creeks and rivers and flood plains give way to sandy beaches. Everything is connected and sustains and supports its neighbour. We have seen how the golden thread of the Sabbath gift is anchored in the creation week and continues through the whole narrative of Scripture. We have also seen how from our vantage point in time, we understand the context of the past and how the Gift was given in the beginning and can be followed down through the ages to our point on the timeline. And yet, this golden Sabbath thread doesn't stop with us. In the "big picture," It continues. The Sabbath is not only a gift of rest, community, and creation but also a gift of eternity. The Sabbath points us forward to the hope of eternal life and the promise of God's kingdom.

Restoration and Renewal

The Sabbath reminds us of God's promise of restoration and renewal. As we rest on the seventh day Sabbath, we can look forward to the day when all things will be made new, and the earth will be restored to its original state of wholeness and beauty (Revelation 21:1-2). The Sabbath invites us to participate in God's work of restoration and to live in the hope of a new creation.

Eternal Sabbath Rest

The Sabbath also points us to the promise of eternal rest in God's kingdom. As we rest on the Sabbath, we can anticipate the day we will enter God's eternal rest and enjoy perfect communion with Him. The Sabbath reminds us that our ultimate rest is not found in this world but in the kingdom of God, where there will be no more pain, sorrow, or death. (Revelation 21:4)

Sabbath as a Foretaste

The Sabbath can be a foretaste of God's kingdom and the eternal rest. As we gather with other believers, worship God, and enjoy the beauty of creation, we can experience a little taste of what it will be like to live in God's kingdom. The Sabbath gives us a glimpse of the joy and peace that we will one day experience in fullness in God's presence. God speaking through the prophet Isaiah says.

"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)

I have found that the Sabbath is a gift that, with its origin in creation, will go on throughout all eternity. This "big picture" points us to the future hope of God's kingdom and the promise of eternal rest. Speaking of the realisation of this eternal rest, Jesus taught that on that day, He would say to His friends, "... Enter into the joy of your Lord." (Matthew 25:21). In my faith experiment with the Sabbath, I have found that the Sabbath brings joy and peace in the present, that acts like a kind of down payment for what the future will be like.

Your Sabbath Challenge

Knowing that the Sabbath will be a part of our eternal life, in what way would bringing the Sabbath into your weekly rhythm impact your lif		
today?		

A GIFT FOR TODAY

I quickly found from these ancient manuscripts that the Sabbath is very clearly a one-of-a-kind gift with many layers and dimensions of blessings designed for all of humanity to experience each seventh day. However, the million-dollar question for me was, can the Sabbath be experienced as God intended it in our modern world? Could I actually remove the obstacles that are keeping me from experiencing the Sabbath and reclaim this gift for myself today?

The Challenges of Experiencing the Sabbath

In our 24/7 culture, the Sabbath can seem outdated or impractical. We may need help with the demands of work, school, or other obligations that require us to be always available. We may also find it difficult to disconnect from technology and social media, which can be a constant distraction from Sabbath rest and reflection. Some may face social or cultural pressures to prioritise activities that conflict with the Sabbath, things like sports events or work-related functions.

Reclaiming the Gift of the Sabbath

Despite these challenges, it is possible to reclaim the gift of the Sabbath in our lives. One critical step I have found is prioritising Sabbath observance as a non-negotiable part of my weekly routine. We may need to set boundaries with work or other obligations and communicate our Sabbath commitments clearly to others. We can also make intentional choices to unplug from technology and create space for rest and reflection. I have found that seeking out a supportive faith community that shares my commitment to seventh-day Sabbath observance can offer accountability and encouragement.

Experiencing the Sabbath Gift

The Sabbath is a day to cease our creating and working in creation and appreciate what God has done in the world and is doing in us. (Genesis 2)

The Bible calls Friday (the day before the Sabbath) the Preparation Day. On this day, the last preparations were made to ensure the next day (The Sabbath day) would be indeed a day of rest. Elaborate food preparation was to be done on the day before the Sabbath so that there was no need for baking or heavy cooking on the Sabbath. (Exodus 16)

The Sabbath is a time to lay our burdens down and rest. We should not do any servile work on the Sabbath. This includes our entire family. Even our employees or strangers who live among us are to receive the gift of rest. (Jeremiah 17; Exodus 20 and Deuteronomy 5)

The Bible gives strong counsel regarding doing business on the Sabbath. It talks of how the act of transacting in buying and selling is a

distraction that draws us away from the gift and the gift Giver. (Nehemiah 13)

The Sabbath is a time of healing, a time for visiting and encouraging the sick and less fortunate. (Matthew 12, Mark 1, 3, Luke 13, 14, John 5)

The Sabbath was a day to show reverence and demonstrate to God that we love, honour and respect His authority. (Psalm 89:7, Habakkuk 2:20)

The Sabbath should be a day of delight and rejoicing, a day in which we replace our thoughts of worry, fear and concern for God's thoughts and words. (Isaiah 56, 58)

The Sabbath is called a holy convocation, a gathering together to reflect on God in communal worship. Jesus and the disciples also taught that the Sabbath was a day for fellowship in the synagogue (we would call it Church today), where there was the studying of the scriptures and the singing of songs of praise. (Leviticus 23, Ephesians 5:19-20, Colossians 3:16, Acts 17:2, 18:4, 18:11, Acts 16:13)

Practical Suggestions for Sabbath Rest and Renewal

Here are some practical suggestions for embracing God's constitutional gift of the Sabbath and experiencing the rest and renewal it offers:

- Set aside the seventh day (Saturday) for Sabbath observance each week and make it a non-negotiable priority on your family calendar.
- Unplug from technology and social media, and create space for rest, reflection, and connection with God and others.
- Engage in activities that nurture your soul and refresh your spirit, such as reading scripture, prayer, meditation, or walks in nature.

- Participate in worship and fellowship with other believers and seek out opportunities for service and outreach.
- Cultivate a Sabbath mindset that values rest, reflection, and renewal, and carry this mindset throughout the week.

I have discovered in my Sabbath experiment that the Sabbath is a gift that can transform our lives and our relationship with God because it creates a temple of time each week that invites us to be deliberate with our thoughts and feelings. While Sabbath observance may present challenges in our modern world, I have found that I have successfully reclaimed this gift by making intentional choices to prioritise rest, reflection, and community. There were times at the beginning of my experiment when it felt like everything was conspiring against me. It seemed like trying to keep sunset Friday to sunset Saturday free from distraction was going to be impossible. However, over the years, the Sabbath has become a fundamental part of my week, and I now find it very easy to keep it free from interruption. It takes time, but it's surprising how natural it is to embrace the Sabbath gift again, even in a modern world!



Your Sabbath Challenge

What steps can you take this week to prioritise the Sabbath rest Gowants to give you? What intentional choices can you make now t prepare for this coming Saturday?

CHAPTER 9

THE SABBATH CHALLENGE

Shortly after the attacks on September 11th, 2001, I found myself entering a bizarre new world—a world of terror and religious extremists. Everything had changed! From how we travelled to how we viewed politics, religion, and even one another. As I have mentioned, I was a self-professed atheist at this point in my life. Religions and their gods had no place in my scientific post-modern university-trained mind.

After several significant events, I found myself exploring world religions on a quest to understand the factors influencing this post-911 world. This journey led me through the great historical and religious documents of the major worldviews.

In the years that followed, I discovered this passage from the rabbi Jesus. "Seek first the kingdom of God and His righteousness, and all these things shall be added to you." (Matthew 6:33). This passage grabbed my attention and intrigued me. You see, this teaching of Jesus is both profound and confronting. Why? Because Jesus is claiming a truth here. He is making the argument that if you put God and His righteousness (a synonym for His

character) first in your life, and you make it your highest priority, you don't allow anything else to take His place in your life, in your dreams, in your future, in your relationships. He claims that life's "other things" will fall into place. They take care of themselves.

I found this teaching to be remarkable. Because think of this for a moment. Put yourself into the story; you are one of the multitude sitting on a hill in ancient Galilee. And you have challenges in life. You have trials. You have bills to pay. You have relationship troubles and all kinds of "things" to work on, sort out and fix up. And you hear this rabbi, who, many think, is God in human flesh. And He tells you, put your focus on God and His character, and everything else will fall into place. You think to yourself, there are only two options here. 1) If you do what He says, it will be as He says - truth. Or 2) If you do what He says, it will NOT be as He says - false. That's logical. That makes sense. But here is where it becomes confronting. You see, the only way you will ever know if what Jesus is teaching is true or false is if you experiment by doing it! You must put His words and His teachings to the test. Only then will you be able to know if what He teaches is true or false.

I decided to do it. To become a faith experimenter, to experiment with the words and the teachings of Jesus. I have committed to "seeking God and His righteousness" first, in every way possible. And one of these ways is the Sabbath. You see, when I read, "Remember the Sabbath day to keep it holy", I just said OKAY! Let me seek God first, and if this is what He asks, let me do it. Let me experiment with it. I have been seeking and experimenting with God for near on 20 years now, and the Sabbath has been at the foundation of this experiment. By

keeping the seventh day Sabbath, I have found that it has brought me into a daily and weekly rhythm with God. Instead of God being an aspect of my life, He becomes the centre of it when I view each day in relation to either the coming seventh-day Sabbath or looking back at the past seventh-day Sabbath. God has become the centre of my day, week, and life.

The Sabbath experiment has brought me closer to knowing God, and it has led me to understand myself better and to value and invest in relationships around me. It has given me time to focus and has dramatically increased my productivity. I have less stress and more peace; believe it or not, it has also given me more time!

However, my telling you about what I have learnt about the sabbath is quite insignificant. You see, I now understand what Jesus meant in that phrase, "Seek first the kingdom of God and His righteousness, and all these things shall be added to you." (Matthew 6:33) But you won't, you can't – until you try it out for yourself. Until you experiment with it yourself. I could tell you all the experiences I have had and how amazing my journey has been, but without you having your own experience, it is impossible to understand just what Jesus' teachings truly mean.

I invite you to take the Sabbath Challenge. Try it out; experiment by experiencing it for yourself. Commit to taking the plunge and, over the next four Saturdays, experience Sabbath the way God designed. Experience it as a time of sacred space when you connect with Him and others—a time when you do what He asks. Put Him first and stop your work, worry, and stress, and spend this weekly holiday learning what it means to seek Him first

Robbie Berghan

and learn how everything else falls into place. Take the Sabbath Challenge and see what I mean! I challenge you!

Blessings,

To learn more about my journey from a non-believer to a faith experimenter, visit https://faithexperiment.com, or to dig deeper into the Sabbath Gift and the Sabbath Challenge, visit https://sabbathgift.info.





APPENDIX

APPENDIX - A

THE INTERNET'S TOP 10 QUESTIONS ABOUT THE GIFT

Knowing from experience that most people have some FAQs about the sabbath, I thought I might include the top 10 questions (according to Google's Search Trends) people have about the Sabbath. To help you in your quest to experience the sabbath for yourself, I've included after each question a short Biblical answer.

1 - What does the word 'sabbath' mean?

The word 'sabbath' is a Hebrew word which, at its root, means "to cease" or "to rest."

2 - Will Sabbath be kept in heaven?

The Bible states in Isaiah 66:22-23, "As the new heavens and the new earth that I make will endure before me," declares the Lord, "so will your name and descendants endure. From one New Moon to another and from one Sabbath to another, all mankind will come and bow

down before me," says the Lord." So, whether you visit heaven or dwell on an earth made new, the Sabbath will still be a part of your life.

3 - Has the sabbath been "done away" with?

We find that the gift of the Sabbath is as eternal as God himself. It was given at creation (Genesis 2:1-4); it was written on the stone of the ten commandments (Exodus 20:8-11). It was taught by Jesus (Mark. 2:28-29, Matthew 5:17-20), and Isaiah informs us that the cycle of the Sabbath will be as constant as the phases of the moon throughout eternity (Isaiah 66:22-23).

4 - Can the Sabbath be on any day?

God chose the seventh day of the week to be Sabbath. (Genesis 2:1-4). He then refers to it as 'the Sabbath of the Lord your God' (Exodus 20:8-11), and Jesus stated that He was "The Lord of the Sabbath" (Mark 2:28) While at the same time, God describes Himself as unchanging (Malachi 3:6). Therefore, it would hold true that if the seventh day is the Lord's Day, and He is unchanging. The idea that the day could just be changed or substituted for any other arbitrary day is inconsistent with the Bible.

5 - When does the sabbath start and end?

In the Bible, the Sabbath begins at sunset on the sixth day (Friday) and ends at sunset on the seventh day (Saturday). In (Leviticus 23:32) we read that the sabbath was from evening to evening: "It shall be to you a sabbath of solemn rest, and you shall afflict your souls; on the ninth day of the month at evening, from evening to evening, you shall

celebrate your sabbath." And in (Mark 1:32) we find that evening was sunset. "At evening, when the sun had set..."

For more information, see Chapter 3 - A Gift of Time.

6 - Which religion(s) have a sabbath?

The seventh day sabbath rest is observed in Judaism, some denominations of Christianity, and Ethiopian Orthodox. The Sabbath is also referred to in the Islamic Quran.

7 - Why is the sabbath important?

By establishing the Sabbath, God demonstrates His relational and personal nature by setting aside a specific day for individuals to connect with Him, experience rest and restoration, engage in the community, and find joy in His presence. The Sabbath serves as a reminder that God desires a deep and personal relationship with His creation and provides a framework for nurturing that relationship.

8 - How is the sabbath celebrated?

The Sabbath is about time and rest. How we celebrate the sabbath can be as unique and diverse as our individual relationships with God. But in general, the sabbath is celebrated by resting from work, spending time in worship (prayer, study, singing), and spending time with family and friends. Community acts of worship and fellowship.

For more information, see Chapter 8 - A Gift for Today.

9 - Can you work on the Sabbath?

The purpose of the Sabbath is to rest. God's example was to cease from work and rest (Genesis 2:1-4), and when He wrote it in stone approximately 2,508 years later, He said, "Six days you shall labour and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work:" (Exodus 20: 9-10)

10 - What is sabbath school?

Sabbath School is a religious, educational program or class run in sabbath-keeping churches. The primary purpose of Sabbath School is to provide religious instruction, foster spiritual growth, and encourage community interaction among attendees.

APPENDIX - B

THE DAY OF THE GIFT

In my quest to understand the Sabbath gift, I discovered very quickly that most Christians assume that the Sabbath is Sunday. Even as a non-believer, I knew that people went to church on Sundays. However, as I studied the ancient biblical manuscripts, I could not find any verses or teaching that Sunday was the day of rest and worship.

To try and reconcile this glaring difference between the biblical teaching of the seventh day (Saturday) and the real-world practice of observing the first day (Sunday), I turned my attention to the theologians. I studied every Christian denomination I could in terms of what they understood the Sabbath to be. Surprisingly, what I found was that across every single Christin denomination, there was a single consensus in regard to which day was the biblical Sabbath and why Christians generally worship on Sunday instead. The explanations given were astounding, to say the least.

Following is a good sample of the findings I discovered (NOTE: Due to space, this is not a completely exhaustive list). I have arranged the statements alphabetically by the author's denominational affiliation.

American Congregationalist

"The current notion that Christ and His apostles authoritatively substituted the first day for the seventh, is absolutely without any authority in the New Testament." Dr. Layman Abbot, in the Christian Union, June 26, 1890.

Anglican

"And where are we told in the Scriptures that we are to keep the first day at all? We are commanded to keep the seventh; but we are nowhere commanded to keep the first day... The reason why we keep the first day of the week holy instead of the seventh is for the same reason that we observe many other things, not because the Bible, but because the (Roman) Church, has enjoined it." - Isaac Williams, Plain Sermons on the Catechism, pages 334, 336.

Baptist

"There was and is a command to keep holy the Sabbath day, but that Sabbath day was not Sunday. It will, however be readily said, and with some show of triumph, that the Sabbath was transferred from the seventh to the first day of the week, with all its duties, privileges and sanctions. Earnestly desiring information on this subject, which I have studied for many years, I ask, where can the record of such a transaction be found: Not in the New Testament – absolutely not. There is no scriptural evidence of the change of the Sabbath institution from the seventh to the first day of the week." Dr. E. T. Hiscox, author of the 'Baptist Manual'.

"There was never any formal or authoritative change from the Jewish seventh day Sabbath to the Christian first-day observance." - WILLIAM OWEN CARVER, "The Lord's Day in Our Day," page 49.

"There is nothing in Scripture that requires us to keep Sunday rather than Saturday as a holy day." Harold Lindsell (editor), Christianity Today, Nov. 5, 1976

Brethren

"With the views of the law and the Sabbath we once held ... and which are still held by perhaps the great majority of the most earnest Christians, we confess that we could not answer Adventists. What is more, neither before or since have I heard or read what would conclusively answer an Adventist in his Scriptural contention that the Seventh day is the Sabbath (Ex. 20:10). It is not 'one day in seven' as some put it, but 'the seventh day according to the commandment.' " - Words of Truth and Grace, p. 281.

Roman Catholic

"It is well to remind the Presbyterians, Baptists, Methodists, and all other Christians, that the Bible does not support them anywhere in their observance of Sunday. Sunday is an institution of the Roman Catholic Church, and those who observe the day observe a commandment of the Catholic Church." Priest Brady, in an address, reported in the Elizabeth, NJ 'News' on March 18, 1903.

"Protestants ... who accept Sunday rather than Saturday as the day for public worship after the Catholic Church made the change... the Protestant mind does not seem to realize that ... in observing Sunday, they are accepting the authority of the spokesman for the Church, the pope." Our Sunday Visitor, February 5th, 1950.

"Of course, these two old quotations are exactly correct. The Catholic Church designated Sunday as the day for corporate worship and gets full credit – or blame – for the change." This Rock, The Magazine of Catholic Apologetics and Evangelization, p.8, June 1997

"The Church, on the other hand, after changing the day of rest from the Jewish Sabbath, or seventh day of the week, to the first, made the Third Commandment refer to Sunday as the day to be kept holy as the Lord's Day. The Council of Trent (Sess. VI, can. xix) condemns those who deny that the Ten Commandments are binding on Christians." The Catholic Encyclopedia, Commandments of God, Volume IV, © 1908 by Robert Appleton Company, Online Edition © 1999 by Kevin Knight, Nihil Obstat - Remy Lafort, Censor Imprimatur - +John M. Farley, Archbishop of New York, page 153.

Question: Which is the Sabbath day?

Answer: Saturday is the Sabbath day.

Question: Why do we observe Sunday instead of Saturday?

Answer: We observe Sunday instead of Saturday because the Catholic Church transferred the solemnity from Saturday to Sunday."

Rev. Peter Geiermann C.SS.R., The Convert's Catechism of Catholic Doctrine, p. 50

"The [Roman Catholic] Church changed the observance of the Sabbath to Sunday by right of the divine, infallible authority given to her by her founder, Jesus Christ. The Protestant claiming the Bible to be the only guide of faith, has no warrant for observing Sunday. In this matter, the Seventh-day Adventist is the only consistent Protestant." The Catholic Universe Bulletin, August 14, 1942, p. 4.

"... you may read the Bible from Genesis to Revelation, and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday, a day which we never sanctify." The Faith of Our Fathers, by James Cardinal Gibbons, Archbishop of Baltimore, 88th edition, page 89. Originally published in 1876, republished and Copyright 1980 by TAN Books and Publishers, Inc., pages 72-73.

"Perhaps the boldest thing, the most revolutionary change the Church ever did, happened in the first century. The holy day, the Sabbath, was changed from Saturday to Sunday. "The Day of the Lord" (dies Dominica) was chosen, not from any directions noted in the Scriptures, but from the Church's sense of its own power. The day of resurrection, the day of Pentecost, fifty days later, came on the first day of the week. So, this would be the new Sabbath. People who think that the Scriptures should be the sole authority, should logically become 7th Day Adventists, and keep Saturday holy." Sentinel, Pastor's page, Saint Catherine Catholic Church, Algonac, Michigan, May 21, 1995

"If Protestants would follow the Bible, they would worship God on the Sabbath Day. In keeping the Sunday, they are following a law of the Catholic Church." - Albert Smith, Chancellor of the Archdiocese of Baltimore, replying to the Cardinal in a letter dated February 10, 1920.

Church of Christ

"There is no direct Scriptural authority for designating the first day the Lord's Day." - DR. D. H. LUCAS, Christian Oracle, Jan. 23, 1890.

Church of England

"Many people think that Sunday is the Sabbath. But neither in the New Testament nor in the early church is there anything to suggest that we have any right to transfer the observance of the seventh day of the week to the first. The Sabbath was and is Saturday and not Sunday, and if it were binding on us then we should observe it on that day, and on no other." - Rev. Lionel Beere, All-Saints Church, Ponsonby, N.Z. in Church and People, Sept. 1, 1947.

"Not any ecclesiastical writer of the first three centuries attributed the origin of Sunday observance either to Christ or to His apostles." - SIR WILLIAM DOMVILLE, "Examination of the Six Texts," pages 6, 7. (Supplement).

Congregational

"It must be confessed that there is no law in the New Testament concerning the first day." - Buck's Theological Dictionary page 403.

"The current notion that Christ and His apostles authoritatively substituted the first day for the seventh, is absolutely without any authority in the New Testament."-DR. LYMAN ABBOTT, Christian Union, Jan. 18, 1882.

Christian Church

"There is no direct scriptural authority for designating the first day the Lord's Day." - Dr. D. H. Lucas, Christian Oracle, Jan. 23, 1890.

Episcopalian

"We have made the change from the seventh day to the first day, from Saturday to Sunday, on the authority of the one holy, Catholic, Apostolic Church of Christ." - Bishop Symour, Why We keep Sunday.

Lutheran

"The observance of the Lord's Day (Sunday) is founded not on any command of God, but on the authority of the Church." Augsburg Confession of Faith.

"The festival of Sunday, like all other festivals, was always only a human ordinance." - AUGUSTUS NEANDER, "History of the Christian Religion and Church," Vol. 1, page 186.

Methodist

"This 'handwriting of ordinances' our Lord did blot out, take away, and nail to His cross. (Colossians 2: 14.) But the moral law contained in the Ten Commandments, and enforced by the prophets, He did not take away.... The moral law stands on an entirely different foundation from

the ceremonial or ritual law. ... Every part of this law must remain in force upon all mankind and in all ages." - JOHN WESLEY, "Sermons on Several Occasions," 2-Vol. Edition, Vol. I, pages 221, 222.

Moody Bible Institute

"The Sabbath was binding in Eden, and it has been in force ever since. This fourth commandment begins with the word 'remember,' showing that the Sabbath already existed when God wrote the law on the tables of stone at Sinai. How can men claim that this one commandment has been done away with when they will admit that the other nine are still binding?" - D.L. MOODY, "Weighed and Wanting," page 47.

Presbyterian

"The Christian Sabbath (Sunday) is not in the Scriptures and was not by the primitive church called the Sabbath." - Dwight's Theology, Vol. 14, p. 401.

Protestant Episcopal

"The day is now changed from the seventh to the first day... but as we meet with no Scriptural direction for the change, we may conclude it was done by the authority of the church." - 'Explanation of Catechism'

Southern Baptist

"The sacred name of the Seventh day is Sabbath. This fact is too clear to require argument [Exodus 20:10 quoted]... on this point the plain teaching of the Word has been admitted in all ages... Not once did the disciples apply the Sabbath law to the first day of the week, -- that folly was left for a later age, nor did they pretend that the first day supplanted the seventh." - Joseph Hudson Taylor, 'The Sabbatic Question', p. 14-17, 41.

Each of the above statements written by men and women of faith representing various Christian traditions all agree on the following.

- 1. the Sabbath gift of the Bible was, and is, the seventh day of the week (Saturday).
- 2. there is not a single verse, command or teaching anywhere in the Bible to support or suggest that the seventh-day Sabbath was changed to any other day.
- 3. there is no biblical evidence for a change to the seventh-day Sabbath.
- 4. That the Roman Catholic Church was responsible for the change of seventh-day worship to first-day worship.
- 5. By observing the first-day Sunday rest, we are "observing a commandment" of the Roman Church.
- 6. To be consistent with the scriptures, a Christian would keep the seventh-day Sabbath and not a first-day Sunday.

APPENDIX - C

THE SABBATH IN SCRIPTURE

The book of Revelation presents God's final message for a world in deep trouble. It is a message specially designed for people living during the final climactic hours of Earth's history. It is a universal message that leaps across geographical boundaries. It is a message for all nations, tribes, languages, and peoples. It is an urgent, compelling message of good news. It is an urgent appeal for men and women everywhere to prepare for the soon return of Christ.

- 1. Who is Revelation 14:6, 7 calling us to worship?
- 2. What is the basis of all worship? Revelation 4:11
- 3. Who was the active agent in Creation? Ephesians 3:8, 9; Colossians 1:15, 16
- 4. How do we worship Christ as the Creator? Has He left a memorial of His creative activity? Exodus 20:8-11
- 5. Was the Sabbath given only to the Jews? Mark 2:27, 28
- 6. What three things did God do to set aside and distinguish the seventh day from all other days of the week? Genesis 2:1-3
- 7. What is the Sabbath called in the Old Testament? Ezekiel 20:12, Ezekiel 20:20
- 8. What was Jesus' practice or custom on the Sabbath? Luke 4:16
- 9. What counsel did Jesus give His disciples regarding the Sabbath after His death? Matthew 24:20
- 10. What groups did Paul preach to on the Bible Sabbath after the resurrection of Jesus? Acts 13:27, 42, 44

- 11. What is the Lord's special day called? Revelation 1:10
- 12. According to the following texts, what is another name for the Lord's Day? Luke 6:5; Matthew 12:8; Mark 2:27, 28
- 13. Does the Bible reveal which day is the seventh day? What three days does the Bible mention in succession? Luke 23:54-56; Luke 24:1
- 14. What does God offer those who lovingly keep His Sabbath? Isaiah 56:2
- 15. What promise does God make regarding Sabbath worship in heaven? Isaiah 66:22, 23

APPENDIX - D

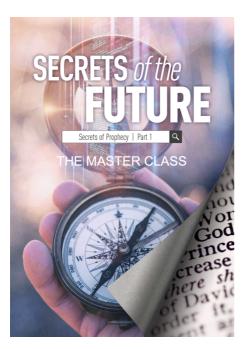
THE SABBATH IN LANGUAGE

In various languages, the term "Sabbath" and the seventh day of the week share the same meaning. Approximately 1.4 billion people, accounting for nearly 20 percent of the global population, utilise these terms interchangeably. For instance, in Spanish, the seventh day of the week, Saturday, is referred to as "Sabado," which is the same term used for "Sabbath." Remarkably, more than 100 ancient and modern languages assign the name "Sabbath" or its equivalent to the seventh day of the week. However, there is no language in which the word "Sabbath" signifies the first day of the week, Sunday. It is evident that Sunday was never regarded as the biblical Sabbath until later religious leaders attempted to substitute it for the true Sabbath day.

Examples of languages where the word for Saturday and Sabbath are the same.

Arabic: Sabet	Hebrew: Shabbat	Russian: Subbota
Armenian: Shabat	Indonesian: Sabtu	Serbian: Subota
Bosnian: Subota	Italian: Sabato	Slovak: Sobota
Bulgarian: Sabota	Latin: Sabbatum	Slovene: Sobota
Corsican: Sàbatu	Maltese: is-Sibt	Somali: Sabti
Croatian: Subota	Polish: Sobota	Spanish: Sabado
Czech: Sobota	Portuguese: Sábado	Sudanese: Saptu
Georgian: Sabati	Romanian: Sambata	Ukranian: Subota

Greek: Savvato

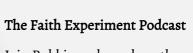


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SABBATH a faith experiment

In "The Sabbath Gift," embark on a transformative journey with Robbie as he delves into the depths of ancient manuscripts and unlocks the profound significance of the long-forgotten gift of the Sabbath. Prepare to have your eyes opened to a truth that has been overshadowed by the demands and distractions of our modern world. Have you ever wondered why God instituted the Sabbath? Within these pages, you will uncover the true essence of this divine gift—a day of rest, rejuvenation, and renewal that was intended for all humanity. Robbie passionately invites you to reclaim this sacred practice and experience its unrealized benefits.

Drawing from both timeless wisdom and practical insights, "The Sabbath Gift" offers guidance on how to integrate Sabbath rest into your bustling post-modern lifestyle. Discover the profound impact it can have on your physical, mental, and spiritual well-being. Don't miss this opportunity to embark on a life-changing journey. Unearth the treasure that lies within the Sabbath and witness its power to bring peace, joy, and fulfillment to your life.





Pastor Robbie Berghan hosts The Faith Experiment podcast on Faith FM Radio. Since finding faith in the shadows of the attacks of 9/11, Robbie left his career in Civil Engineering and Information Technology to study theology and ministry. For the past 15 years, Robbie has ministered on six continents and presented numerous Bible-based lectures in more than 20 countries, inspiring thousands.

Robbie Berghan

