



GOD'S

HOLY

DAYS

TORAH, GOD'S INSTRUCTIONS  
LEVITICUS 23 – GOD'S HOLY DAYS – WEEKLY SABBATH

Say - Welcome to Sabbath School class. Let's bow our head and ask God for understanding as we continue our study of the book of Leviticus. This lesson will focus on the weekly Sabbath Day.

**Leviticus 23**

Say – In Leviticus 23, The Eternal embraces the entire plan of God for all people. These are the true Holy Days commanded by God and the first Holy Day is the weekly Sabbath Day. In Genesis we are told “<sup>14</sup>And God said, Let there be lights (luminary such as the sun and moon and stars) in the firmament of the heaven to divide the day from the night (The “firmament” is anything we can see in the heavens such as the sun, moon and stars or clouds.); and let them be for signs (a distinguishing mark or token), and for seasons (a fixed time or season, specifically a festival of God’s, appointed time, set feast), and for days, and years:” Genesis 1:14.

<sup>1</sup>And the LORD (Jesus, the Eternal one, is speaking to Moses.) spake unto Moses, saying, <sup>2</sup>Speak unto the children of Israel (or anyone who is going to worship God), and say unto them, Concerning the feasts of the LORD (The Feasts of Jehovah; not Jewish Feasts as the world says.), which ye shall proclaim to be holy (sacred, set apart) convocations (an assembly), even these are **my** (not your) feasts (appointed time, appointed season).

<sup>3</sup>Six days shall work be done: but the seventh day is the sabbath of rest (Not any other day of the week. The Sabbath Day represents the Kingdom of God, why would anyone want to miss the Sabbath Day.), an holy convocation; ye shall do no work therein: it is the sabbath of the LORD in all your dwellings.

Say – God’s Sabbath Day is to be a delight “<sup>13</sup>If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: <sup>14</sup>Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it” Isaiah 58:13-14.

Say – The Sabbath is a teaching by God and not arguable or changeable.

<sup>1</sup>Thus the heavens and the earth were finished, and all the host of them (Creation finished). <sup>2</sup>And on the seventh day God ended his work which he had made; and he rested (God stopped to observe the Sabbath Day.) on the seventh day from all his work which he had made. <sup>3</sup>And God blessed (made happy, a day to be adored, cause to prosper by God) the seventh day, and sanctified it (God did not bless any other day other than His Feast days and made the **seventh** day holy and sacred, a day dedicated to God, a day to be celebrated as a feast day, a day set apart to worship God.): because that in it he had rested from all his work which God created and made (Only God can bless and sanctify anything not man.) Genesis 2:1-3.

Say – God tells His people, “<sup>8</sup>Remember (Don’t forget, a day of rest a day to stop; we are to engrave it in our mind for we are aware of the day each week and it is **MY** day, not yours; we are to have the day committed to Him.) the sabbath day, to keep it holy (The word “keep” means to cherish, celebrate, to observe a festival, keep alive, and keep holy to God.) Exodus 20:8.

Say – Why does God want us to remember the Sabbath Day?

<sup>13</sup>Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the LORD that doth sanctify you. <sup>14</sup>Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people. <sup>15</sup>Six days may work (labor) be done; but in the seventh is the sabbath of rest, holy to the LORD (and should be to God’s people for we are to be dedicated to God and His laws): whosoever doeth any work in the sabbath day, he shall surely be put to death (just a matter of when)”. Exodus 31:13 – 15.

Say – There are many blessings physically and spiritually for keeping God’s Sabbath Day “<sup>1</sup>Blessed are the undefiled in the way, who

walk in the law of the LORD. <sup>2</sup>Blessed are they that keep his testimonies, and that seek him with the whole heart” Psalm 119:1-2.

<sup>16</sup>And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people.

<sup>17</sup>Wherefore come out from among them, and be ye separate (don't be a part of the world spiritually or emotionally), saith the Lord, and touch not the unclean thing; and I will receive you.

<sup>18</sup>And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty. 2 Corinthians 6:16-18

Say - When people say we don't need to keep the Sabbath holy; they are not God's ministers. It is not just a suggestion for God wants to dwell with His people. God gives us six days to do our own thing like fishing, hunting, shopping but not on **MY** day.

Say – God gives us more information about His Sabbath Day.

“<sup>16</sup>Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a **perpetual covenant** (Meaning this covenant is forever). <sup>17</sup>It is a sign between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed” Exodus 31:16-17.

Say – The Sabbath Day is a lesson in faith.

“<sup>23</sup>And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day (on the Preparation Day), and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

<sup>24</sup>And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein (A miracle by God for He preserved the manna for He knew what they needed.).

<sup>25</sup>And Moses said, Eat that to day; for to day is a sabbath unto the LORD: to day ye shall not find it in the field.

<sup>26</sup>Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none.

<sup>27</sup>And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none (This was people who do not believe God or obey Him.).

<sup>28</sup>And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws?

<sup>29</sup>See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day (on the Sabbath Day). (The Bible tells us “And he said unto them, The **sabbath** was **made** for **man**, and not **man** for the **sabbath**: <sup>28</sup>Therefore the Son of man is Lord also of the Sabbath” Mark 2:26-28.). <sup>30</sup>So the people rested on the seventh day” Exodus 16:23-30.

Say – The world says we keep Sunday as our day of worship because of the resurrection.

Here is what Christ had to say about this, “<sup>8</sup>This people draweth nigh unto me with their mouth, and honoureth me with their lips; but their heart is far from me. <sup>9</sup>But in vain they do worship me, teaching for doctrines the commandments of men.” Matthew 15:9

<sup>7</sup>Howbeit in vain do they worship me, teaching for doctrines the commandments of men. <sup>8</sup>For laying aside the commandment of God, ye hold the tradition of men,... Mark 7:6-8

Say – Christ means what He says, let’s read “<sup>39</sup>But he answered and said unto them, An evil and adulterous generation seeketh after a sign; and there shall no sign be given to it, but the sign of the prophet Jonas: <sup>40</sup>For as Jonas was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth” Matthew 12:39-40.

<sup>28</sup>After this, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, saith, I thirst. <sup>29</sup>Now there was set a vessel full of vinegar: and they filled a sponge with vinegar, and put it upon hyssop, and put it to his mouth.

<sup>30</sup>When Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost (took His last breath).

<sup>31</sup>The Jews therefore, because it was the preparation (not the Preparation day before the weekly Sabbath we will see), that the bodies should not remain upon the cross on the sabbath day, (for that sabbath day was an high day,) besought Pilate that their legs might be broken, and that they might be taken away John 19:28-31.

The “high day” in verse 31 above was the 1<sup>st</sup> Holy Day or annual Sabbath of The Feast of Unleavened Bread or Thursday.

<sup>62</sup>Now the next day, that followed the day of the preparation (not weekly Sabbath as described above), the chief priests and Pharisees came together unto Pilate,

<sup>63</sup>Saying, Sir, we remember that that deceiver said, while he was yet alive, After three days I will rise again (repeated 11 times in the gospels).

<sup>64</sup>Command therefore that the sepulchre be made sure (secure) until the third day, lest his disciples come by night, and steal him away, and say unto the people, He is risen from the dead: Matthew 27:62-64

<sup>1</sup>In the end of the Sabbath (If we look up the word “Sabbath” up it is plural and is spelled “sabbaton” meaning after the first annual Sabbath of the Days of Unleavened Bread which was on a Thursday and the weekly Sabbath day.), as it began to dawn (morning) toward the first day of the week (Sunday, very early and still dark), came Mary Magdalene and the other Mary to see the sepulchre.

<sup>2</sup>And, behold, there was a great earthquake (2<sup>nd</sup> earthquake, the 1<sup>st</sup> earthquake was when He died): for the angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat upon it. <sup>3</sup>His countenance was like lightning, and his raiment white as snow:

<sup>4</sup>And for fear of him the keepers did shake, and became as dead men (They fainted, the truth had been there all along but they would not listen and it is the same today.).

<sup>5</sup>And the angel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified.

<sup>6</sup>He is not here: for he is risen (past tense, already happened), as he said. Come, see the place where the Lord lay Matthew 28:1-6.

Say – Now we need to look at Mark 16.

<sup>1</sup>And when the sabbath was past (High day, the annual Sabbath of the 1st Day of Unleavened Bread which was a Thursday), Mary Magdalene, and Mary the mother of James, and Salome, had bought sweet spices, that they might come and anoint him.

<sup>2</sup>And very early in the morning the first day of the week (Sunday), they came unto the sepulchre at the rising of the sun.

<sup>3</sup>And they said among themselves, Who shall roll us away the stone from the door of the sepulchre?

<sup>4</sup>And when they looked, they saw that the stone was rolled away: for it was very great.

<sup>5</sup>And entering into the sepulchre, they saw a young man sitting on the right side, clothed in a long white garment; and they were affrighted.

<sup>6</sup>And he saith unto them, Be not affrighted: Ye seek Jesus of Nazareth, which was crucified: he is risen; he is not here (past tense, already risen): behold the place where they laid him.

Now in Mark 16:9 it says something different; however verses 9-20 of Mark 16 are not in the original manuscripts according to Bullenger's Appendix #168. <sup>9</sup>Now when Jesus was risen early the first day of the week, he appeared first to Mary Magdalene, out of whom he had cast seven devils. Mark 16:9.

Say – As we have seen the Sabbath Day goes back to Creation; it always was enforced since Creation. God says “<sup>6</sup>For I am the LORD, I change not...Malachi 3:6. Let’s read the following verses to see what Christ did on the Sabbath day.

Say – “<sup>16</sup>And he (Christ) 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 for to read” Luke 4:16 (We should worship God everyday but the 7<sup>th</sup> day is sanctified and if we follow Christ we will do as His custom was. Below is what Christ read to the people.)

Jesus read from the prophet Isaiah and gave them good news for people who suffer. “<sup>1</sup>The Spirit of the Lord GOD is upon me; because the LORD hath anointed (consecrated) me to preach good tidings unto the meek (the humble, gentle); he hath sent me to bind up the brokenhearted (broken in mind/heart), to proclaim liberty (freedom) to the captives, and the opening of the prison to them that are bound (To open the eyes of the spiritually blind to the Truth of God and give hope to them.);

<sup>2</sup>To proclaim the acceptable year of the LORD (The “acceptable year” is the year he will bring salvation to Israel and eventually to all the people.), and the day of vengeance of our God (“day of vengeance” is the day Christ will take vengeance on the Temple of God); to comfort all that mourn;

<sup>3</sup>To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning (anointing oil), the garment (mantle) of praise (hymns) for the spirit of heaviness (the people whose eyes had become dim or had lost hope); that they might be called trees of righteousness (the people of Israel), the planting of the LORD, that he might be glorified.

<sup>4</sup>And they (the children of Israel) shall build the old wastes, they shall raise up the former desolations, and they shall repair the waste cities, the desolations of many generations.

<sup>5</sup>And strangers shall stand and feed your flocks, and the sons of the alien shall be your plowmen and your vinedressers (**Instead of making war with their enemies, the “strangers and the alien” will work for them**).

<sup>6</sup>But ye shall be named the Priests of the LORD: men shall call you the Ministers of our God: ye shall eat the riches of the Gentiles, and in their glory shall ye boast yourselves (Now that the Israelites are keeping His covenant, He can fulfill what He said that they would be priests, Revelation 5:10).

<sup>7</sup>For your shame ye shall have double (Remember the Israelites had gone into worshipping idols and it had put them to shame.); and for confusion (shame) they shall rejoice in their portion (territory): therefore in their land (earth) they shall possess the double: everlasting joy shall be unto them (forever).

<sup>8</sup>For I the LORD love judgment (justice), I hate robbery for burnt offering; and I will direct their work in truth (apply their mind/heart to all they do), and I will make an everlasting covenant with them (Jeremiah 31:31-33 and eventually all nations).

<sup>9</sup>And their seed (descendants) shall be known among the Gentiles, and their offspring among the people: all that see them shall acknowledge them (Now they are not ready to listen.), that they are the seed which the LORD hath blessed (cause to prosper).

<sup>10</sup>I will greatly rejoice in the LORD, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorneth herself with her jewels (The Bride and the Redeemer of Israel.).

<sup>11</sup>For as the earth bringeth forth her bud, and as the garden causeth the things that are sown in it to spring forth; so the Lord GOD will cause righteousness and praise to spring forth before all the nations (And all nations of the earth will know they are the true Church of God. Isaiah 61:1-11).

Say – The Sabbath Day represents the Kingdom of God, the 1000 year rest (from sin) we will enter as kings and priests when Christ returns for His people “Blessed and holy is he that hath part in the first resurrection: on such the second death hath no power, but they shall be priests of God and of Christ, and shall reign with him a thousand years” Revelation 20:6. God’s people will be born as spirit beings into the eternal Family of God. We will reign with Christ and we are rehearsing this each week on His Sabbath Day.

Say – We are told “<sup>15</sup>If ye love me, keep my commandments” John 14:15 and remember “For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled” Matthew 5:18. If we walk in God’s laws and not contrary to His law, He will give His spirit to those who love Him and obey Him for His law teaches us what love is all about and there is no other way to have a relationship with God. We are to “**...seek first the kingdom of God, and his righteousness; and all these things shall be added unto you**” Matthew 6:33.

MEMORY VERSE

Remember the Sabbath day,  
to keep it holy.  
Exodus 20:8

Don’t forget the Sabbath Day; it is a day of rest a day to stop. We are to engrave it in our mind for we are aware of the day each week and it is **MY** day, not yours; we are to have the day committed to Him. The word “keep” means to cherish, celebrate, to observe a festival, keep alive, and keep holy to God.

BELOW IS THE SABBATH SCHOOL LESSON FOR YOUTH AND TOTS

## WEEKLY SABBATH

THE SABBATH DAY GOES ALL THE WAY BACK TO CREATION AND IT IS NOT CHANGEABLE;

"ON THE SEVENTH DAY GOD ENDED HIS WORK OF CREATION AND HE RESTED AND BLESSED THE SEVENTH DAY AND MADE IT HOLY."

"AND GOD SAID, LET THERE BE LIGHTS IN THE FIRMAMENT OF HEAVEN TO DIVIDE THE DAY FROM THE NIGHT; AND LET THEM BE FOR SIGNS, AND FOR SEASONS, AND FOR DAYS, AND YEARS." GENESIS 1:14

THE LIGHTS IN THE FIRMAMENT WERE THE SUN, MOON AND STARS AND THEY WERE "SIGNS OR A TOKEN";  
THE LIGHTS IN THE FIRMAMENT WERE FOR SEASONS SPECIFICALLY A FESTIVAL OF GOD'S SUCH AS HIS SABBATHS.

"TO EVERYTHING THERE IS A SEASON (APPOINTED TIME) AND A TIME TO EVERY PURPOSE UNDER HEAVEN"; ECCLESIASTES 3:1  
GOD TELLS HIS PEOPLE, "MY APPOINTMENTS, MY HOLY DAYS ARE A LAW FOREVER". LEVITICUS 23:21, 31, 41

WHAT DID CHRIST DO ON THE SABBATH DAY? CHRIST WENT TO NAZARETH AS WAS HIS CUSTOM AND HE WENT TO THE SYNAGOGUE AND STOOD UP TO READ; LUKE 4:16  
CHRIST READ FROM THE BOOK OF HIS PROPHET, ISAIAH, AND GAVE THEM GOOD NEWS FOR PEOPLE WHO SUFFERED.

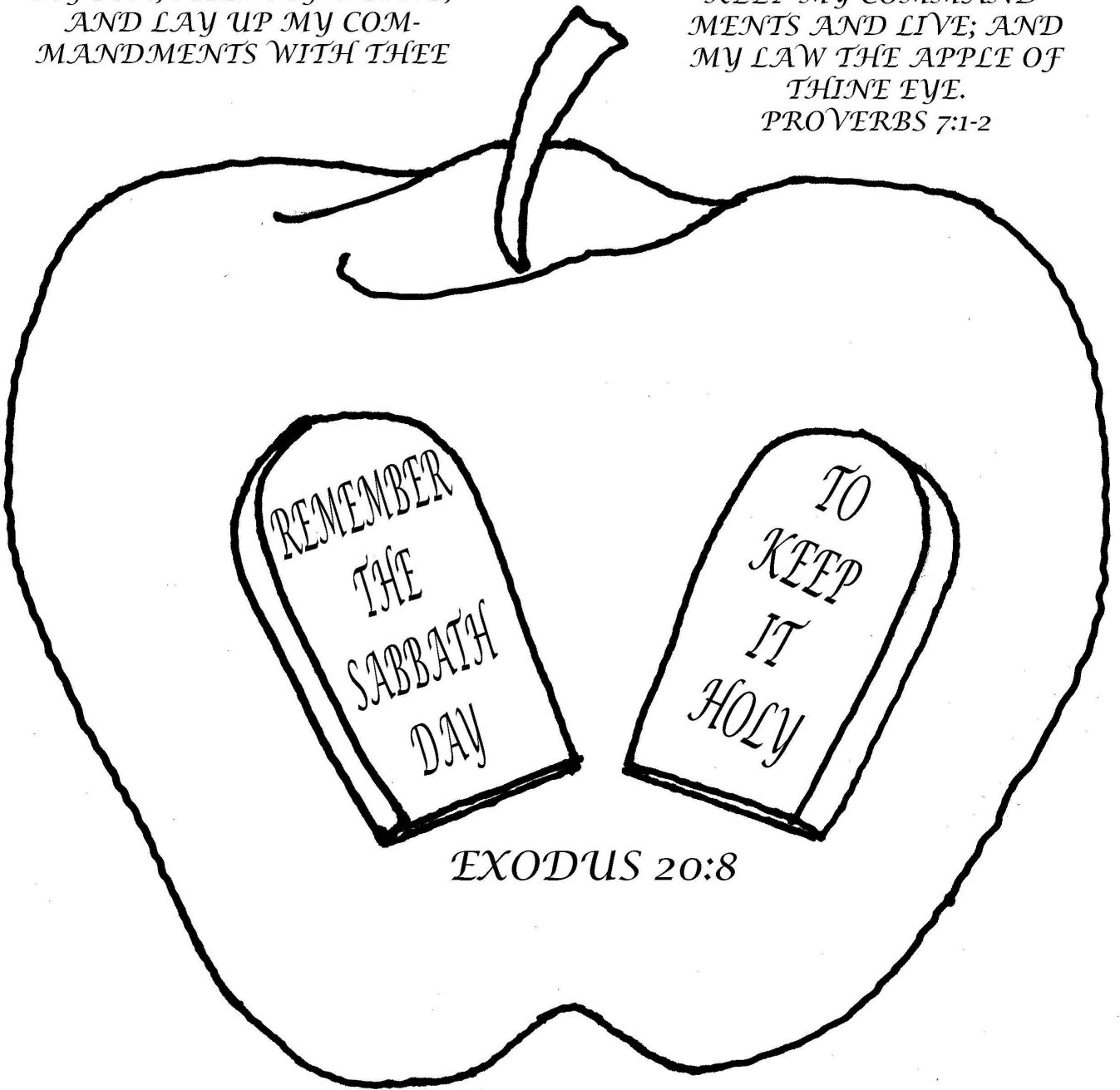
CHRIST SAID "GOD HAS SENT ME TO BIND UP THE BROKENHEARTED";  
"BROKEN HEARTED" MEANT THE PEOPLE WHO WERE DOWN IN MIND AND HEART OR HAD GIVEN UP;  
CHRIST SAID, "TO OPEN THE PRISON TO THEM THAT ARE BOUND"; IN OTHER WORDS CHRIST WOULD OPEN THEIR EYES TO THE TRUTH OF GOD AND GIVE HOPE TO THEM. ISAIAH 61:1

DO YOU THINK WE SHOULD DO AS CHRIST'S CUSTOM WAS AND GIVE HOPE TO THE NEEDY EVERY SABBATH DAY?

"...O CHILDREN: FOR BLESSED ARE THEY THAT KEEP MY WAYS, HEAR INSTRUCTION,..AND REFUSE IT NOT". PROVERBS 8:32-33

*MY SON, KEEP MY WORDS,  
AND LAY UP MY COM-  
MANDMENTS WITH THEE*

*KEEP MY COMMAND-  
MENTS AND LIVE; AND  
MY LAW THE APPLE OF  
THINE EYE.  
PROVERBS 7:1-2*



*...O YE CHILDREN; FOR BLESSED  
ARE THEY THAT KEEP MY WAYS.  
HEAR INSTRUCTION,  
AND BE WISE AND REFUSE IT NOT.  
PROVERBS 8:32*