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As Jesus stood before Pilate, the Roman official asked Him, "What is truth?" (John 18:38)

Was Pilate serious when he asked that question? We don't know. But whatever Pilate may have meant, his question is one of the most important questions anyone can ask. Truth matters. But what is truth? How can we know?

THREE STANDARDS FOR DETERMINING TRUTH

1. What did Jesus say about Himself? (John 14:6)

First of all, the truth will be in harmony with the life and teachings of Jesus. Is the seventh-day Sabbath in agreement with Jesus' life and teachings? Yes. It was His custom, while on earth, to worship each Sabbath. (Luke 4:16) Jesus said that He is the Lord of the Sabbath—that it is His special day. (Matthew 12:8)

2. What did Jesus say about His Father's Word, the Bible? (John 17:17)

The second standard for determining truth is: Does it harmonize with the Bible? The Bible is clear that God created and blessed the Sabbath at Creation. (Genesis 2:1-3) He made it holy and set it apart as a sign of His creative and redemptive power. (Exodus 31:12, 13) God's Word teaches the importance of the seventh-day Sabbath.

3. What does the Bible say about God's law? (Psalm 119:142)

The third standard for determining what truth is: Does it harmonize with God's Ten Commandments law? At the very heart of that law is the fourth commandment that tells us to keep the Sabbath holy because God is our Creator and Redeemer. (Exodus 20:8-11)

DOES SUNDAY-KEEPING COME FROM THE BIBLE?

Many sincere Christians today observe Sunday, not the seventh-day Sabbath. They are sure that after the cross, Jesus and the apostles changed the Sabbath from Saturday, the seventh day of the week, to Sunday, the first day of the week. Is that true? If so, we should be able to discover it easily, because there are precisely eight texts in the New Testament that mention the first day of the week. Let's take a look at them.



4. On what day of the week did Jesus rise from the dead? (Matthew 28:1; Mark 16:1, 2; Mark 16:9; Luke 24:1-3; John 20:1)

These are the first five New Testament texts that mention the first day of the week. They each tell us that Jesus rose from the dead early on the first day of the week. None of these five texts say anything about the Sabbath being changed from the seventh day to the first day of the week.

5. What were the disciples doing on the evening of the day Jesus rose from the dead? (**John 20:19**)

Some have said that the disciples were holding a religious service that evening, thus showing that the first day of the week is now the day on which we should worship. But the text says that they were hiding in fear with the doors shut! They were afraid they might be the next ones to hang on a cross. There is nothing here to suggest a change in the day of worship.

6. What does Paul counsel the Corinthian believers to do on the first day of the week? (1 Corinthians 16:1, 2)

Some think Paul is talking about taking up an offering in church on Sunday. But read the text carefully. Paul was collecting money from the Christians in different cities for the believers in Jerusalem. So he reminds the Corinthians to put something aside at the beginning of the week, storing it up so that it would be ready when he arrived. Acts 18 tells us that Paul worshipped with the Corinthian church on Sabbath—not Sunday.



We have looked at all eight New Testament verses that mention the first day of the week, and we have found nothing to suggest a change in God's day of worship from the seventh-day Sabbath to Sunday.

7. On what day did the Apostle Paul have a meeting with believers at Troas? (Acts 20:7-12)

This is clearly a religious meeting on the first day of the week. But does this mean that Paul and the other New Testament Christians understood that the Sabbath had been changed? Did they now worship on Sunday? The Bible is clear that Paul and the New Testament Christians consistently continued to observe God's seventh-day Sabbath. (Acts 13:14, 42-44; 16:13; 18:4)

SHADOW OF THINGS TO COME

The word "Sabbath" simply means "rest," and obviously, that's what God did on the seventh-day Sabbath He established at creation: He rested. And then He commanded us to rest. But there were other holidays in the Jewish calendar where people also rested - they took the day off - so they also called THOSE days a "sabbath" - not because they were the same thing, but because they rested. They were the feast days that we looked at when we studied Daniel chapter 8: the Passover, Pentecost, the Day of Atonement, and so on. These were annual feasts that all pointed forward to Jesus. They were shadows of something to come.

8.	What are the Bible references that were part of the ceremonial laws in the Old Testament that pointed to Christ (known as shadows of things to come)?
	(Colossians 2:16-1
21	ABBATH AS A SIGN OF THE TIMES
Rev Sab fact pre	rship is an important issue that comes up repeatedly in the prophecies of relation. In considering the Sabbath we see God didn't change the obath, another power attempted to do so, and the Bible predicted it. In t, when we read Daniel 7, we see this even more clearly. It clearly edicts that out of the Western Roman Empire, there would be a power t intends to change times and law.
9.	The Bible let us know that there arose a power that shall intend to change not only times but also
	(Daniel 7:25)
10.	What are some of the benefits that God promises from keeping His Seventh-day Sabbath? (Isaiah 58:13-14)
	Sabbath is to be restored before the 2 nd coming of Christ. It's not just about keeping the sabbath but more importantly, it's about trusting and honoring the Lord of the Sabbath. Many people keep the (right day) Sabbath but for the wrong reason (they believe Sabbath-keeping saves them – No, Jesus Saves). Many people keep the (wrong day) Sunday but for the right reason (they are resting in the Salvation given by our Savior Jesus Christ). God is calling for His creation back to Worship Him how he wants to be worshiped (right day/right reason) because this Holy day reveals the true God and if you love Him you will keep all His commandments. Not to be saved but because by Faith you are saved.
Do	you love Jesus enough to follow His truth in all things?
M	/ DECISION
	I want to be among God's faithful people who keep His commandments, including the seventh-day Sabbath.
M	/ PRAYER
pro	her, help me as I take my stand to follow You in all things. I claim Your mise to be with me and strengthen me. Bless me as I step out in faith. In us' name, Amen.



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