



Understanding the Biblical Sabbath

Scripture for study

by [Stephanie A. Mayberry ©2025](#)

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Genesis 2:2-3	God created the Sabbath
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What the Sabbath Is (and is not)

Exodus 20:8-11	The fourth commandment and how to keep Sabbath
Hebrews 4:3-13	Jesus is not "rest" as a replacement for Sabbath rest. We need Sabbath.

Commands to Keep the Sabbath

Leviticus 19:30	Keep His Sabbaths and reverence His sanctuary
Leviticus 23:3	Keep His Sabbaths (seventh day)
Leviticus 26:2	Keep His Sabbaths and reverence His sanctuary
Deuteronomy 5:12	Keep the Sabbath day to sanctify it as God commands
Exodus 20:8-11	The fourth commandment and how to keep Sabbath
Deuteronomy 5:15	Remember God's deliverance and keep the Sabbath as He commands
1 Chronicles 23:31	Keep Sabbath regularly and observe it correctly
Numbers 15:37-40	God commands the Israelites to wear tzit tzit to remind them of His commandments, to keep Sabbath

Who is the Sabbath For?

Mark 2:27	Sabbath was made for man, not man made for the Sabbath
Galatians 3:28	All are the same in Jesus (Yeshua). There is no Jew or Gentile.

Why We Keep the Sabbath

Exodus 31:13	We keep the Sabbath as a sign between us and God. We keep Sabbath throughout our generations. Keeping Sabbath is holiness.
Leviticus 19:2-3	Keeping Sabbath is holiness
Deuteronomy 5:14	Seventh day Sabbath, do not work
John 14:15-21	If you love me, keep my commandments
1 John 5:3	We love God so we keep His commandments and His commandments are not grievous
Romans 7:12	The law is holy - keeping the law is holiness
Leviticus 11:44	Be holy for He is holy
1 Peter 1:15-16	Be holy for He is holy - Be holy in all you do
Psalms 119:1-176	No compromise
Matthew 12:30	No compromise
James 1:22	Be doers of the word, not hearers only. Live it.
1 John 2:4	If you don't keep His commandments, you don't know Him and you have no truth in you.
1 Corinthians 8:13	You are responsible for how your actions affect others
Revelation 20:12	Everyone will be judged by scripture and how closely they adhered to it.

Blessings for Keeping the Sabbath

Isaiah 58:13-14	Blessings for keeping Sabbath
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The Sabbath is Forever

Leviticus 16:31	Sabbath forever
Exodus 31:16	Sabbath is forever
Exodus 31:14-16	Death for defiling the Sabbath
Exodus 35:1-2	Death for defiling the Sabbath
Matthew 24:20	People will still be keeping Sabbath in the last days
Colossians 2:14	The law was not done away with, the sins were just blotted out.

How to Keep the Weekly Sabbath According to Scripture

Exodus 20:8-11	The fourth commandment and how to keep Sabbath
Matthew 12:11-12	Ministry on Sabbath
Exodus 2:16	Prepare meal on Sabbath or high holy day

Preparation for Sabbath

Exodus 16:23	Prepare for Sabbath
Exodus 16:25-29	God's provision for the Israelites included preparation for the weekly Sabbath

Consequences for Not Keeping the Sabbath

Numbers 15:32-35	Man defiled Sabbath and God commanded he be put to death
Matthew 10:15	God has more tolerance for Sodom and Gemorrah than for people who hear scriptural truth and reject it.

Jesus and the Sabbath

Luke 4:16	Jesus taught in the synagogue on the Sabbath
Luke 4:31	Jesus taught on the Sabbath

Luke 6:6	Jesus taught on the Sabbath
Matthew 5:17-18	Jesus (Yeshua) did not come to abolish the law. He fulfilled the law of recompense which ended the blood sacrifice requirements that were temporary from the start.
Hebrews 9:22	Blood sacrifice is required for atonement for sin - Jesus (Yeshua) fulfilled that
John 5	The Jews claimed Jesus broke Sabbath but he only broke their rabbinical laws. He never violated the biblical Sabbath.

The Sabbath in the New Testament

John 19:31	There was a rush to get Jesus' body off the cross because the sun was going down on preparation day, meaning it was almost Sabbath (a High Sabbath - Passover)
Luke 23:56	The women who helped prepare Jesus' body for burial rested on the Sabbath
Acts 13:42	Gentile churches were keeping Sabbath
Revelation 14:12	The patience of the saints who kept His commandments

2 Timothy 2:15	Study to show yourself approved.
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