

Scripture Search Keeping Holy the Sabbath

The tradition of keeping a day of rest goes back to the very beginning of the Bible. In the creation stories in the first and second chapters of the Book of Genesis, God himself rests from the work of creation. Scripture scholars think this was God's way of telling us how we can become the people he created us to be. We must allow regular time for God to re-create us. Find the place in Genesis where God rests.

Genesis _____ : _____

In making the keeping of the Sabbath one of the Ten Commandments, God again underlined how important it is for us to have a day of rest and refreshment each week. Find this Commandment.

Exodus 20: _____.

In the desert, the Israelites lived on the special food called "manna" that they gathered each day. The manna grew rotten if it was kept overnight. But the manna that fell on the day before the Sabbath stayed fresh for an extra day. Because of this, the people could rest from food gathering chores on the Sabbath. To learn more about manna, check out chapter 16 in the Book of Exodus.

The book of Deuteronomy spells out why and how to keep Sabbath. Find this passage.

Deuteronomy 5: _____ : _____.

God even ordered that the land be allowed to rest from producing grain every seventh year. Find the place in the Book of Leviticus where God commands this.

Chapter _____.

(Hint: This chapter comes toward the end of the Book of Leviticus.)

The Sabbath is the seventh day of the week, Saturday in modern times. Check Chapter 20 of the Gospel of John to find out why Sunday, the first day of the week, became the Sabbath, the day of rest and rejoicing for Christians.

