



# THE BIBLE STANDS

*The Bible stands though the hills may tumble,  
It will firmly stand when the earth shall crumble;  
I will plant my feet on its firm foundation,  
For the Bible stands.*

## Lesson 24: A REST FOR THE PEOPLE OF GOD

Name:

Date:

### 1. How does the Bible describe the first day? Genesis 1:5.

"And God called the light Day, and the darkness He called Night. And the evening and the morning were the first day."

### 2. How does the Bible describe the second day? Genesis 1:8.

"And God called the firmament Heaven. And the evening and the morning were the second day."

A Biblical day consists of "the evening and the morning."

### 3. When does the Sabbath begin and end? Leviticus 23:32.

"It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath."

### 4. What does the term "evening" mean? Mark 1:32.

"And at even, when the sun did set, they brought unto Him all that were diseased, and them that were possessed with devils."

### 5. At what time of day were the gates of Jerusalem shut for the Sabbath? Nehemiah 13:19.

"And it came to pass, that when the gates of Jerusalem began to be dark before the sabbath, I commanded that the gates should be shut, and charged that they should not be opened till after the sabbath: and some of my servants set I at the gates, that there should no burden be brought in on the sabbath day."

### 6. What can we do on the Sabbath without breaking God's law? Matthew 12:12.

"How much then is a man better than a sheep? Wherefore it is lawful to do well on the sabbath days."

### 7. God tells me that I am to turn away from doing what on His holy day? Isaiah 58:13.

"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:"

### 8. The Sabbath is called what three things? Isaiah 58:13.

"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:"

**9. I shall honor Him not doing what three things on that day? Isaiah 58:13.**

“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:”

**10. Then what promise is given? Isaiah 58:14.**

“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.”

**11. What are the first six days of the week called? Ezekiel 46:1.**

“Thus saith the Lord GOD; The gate of the inner court that looketh toward the east shall be shut the six working days; but on the sabbath it shall be opened, and in the day of the new moon it shall be opened.”

**12. What are we not to do on the Sabbath? Exodus 20:10.**

“But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:”

The rest of the verse indicates that we are not to employ others to do secular work for us on the Sabbath either.

**13. What about in harvest time or in other times when there is much urgent work to be done? Exodus 34:21.**

“Six days thou shalt work, but on the seventh day thou shalt rest: in earing time and in harvest thou shalt rest.”

**14. What instructions illustrate how certain household details are not to be taken care of during the Sabbath hours? Exodus 35:3.**

“Ye shall kindle no fire throughout your habitations upon the sabbath day.”

**15. What is Friday called which indicates that all cooking and cleaning for the Sabbath is to be done the day before? Luke 23:54; Mark 15:42.**

Luke 23:54 “And that day was the preparation, and the sabbath drew on.”

Mark 15:42 “And now when the even was come, because it was the preparation, that is, the day before the sabbath,”

**16. What did Nehemiah say to those who bought food and wares from merchants on the Sabbath? Nehemiah 13:16, 17.**

There dwelt men of Tyre also therein, which brought fish, and all manner of ware, and sold on the sabbath unto the children of Judah, and in Jerusalem. Then I contended with the nobles of Judah, and said unto them, What evil thing is this that ye do, and profane the sabbath day?

**17. What are we not to forsake? Hebrews 10:25.**

“Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.”

**18. The Sabbath of rest is for an holy what? Leviticus 23:3.**

“Six days shall work be done: but the seventh day is the sabbath of rest, an holy convocation; ye shall do no work therein: it is the sabbath of the LORD in all your dwellings.”

The Hebrew word used here means, “A public meeting...assembly, calling, reading.” – Strong’s Concordance

**19. What promise is given to those who gather in Christ’s name? Matthew 18:20.**

“For where two or three are gathered together in My name, there am I in the midst of them.”

**20. Jesus made the ruler of the synagogue angry because He did what on the Sabbath? Luke 13:14.**

“And the ruler of the synagogue answered with indignation, because that Jesus had healed on the sabbath day, and said unto the people, There are six days in which men ought to work: in them therefore come and be healed, and not on the sabbath day.”

**21. In reply, Jesus declared that those whom Satan has bound may be what on the Sabbath? Luke 13:16.**

“And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day?”

In following our Lord’s example, we may find many ways on the Sabbath day to loose others from Satan’s bonds, bringing encouragement to the lonely, and hope to those in need of comfort and cheer. Some suggestions may be found in Matthew 25:35-40.

“For I was an hungred, and ye gave Me meat: I was thirsty, and ye gave Me drink: I was a stranger, and ye took Me in: Naked, and ye clothed Me: I was sick, and ye visited Me: I was in prison, and ye came unto Me. Then shall the righteous answer Him, saying, Lord, when saw we Thee an hungred, and fed Thee? or thirsty, and gave Thee drink? When saw we Thee a stranger, and took Thee in? or naked, and clothed Thee? Or when saw we Thee sick, or in prison, and came unto Thee? And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me.”

**22. The Sabbath is to remind us of what? Genesis 2:1, 2.**

“Thus the heavens and the earth were finished, and all the host of them. 2 And on the seventh day God ended His work which he had made; and He rested on the seventh day from all His work which He had made.”

Through nature, we may be brought closer to our Creator on the Sabbath day. As a weekly memorial of God’s perfect creation, the Sabbath hours may be appropriately spent in nature contemplating His handiwork, as well as in communion with Him through Bible study and prayer.

**23. What has the Lord said about those who can’t wait for the Sabbath to be over? Amos 8:5, 7.**

“Saying, When will the new moon be gone, that we may sell corn? and the sabbath, that we may set forth wheat, making the ephah small, and the shekel great, and falsifying the balances by deceit?” 7 “The LORD hath sworn by the excellency of Jacob, Surely I will never forget any of their works.”

**24. How are we to feel about the Lord’s day? Psalm 118:24.**

“This is the day which the LORD hath made; we will rejoice and be glad in it.”

**25. God’s blessing is upon those who do what? Isaiah 56:2.**

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“Blessed is the man that doeth this, and the son of man that layeth hold on it; that keepeth the sabbath from polluting it, and keepeth his hand from doing any evil.”

**26. In the earth made new, how often will all flesh come to worship before the Lord? Isaiah 66:22, 23.**

“For as the new heavens and the new earth, which I will make, shall remain before Me, saith the LORD, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before Me, saith the LORD.”

This indicates that all the redeemed host will gather both monthly and on the weekly Sabbath to worship before Him.

Thought Summary:

The Sabbath is a complete day of holy time which is not to be used for secular purposes. Do you choose to keep the Sabbath as God has outlined, and desire to receive the blessing He has promised to those who do?