

Why Keeping the Sabbath Day Is Important

Shalom Family, let's dive into this topic together and see what the Word of Yah reveals.

The Sabbath, or Shabbat, is one of YHWH's greatest gifts to His people. From the beginning of creation, He set apart the seventh day as a day of rest, holiness, and covenant relationship with Him. In today's world, where calendars and time systems have been changed, many people wrestle with when and how to observe the Sabbath. Yet Scripture makes clear that we are to keep it holy, regardless of the calendar debates.

1. Why the Sabbath Is Important

- Commanded by YHWH – “Remember the Sabbath day, to keep it holy” (Exodus 20:8). It is part of the Ten Commandments, showing its lasting significance.
- A sign of covenant – “It is a sign between Me and the children of Israel forever” (Exodus 31:16–17). The Sabbath identifies Yahuah's set-apart people.
- A blessing – Yahshua said, “The Sabbath was made for man, not man for the Sabbath” (Mark 2:27). It is meant for our restoration, not as a burden.
- A picture of eternal rest – Hebrews 4:9 says, “There remains therefore a rest (Sabbath-keeping) for the people of Elohim.” The Sabbath foreshadows the Millennial Kingdom and eternal rest in YHWH's presence.

2. When Is the Sabbath?

According to Scripture, the Sabbath is always the seventh day of the week:

- Genesis 2:2–3 – YHWH rested on the seventh day of creation.
- Leviticus 23:3 – “Six days shall work be done, but the seventh day is a Sabbath of solemn rest, a holy convocation.”

Traditionally, on the Gregorian calendar, this falls on Friday evening to Saturday evening (since days are counted from sunset to sunset — Genesis 1:5).

However, many believers point out that the original Hebrew calendar was lunar/solar-based, and others argue that man-made changes to timekeeping (like the Gregorian shift in 1582) may mean we aren't perfectly aligned with the ancient seventh day.

3. How to Keep the Sabbath

The Sabbath is about rest, holiness, and worship. Scripture teaches us to:

- Rest from work – “You shall do no work” (Exodus 20:10).
- Set it apart as holy – Spend time in prayer, Scripture, and worship.
- Gather in fellowship – “A holy convocation” (Leviticus 23:3).
- Delight in Yahuah – “If you turn away your foot from the Sabbath... and call the Sabbath a delight” (Isaiah 58:13–14).
- Do good, not harm – Yahshua healed and helped others on the Sabbath, showing it’s lawful to do good (Matthew 12:12).

Keeping the Sabbath is less about legalistic restrictions and more about honoring YHWH with our time, focus, and worship.

4. What About Calendar Confusion?

Over the centuries, calendars have shifted:

- The Gregorian calendar (used worldwide today) replaced the Julian calendar in 1582.
- Some believers follow the lunar Sabbath (counting days from the new moon).
- Others reference the Enoch solar calendar or other ancient reckonings.

This can cause division among Yah’s people. Yet Scripture is clear: YHWH commanded us to honor the seventh day, regardless of how men may have altered calendars.

Romans 14:5 reminds us: *“One person esteems one day above another; another esteems every day alike. Let each be fully convinced in his own mind.”* While not excusing disobedience, this shows that Yah values our heart’s desire to honor Him, even when calendars differ.

5. A Practical Sabbath Guide

On the Gregorian calendar, the Sabbath begins Friday evening at sunset and ends Saturday evening at sunset (Genesis 1:5 — “the evening and the morning were the first day”). Here’s how we can set it apart as YHWH commands:

Before Sabbath (Preparation Day – Friday)

- Finish cooking, cleaning, and work (Exodus 16:23).
- Prepare meals ahead so you’re not cooking as normal on the Sabbath.

- Pay bills, buy groceries, and take care of errands before sunset (Nehemiah 10:31).
- Light candles or gather the family with prayer and Scripture to welcome the Sabbath.

During Sabbath (Friday evening – Saturday evening)

What to Do:

- Rest from work (Exodus 20:10).
- Assemble for worship (Leviticus 23:3).
- Read Torah and Scriptures (Acts 15:21).
- Pray and delight in Yahuah (Isaiah 58:13–14).
- Spend time with family in faith, share testimonies, sing songs, teach children His Word.
- Do good works of mercy (Matthew 12:12).

What to Avoid:

- Working for profit (Exodus 20:9–10).
- Buying or selling (Nehemiah 13:15–22).
- Traveling for business (Amos 8:5).
- Treating it like a regular day (Isaiah 58:13).

Closing the Sabbath (Saturday evening at sunset)

- Close with prayer, thanksgiving, and sometimes a meal with family.
- Reflect on the blessing of rest and prepare to enter the new week refreshed.

6. Conclusion: Keep the Sabbath Holy

The Sabbath is YHWH's gift and covenant sign. Whether you observe it by the Gregorian week (Friday evening to Saturday evening), lunar calendar, or other methods, the important thing is this: we must remember, honor, and keep the Sabbath holy as Yah commanded.

- It sets us apart as Yah's people.
- It refreshes our bodies and spirits.
- It points us toward the eternal rest in His Kingdom.

“Blessed is the man who does this... who keeps from defiling the Sabbath, and keeps his hand from doing any evil.” (Isaiah 56:2)

The true test is not perfect calendar accuracy, but faithful obedience and love for YHWH. Set apart the seventh day, however you count it, and delight in the blessing of His Shabbat rest.

Until we meet again, may we continue to walk in the undeniable truth of Yah's Word.

Shalom,

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