

TORAH, GOD'S INSTRUCTIONS
GENESIS 2A - GENESIS 2:1-3 - SABBATHS

"Keep" (guard, protect, wait for, treasure and celebrate) my Sabbaths...
Exodus 31:13

Say - Welcome to Sabbath School class. Let's bow our head as we ask God for understanding in our study today.

Say - 1Thus the heavens (the firmament or heavens) and the earth were finished, and all the host (means all they contained) of them (this ends creation, no permanent change has ever been made in the course of the world, no law of nature changed etc. or a new species of animal been formed).

NOTE: It is very important at this point that we take some time to discuss what the story of the Bible is all about. The entire story of the Bible is a LOVE STORY about God creating, calling or choosing His Bride and how He makes His Bride into His image to be a "helpmate" for Him. He teaches His Bride how to love like no one else, He describes the "Wedding Garment" He wants His Bride to wear, and He expresses how He wants His Bride to think, feel and make decisions with His divine guidance on the Path of Life. Knowing and understanding this information will help us understand everything we read and study and not only in the Torah but throughout the entire Bible. Everyone loves a LOVE STORY and this is the best one ever! Here is how God says it, "5For thy Maker (creator) is thine husband; the LORD of hosts is his name; and thy Redeemer the Holy One of Israel; The God of the whole earth shall he be called" Isaiah 54:5. 4Thou shalt no more be termed Forsaken; neither shall thy land any more be termed Desolate: but thou shalt be called Hephzibah ("my delight is in her"), and thy land Beulah (married): for the LORD delighteth in thee, and thy land shall be married. 5For as a young man marrieth a virgin, so shall thy sons marry thee (those who are my people): and as the bridegroom rejoiceth over the bride, so shall thy God rejoice over thee" Isaiah 62:4-5.

Say - 2And on the seventh day God ended his work which he had made; and he rested (stopped) on the seventh day from all his work which he had made. (Please realize God did not stop because He was tired for the Bible says, "Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary?..." Isaiah 40:28. We will learn in our study today WHY God "rested" on the seventh day. Also notice God did not name the days of the week except the 7th day. We will see God named the 7th day the Sabbath; otherwise He referred to the days of the week as the 1st day, the 2nd day, 3rd day, etc. Please go to the link below to find out how the days of the week received their name. You will see there is an interesting story connected with each one.

http://en.wikipedia.org/wiki/Week-day_names

Say - 3And God blessed the seventh day, and sanctified it (Now God had set apart a special day for His Bride to be together with Him so an abundant prosperous relationship could be established. This is the only way we can reach our goal to be at the Marriage Supper of the Lamb, Rev. 19:9): because that in it he had rested from all his work which God created and made. (God blessed and declared the 7th day to be holy and we must do our part to keep it holy; God is the only one who can "bless" anything or make something holy, not man. We were to "rest/stop" on the 7th day so we could dwell and worship with God with out interruption. We will discuss at length the Sabbaths of God and we will learn later in our study the 7th day of the week is the first Holy Day.)

Say - Unfortunately people go from one extreme to the other concerning God's Sabbaths, and often times make His Sabbaths become resentful. By being misguided, many times the Sabbaths of God became Sabbaths of don'ts. People became "watchmen" over another's behavior on the Sabbaths and made them burdensome for one another. In our lesson today, we will discuss how God did not intend for His Sabbaths to be a burden. He wanted His people to WANT to spend time with Him and "love him with all their heart" on the day He had set apart from every other day of the week. We will understand why the Bible tells us, "the Sabbath was made for man" Mark 2:27.

Say - We will also learn God does not tell us that just because one keeps the Sabbaths of God that one is saved. We must keep His Sabbaths in sincerity and truth or the worship toward Him is in vain. God knows our inner thoughts; He knows why we keep His Sabbaths holy and why we don't keep them holy, 1O lord, thou hast searched me, and known me. 2Thou knowest my downsitting and mine uprising, thou understandest my thought afar off. 3Thou compassest my path and my lying down, and art acquainted with all my ways. 4For there is not a word in my tongue, but, lo, O LORD, thou knowest it altogether. Psalm139: 1-3.

Say - Here is what God instructed Moses to teach us about His Sabbaths. 12And the LORD spake unto Moses, saying, 13Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep (every weekly, annual, and sabbatical year of resting the land): for it is a sign (The Sabbaths of God are a "sign" "token" or "proof" that one has been called of God and set apart or chosen to be His Bride if we "endure until the end" and not give up on serving and obeying God, the Sabbaths are like the "engagement ring" of betrothal.) between me

and you throughout your generations; that ye may know that I am the LORD that doth sanctify you (God wants us to realize the miracle of being called of Him to become His Bride and that we are divinely set apart by HIM and that it is ONLY by HIM that we can become HOLY!)

14Ye shall keep the sabbath therefore (the word "keep" is very important here for it means, guard, observe, protect, wait for, treasure as in remember and celebrate them); for it is holy unto you: every one that defileth (we "defile" or violate His Sabbaths when we do not "keep" or guard, observe, protect, wait for, treasure or celebrate them as we should) it shall surely be put to death: for whosoever doeth any work therein (work such as our occupation, public business etc), that soul shall be cut off from among his people (God wants uninterrupted time to worship and fellowship with His Bride).

15Six days may work be done; but in the seventh is the sabbath of rest, holy to the LORD: whosoever doeth any work in the sabbath day, he shall surely be put to death (God repeats this for emphasis, the Sabbaths of God are a time to be with Him; it is that important. When we defile them or violate our time with Him that He has set aside for His bride, we are saying we are not interested in Him; it is that simple. The Bible tells us "many are called and few are chosen"; few are chosen because many do not answer the call or they choose to do things their way instead of turning to God and following Him. We have been given a wonderful calling but it is conditional; if we are not interested in loving Him and spending time with Him, then His spirit will leave us. We are to realize we are His temple where His spirit resides, and He will only reside in us if we are obedient and loving to Him. We show our love to Him when we keep and teach His Laws or Instructions, not change them.) Now back to God's Sabbath Instructions to Moses.

16Wherefore the children of Israel shall keep (guard, observe, protect, wait for, treasure and celebrate) the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant (we are to teach this to our children; pass on the importance of these special Holy Sabbaths God created for His people, His church, His Bride. We are to teach our families how to "guard, observe, protect, wait for, treasure and celebrate with God on His Sabbaths and do the works of the Sabbath or spiritual works.) 17It is a sign (He repeats again showing the importance of this "sign" or "token" or "proof" that we are His bride) between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed (to take a breath from work, get rejuvenated spending

time with our "Husband" and He will pour blessings upon His people) Exodus 31:12-17.

Say - Here is how God says His People will be blessed,"¹Blessed is every one that feareth the LORD; that walketh in his ways. ²For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee. ³Thy wife shall be as a fruitful vine by the sides of thine house: thy children like olive plants round about thy table" Psalm 128:1-3. In another place we are told, "¹²If thy children will keep my covenant (marriage agreement) and my testimony that I shall teach them, their children shall also sit upon thy throne for evermore (the "throne" in the Kingdom of God)" Psalm 132:12.

Say - Growing up as little children, most think ahead to when they will choose a mate with whom they will spend the rest of their life. For those reading this who are married, before marriage and during the "dating" time of the relationship, we "longed" to be together, we set up "dates" and we "guarded" that "date"; we would not let anything interrupt it. We sometimes took the long way home just to spend more time together. That is what the Sabbath is about; it is a "date" we "long for" to be with God our "Husband" for eternity. Hopefully this study will help us learn how to "keep" or guard, observe, protect, wait for, treasure and celebrate His Sabbaths.

Say - Also consider, before marriage, we spent the entire week thinking and preparing for our next "date". We thought about what we would wear; we thought about where we would go to eat a special meal and maybe dance afterwards or take a long walk or drive. That is how God's Sabbaths are; we are to think and plan our entire week with the goal of being ready for God's Sabbath "date". The Sabbath is the "highlight" or "delight" of the week! It is the "courting" part of the relationship between God and His Bride; we are to treat it with reverence. As we read above, ⁵For thy Maker(Creator)is thine husband; the LORD of hosts is his name; and thy Redeemer the Holy One of Israel; The God of the whole earth shall he be called" Isaiah 54:5.

Say - Sabbaths in the Temple and at the Synagogue or gathering place were a fun-filled day of sacrifices and incense (which we don't do now because we are to present ourselves as a "living sacrifice" before God) and washings picturing baptism, worshipping God with musical instruments, dancing and singing Psalms of worship and praise to God and feasting. Below are various verses which will instruct us about worshipping God.

⁸Give thanks unto the LORD, call upon his name, make known his deeds among the people. ⁹Sing unto him, sing psalms unto him, talk ye of all his

wondrous works. 10Glory ye in his holy name: let the heart of them rejoice that seek the LORD" II Chronicles 16:8-10.

And when the burnt offering began, the song of the LORD began also with the trumpets, and with the instruments ordained by David king of Israel. 28And all the congregation worshipped, and the singers sang, and the trumpeters sounded: and all this continued until the burnt offering was finished. 29And when they had made an end of offering, the king and all that were present with him bowed themselves, and worshipped 2 Chronicles 29:27-29.

10 come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation (Christ our "Rock"). 2Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. 3For the LORD is a great God, and a great King above all gods Psalm 95

19Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; 20Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; Ephesians 5:19-20.

37And when he was come nigh (near), even now at the descent of the mount of Olives, the whole multitude of the disciples began to rejoice and praise God with a loud voice for all the mighty works that they had seen; 38Saying, Blessed be the King that cometh in the name of the Lord: peace in heaven, and glory in the highest Luke 19:37-38.

13And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, 14Glory to God in the highest, and on earth peace, good will toward men. 15And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us. 20And the shepherds returned, glorifying and praising God for all the things that they had heard and seen, as it was told unto them Luke 2.

Dancing was a big part of worshipping God, "13And it was so, that when they that bare the ark of the LORD had gone six paces, he sacrificed oxen and fatlings. 14And David danced before the LORD with all his might; and David was girded with a linen ephod. 15So David and all the house of Israel brought up the ark of the LORD with shouting, and with the sound of the trumpet" 2 Samuel 6:13-15.

25And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them Acts 16:25.

In another place, God allowed John in vision to see the Marriage Supper of the Lamb; try to imagine yourself at this great celebration singing and praising God for this is our GOAL! 5And a voice came out of the throne, saying, Praise our God, all ye his servants, and ye that fear him, both small and great. 6And I heard as it were the voice of a great

multitude, and as the voice of many waters, and as the voice of mighty thunderings, saying, Alleluia: for the Lord God omnipotent reigneth. 7Let us be glad and rejoice, and give honour to him: for the marriage of the Lamb is come, and his wife hath made herself ready (How did she make herself ready? By keeping, guarding, protecting, waiting for, treasuring and celebrating God's Sabbaths with sincerity and had established an "abundant", "prosperous" relationship with God; she did not turn away from Him.) Revelation 19:5-7.

Say - God many times is not in our midst the way He wants to be; when we give ourselves wholly to God then He will be involved. When we come to worship God, we are to be prepared in our heart and mind and as a family because we are coming before God on His Sabbaths, not human leaders. Based on how we are prepared and the condition of our hearts, determines if God is going to be in our midst. Here is how David said it, "2I will declare thy name unto my brethren: in the midst of the congregation will I praise thee. 23Ye that fear the LORD, praise him; all ye the seed of Jacob, glorify him; and fear him, all ye the seed of Israel" Psalm 22:22-23.

Say - Learning how to worship God everyday and on His Sabbaths is all a part of "coming out of Babylon or false religious confusion". Learning His ways and how He wants to be praised is all part of putting on the "Wedding Garment". We are to praise Him in truthfulness, not with vain or empty words. Many of the songs sung by the Levites and Israelites can be found in Psalm 120 -134. Do you and your family have favorite songs you like to sing to God? The song of Moses is found in Exodus 15 and it is a beautiful poem inspired by God and it was sung on Sabbath morning. I have printed the song below.

2The LORD is my strength and song, and he is become my salvation: he is my God, and I will prepare him an habitation; my father's God, and I will exalt him. 3The LORD is a man of war: the LORD is his name. 4Pharaoh's chariots and his host hath he cast into the sea: his chosen captains also are drowned in the Red sea. 5The depths have covered them: they sank into the bottom as a stone. 6Thy right hand, O LORD, is become glorious in power: thy right hand, O LORD, hath dashed in pieces the enemy. 7And in the greatness of thine excellency thou hast overthrown them that rose up against thee: thou sentest forth thy wrath, which consumed them as stubble. 8And with the blast of thy nostrils the waters were gathered together, the floods stood upright as an heap, and the depths were congealed in the heart of the sea. 9The enemy said, I will pursue, I will overtake, I will divide the spoil; my lust shall be satisfied upon them; I will draw my sword, my hand shall destroy them. 10Thou didst blow with thy wind, the sea covered them: they sank as lead in the mighty waters. 11Who is like unto thee, O LORD, among the gods? who is like thee, glorious in holiness, fearful in praises, doing wonders? 12Thou stretchedst out thy right hand, the earth swallowed them. 13Thou in thy mercy hast led forth the people which thou hast redeemed: thou hast guided them in thy strength unto thy holy habitation. 14The people shall hear, and be afraid: sorrow shall take hold on the inhabitants of Palestina. 15Then the dukes of Edom shall be amazed; the mighty men of Moab, trembling shall take hold upon them; all the inhabitants of Canaan shall melt away. 16Fear and dread shall fall upon them; by the

greatness of thine arm they shall be as still as a stone; till thy people pass over, O LORD, till the people pass over, which thou hast purchased. 17Thou shalt bring them in, and plant them in the mountain of thine inheritance, in the place, O LORD, which thou hast made for thee to dwell in, in the Sanctuary, O LORD, which thy hands have established. 18The LORD shall reign for ever and ever Exodus 15:2-18.

Say - Maybe we can't write the kind of song Moses wrote for God but when we "guard, protect, long for, treasure and celebrate the Sabbath "date", we can come before God with intentions of renewing our "FIRST LOVE" and the "...joy of our salvation" Psalm 51:12. We can teach our families to worship Him by giving thanks to Him for the miracle of our calling. For by the "MIRACLE" of His mighty Hand, He delivered us, rescued us and redeemed us out of the spiritual darkness of death and brought us into the Light or Truth of God and set us on His Path of Life revealed through His Holy Days or Annual Sabbaths, Exodus 3:7-9! Celebrating His Sabbaths teach us to keep our eyes and thoughts on Him, the True Light, all others are false, and then we will reach our goal.

Say - When we "long for, wait for" His Sabbaths, we can come before Him and tell Him that only "He is the Lord our God" there is no other. We can ask Him as David did, 1Have mercy upon me, O God, ...according unto the multitude of thy tender mercies blot out my transgressions. 2Wash me throughly from mine iniquity, and cleanse me from my sin. 10Create in me a clean heart, O God; and renew a right spirit in me 13Then will I teach transgressors (sinners) thy ways; and sinners shall be converted unto thee (in the Kingdom of God)" Psalm 51:1-13.

Say - When we "protect" and "treasure" God's Sabbaths as the most special day of the week to come out of the world and draw close to God, to seek Him and His ways, worship Him and give thanks to Him, then we will be rejuvenated and filled with blessings for the week ahead. It is a day to celebrate our "calling" and build an intimate relationship with our Creator.

Say - The weekly Sabbath Day is also prophetic for it is symbolic of the 1000 year Kingdom of God which we "long for", "wait for" and "celebrate" at the Feast of Tabernacles. It is a time of Sabbath "rest" Paul spoke of for those who "hold fast" their calling until Christ returns for His Bride. Paul tells us to be diligent about God's Sabbaths that we may enter into that "rest". Here is what he said,

Say - "1Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it (fall short of reaching our goal or entering the Kingdom of God, the 1000 - year reign of God as He establishes His Government or Kingdom on this earth which is

celebrated in God's Holy Day called the Feast of Tabernacles. The Feast of Tabernacles, an annual Sabbath, pictures a most glorious peaceful "rest" for the entire world just as each weekly Sabbath should be.

2For unto us was the gospel preached, as well as unto them (all of the Hebrew Nation): but the word preached did not profit them, not being mixed with faith in them that heard it (They did not have the faith or trust to "keep" the Sabbaths or "guard", "protect", "wait for", "treasure" or "celebrate" them and turned to worship false Gods; they did not learn until after captivity the great importance of God's Sabbaths.).

4For he spake in a certain place of the seventh day (the Sabbath Day) on this wise (way), And God did rest the seventh day from all his works (we should follow in His footsteps and "guard", "protect", "wait for", "treasure" and "celebrate" His Sabbaths; He rested to dwell among His people).

5And in this place again, If they shall enter into my rest.

6Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief ("Unbelief" means disobedience. Faith and obedience go together, first we take the step of faith by obeying what God teaches us and we begin to see the benefits and rewards of taking that step of faith now and in the promise for the future. Obedience is what builds faith.)

7Again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, To day if ye will hear his voice, harden not your hearts (in other words repent of disobedience and turn to God and follow only Him).

9There remaineth therefore a rest to the people of God (a promise of rest or end from the world of confusion, terror, trials and troubles for God's servants in the future Kingdom of God pictured in the Holy Day of the Feast of Tabernacles but we must "keep", guard, protect, observe, wait for, treasure and celebrate His Sabbaths now and serve Him and prepare the "Wedding Garment" to be a part of that future "rest" in the Kingdom of God.).

10For he that is entered into his rest, he also hath ceased from his own works, as God did from his (just like God rested from His work in the creation story of Genesis 1, so we must do also each weekly and annual Sabbaths).

11Let us labour (be diligent, to "Keep", guard, protect, observe, wait for, treasure and celebrate His Sabbaths and prepare our Wedding Garment) therefore to enter into that rest, lest any man fall after the same example of unbelief (or disobedience, if we are not going to keep the Sabbaths now, we are telling God we don't want to be in the 1000 - yr. "rest" or Kingdom of God, it is that simple).

12For the word of God is quick ("my words are spirit, they give life" John 6:63, nothing else will), and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart (God knows when we do not keep His Sabbaths holy, no one can hide. "16Circumcise (repent) therefore the foreskin of your heart, and be no more stiffnecked" Deut. 10:16.) Hebrews 4:1-12.

Say -The Bible tells us, "For the Son of man is Lord even of the sabbath day" Matt. 12:8. "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 (glorify Him); and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words (we should not make our own rules for our path of life or put the world's way of life over God's way of life, read on for the reward):

14Then 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 " Isaiah 58:13. "...that join themselves to the LORD (those who cleave to Him and His ways and love Him and never leave Him and be a servant of Him, when "harvest time" comes for His people, He will "place" them in His Kingdom, the inheritance or gift of God and we will reign with Him in His 1000 - yr. "rest"), to serve him (worship Him, adore Him above all else), and to love the name of the LORD (to love Him in an intimate relationship as a Husband and Wife and the only way to learn to Love Him is to learn who He is by studying the Bible, praying, and spending time with Him), to be his servants, every one that keepeth the sabbath from polluting it ("polluting" means to break the covenant, the marriage agreement, of His people by not "keeping" or guarding, protecting, observing, waiting for, treasuring and celebrating the Sabbaths), and taketh hold of my covenant (the marriage covenant made at baptism when we chose to follow Him saying we would have our Wedding Garment ready for the "marriage supper of the lamb" Mal. 2:14, Rev. 19:9); Even them will I bring to my holy mountain (Jerusalem, the future center of the Kingdom of God, the dwelling place of God), and make them joyful in my house of prayer... Isaiah 56:6-7. This is the promise to those who answer His call and serve Him.

Say - As we can see, the Sabbaths of God are part of "putting on or preparing the Wedding Garment" then He will recognize us when He comes but we must "long" to build that relationship with Him that is what His Sabbath Days are telling us, Matthew 22:11. The Sabbath is the day to dwell with God with all our heart, mind and might, or everything we are made of then it will never become a negative, Deuteronomy 6:5. In lesson 3 of Genesis we will discuss "What is the Wedding Garment".

MEMORY VERSE

"....my Sabbaths ye shall keep (guard, protect, observe, long for, treasure, and celebrate every weekly, annual, and sabbatical year of resting the land): for it is a sign between me and you ... that ye may know that I am the LORD that doth sanctify you..."

EXODUS 31:13

MEMORY VERSE FOR TOTS

You shall keep (guard, protect, observe, long for, treasure and celebrate) the Sabbath; it is holy unto you.

EXODUS 31:14

BELOW IS THE SABBATH SCHOOL LESSON FOR TOTS

SABBATHS

THE DAYS THAT I WILL "LONG FOR" ARE THE
SABBATHS OF THE LORD MY GOD;
I WILL SING AND PRAY AND BE KIND TO ALL AND
TO GOD I WILL SHOW MY LOVE.

I WILL THANK HIM FOR MY FAMILY AND ALL THE
PETS HE MADE FOR ME EVEN THOUGH THEY
SOMETIMES MAKE A FUSS;
AND EVEN THOUGH I AM SMALL, HE WILL KNOW I
AM THANKFUL FOR HIS KINDNESS AND LOVE
FOR US.

I WILL PREPARE THE "WEDDING GARMENT"; IT
WILL BE MADE OF KINDNESS AND LOVE FROM
DEEP INSIDE;
THEN AT THE "MARRIAGE SUPPER OF THE LAMB",
WITH MY FAMILY, WE ALL WILL BE
CELEBRATING AT HIS SIDE.

I WILL BE SINGING ON THAT DAY, GIVING THANKS
TO GOD OUR KING;
AND I WILL TEACH THE WORLD TO KNOW OF THE
HAPPINESS TO THEM HE WILL ALSO BRING.

MEMORY VERSE

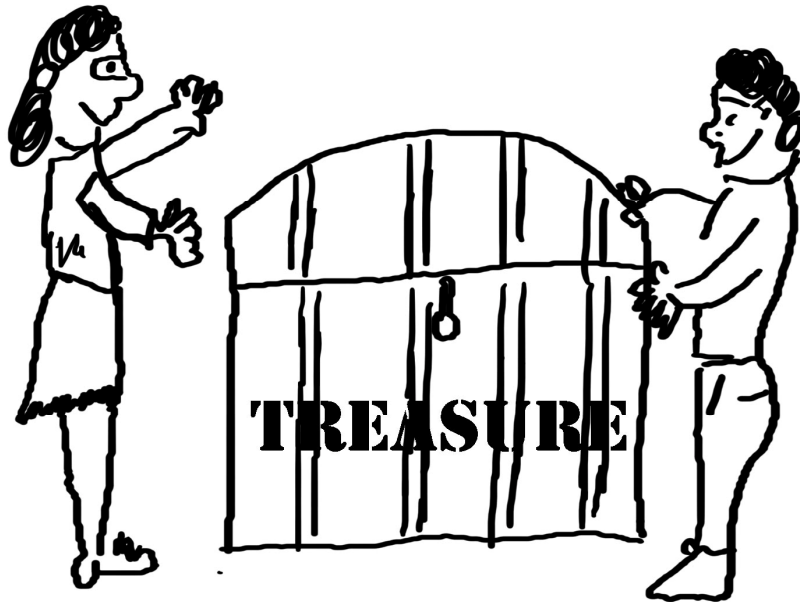
YOU SHALL KEEP (GUARD, PROTECT, OBSERVE, LONG FOR, TREASURE
AND CELEBRATE) MY SABBATHS; THEY ARE HOLY UNTO YOU.

EXODUS 31:14

*YOU SHALL
KEEP
MY SABBATH*

PROTECT

GUARD



OBSERVE

LONG FOR

CELEBRATE

*THEY ARE HOLY
UNTO YOU*

EXODUS 31:14

BY: D.E.B.