

Exodus 31:12-17 **Sabbath is Holy - day of rest must be kept**

12 And the LORD spoke to Moses, saying, 13 "Speak also to the children of Israel, saying: 'Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the LORD who sanctifies you.

14 You shall keep the Sabbath, therefore, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. 15 Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the LORD. Whoever does any work on the Sabbath day, he shall surely be put to death.

16 Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. 17 It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed.' " NKJV

Facts Revealed:

- ✧ God really does want His people to follow His example and rest on the seventh day.
 - ◇ God did not rest after six days of creation because He was fatigued, He did it for our good as an example for mankind to follow because He knew the weaknesses of man. [\[Mark 2:27\]](#)
- ✧ The Sabbath was given as a sign between God and man throughout all generations for the purpose; **“That you may know that I am Yehowah Who sanctifies you.”**
 - ◇ God wants us to use the seventh day to reflect on the God of Creation and know that it is He Who sets us apart from all the rest of creation to know Him.
- ✧ The Sabbath day was made Holy by God Himself.
 - ◇ Since the nation of Israel was called by God to be used as an example to the nations of the world through whom God is revealing Himself to the Gentiles, it is imperative that they model His laws, so the violation of the Sabbath carries the death penalty for the Children of Israel.
- ✧ The Sabbath day is a sign between God and the Children of Israel forever.
 - ◇ Because God in six days made the heavens and the earth, and on the seventh day He rested and was refreshed.
 - ◇ God again confirmed that all Creation took six days as we know days to be, that is six turns of the earth, and not the extended eons of time claimed by the evolutionists.
 - ◇ In His great love for mankind, God wants us to take time out of our busy week to meditate on the greatness of His creation and to know Him as He is revealed in nature around us.
 - ◇ A day to consider God is a gift of immeasurable worth both for the body, mind, and soul. It should not be wasted by our selfish disregard of our Creator by being so immersed in the cares of the world that we miss out on the Heavenly calling.
 - ◇ Remember, there is a Sabbath Rest for the Saints of God called the “Kingdom of Heaven” which will be followed with an eternity in the New Heaven and New Earth of Revelation chapters 21 and 22.