
The Lost Day of History
cornerstone

The Lost Day of History



Did you know there is a very important day that almost everyone has forgotten about? It's astounding that only a few people are aware of it, because it's one of the most significant days in all of human history! This lost day of history is so significant that God wrote it with His own finger in tables of stone. In the Ten Commandments we find God said,

"Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: 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: For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the Sabbath day, and hallowed it." (Exodus 20:8-11)

But sadly this Fourth Commandment has been lost in most peoples lives and changed in others. Some Christians keep Saturday as a day of Sabbath rest and worship, while others keep Sunday. In both groups are many sincere Christians, but there are many who have never stopped to consider why they keep a certain day. In most cases, no personal examination has been made to discover the reason why or what the real Sabbath truth is?

What Day is the Bible Sabbath?

The Bible tells us that "...the seventh day is the Sabbath of the LORD thy God." The seventh day is Saturday not Sunday. The seventh day of the week was ordained as the Sabbath at Creation by God's very own example (Genesis 2:2,3; Exodus 20:11). The nation of Israel was instructed to keep it and chided for not doing so; even before the Law was given on Mount Sinai (Exodus 16:23-30). The Fourth Commandment, which specifies the seventh day as the Sabbath, was so important that God chose to place it at the very heart of the Ten Commandments; it is intimately associated with nine other moral precepts; which were given by the voice and finger of God Himself and which are appropriate for all humans throughout all generations (Exodus 20:8-11).

Jesus reinforced the Fourth Commandment when He said, "The Sabbath was made for man" (Mark 2:27). His point was that the Sabbath was made as a blessing for the benefit of mankind; not as an oppressive legal yoke. It was made for man, not just the Jews. Jesus also proclaimed Himself Lord of the Sabbath (Mark 2:28) and observed it regularly (Mark 1:21; Luke 4:16-22). Though He frequently denounced the Pharisees for their manmade rules, Jesus always upheld the Sabbath and showed by His positive example how it should be observed as a day of rest, worship, freedom, and joy (Mark 3:4; Luke 13:15-16; Matthew 12:10-12). During His prophecy of the destruction of Jerusalem, Jesus urged His disciples to pray that their flight (years in the future) would not be on the Sabbath (Matthew 24:20).

The disciples rested on the Sabbath while Christ lay in the grave; according to Luke, who recorded the fact many years later, they did so"...according to the commandment" (Luke 23:56). Matthew and Mark, who also wrote long after the crucifixion and resurrection of Christ, spoke familiarly of the Sabbath as an existing institution (Matthew 24:20; 28:1; Mark 16:1).

It was Paul's custom to use the Sabbath for preaching (Acts 17:2). He did so in synagogues and elsewhere (Acts 13:14-15; 16:13). Gentile believers observed the Sabbath (Acts 13:42, 44). For a year and a half in Corinth, Paul worked during the week and reasoned in the synagogue every Sabbath, teaching the Word of God (Acts 18:4, 11). James and Paul, along with Jesus, spoke very positively about the importance of the Ten Commandments, of which the Sabbath is an integral part (Romans 2:13, 21-22; 7:7-12, 22; James 2:8-12; Mark 10:17-19).

Finally, history reveals that early Christians, both Jews and Gentiles, continued to faithfully observe the seventh-day Sabbath for many decades after the Jesus' resurrection and ascension to heaven.

Sunday in the Bible

Sunday is never called sacred or holy anywhere in the Bible. It is never called the Sabbath or the Lord's Day. Sunday is only mentioned eight times in the Bible. The first time is Genesis 1:5, where the first day of creation week is spoken of. The next five times refer to Jesus' appearances on Sunday to His disciples after His rest in the tomb on the Sabbath (Matthew 28:1, Mark 16:1-2,9, Luke 24:1, John 20:1,19). Jesus went and found the disciples and told them the good news that



He was alive. Nothing here about Sunday sacredness. The seventh time is in Acts 20:7-8, where Paul speaks to the Ephesian leaders. A few verses later (Acts 20:15-38), he speaks to another group in the middle of the week, but that doesn't make that day any more sacred than the Sunday preceding it. For only a direct command of God can make a day holy. Repeatedly in Acts Paul kept the Sabbath holy (Acts 13:14-16, 40-46, 16:12-1.5, 17:1-4), just as His Master had done before Him. Acts is as silent on Sunday sanctity as is Matthew, Mark, Luke, and John.

The eighth and last text is found in 1 Corinthians 16:1-4 where Paul instructs the believers to gather goods to be taken to the Saints in Jerusalem where there was a famine (Acts 11:27-30). This is the only mention in all Paul's writings of the first day of the week.

Protestantism Speaks about the Bible Sabbath and Sunday

The Bible Sabbath is Saturday, the seventh day of the week and Sunday is the first day. Protestant ministers, writers, and leaders, here unite to tell us the truth about both days:

Baptist: *"There was and is a commandment to keep holy the Sabbath day, but that Sabbath was not Sunday." ER. Hiscox, November 16, 1893 [Dr. Hiscox was a well-known Baptist writer and author of their Baptist Manual].*

British Congregationalists*: "It is quite clear that however rigidly or devotedly we may spend Sunday, we are not keeping the Sabbath. [Dr. R.W. Dale, The Ten Commandments, page 106-107]*

Protestant Episcopal: *"**Question:** Is there any command in the New Testament to change the day of weekly rest from Saturday to Sunday?*
Answer: *None." (Manual of Christian Doctrine, p. 127.)*

Disciples of Christ *"There is no direct Scriptural authority for designating the first day 'the Lord's Day." (Dr. D.H. Lucas, in the Christian Oracle, January 23, 1890.)*

Presbyterian: *"There is no word, no hint in the New Testament about abstaining from work on Sunday." (Canon Eyton, In The Ten Commandments.)*

Episcopal: *"The Bible commandment says on the seventh day thou shalt rest. That is Saturday. Nowhere in the Bible is it laid down that worship should be done on Sunday." (Phillip Carrington, quoted in Toronto Daily Star, October 26, 1949.)*

Anglican: *"And where are we told in the Scriptures that we are to keep the first day at all? We are commanded to keep the seventh; but we are nowhere commanded to keep the first day." (Isaac Williams, Plain Sermons on the Catechism, Vol. 1, pp. 334, 336)*

Disciples of Christ: *" 'But,' say some, 'it (The Sabbath) was changed from the seventh to the first day.' Where? when? and by whom? No, it never was changed, nor could it be, unless creation was to be gone through again." (Alexander Campbell, The Christian Baptist, February 2, 1824, vol. 1)*

Church of England: *"The seventh day of the week has been deposed from its title to obligatory religious observance, and its prerogative has been carried over to the first under no direct precept of Scripture." (William E. Gladstone, In his Later Gleanings, p. 342)*

Congregationalist: *"The Christian Sabbath [Sunday] is not in the Scripture, and was not by the primitive [early Christian] church called the Sabbath." (Timothy Dwight, Theology, Sermon 107, 1818 ed., Vol. IV, p. 49)*

Irish Methodist: *"There is no intimation here that the Sabbath was done away, or that its moral use superseded, by the introduction of Christianity." (Adam Clarke, The New Testament of our Lord and Saviour Jesus Christ, Vol. 2, p. 524)*

Christian Church: *"Now there is no testimony in all the oracles of heaven that the Sabbath is changed, or that the Lord's Day came in the room of it." (Alexander Campbell, quoted in The Reporter, Washington, Pennsylvania, October 8, 1921)*

Lutheran Free Church: *"For when there could not be produced one solitary place in the Holy Scriptures which testified that either the Lord Himself or the apostles had ordered such a transfer of the Sabbath to Sunday, then it was not easy to answer the question. Who has transferred the Sabbath, and who has had the right to do it?" (George Sverdrup, En ny Dag (A New Day), in Sondagen og dens Halligholdelse) (Sunday and its Observance)*



Here we see many statements from different Protestant denominations stating that the Sabbath was never changed into Sunday, according to the Bible. In this last statement by George Sverdrup, he said "Who has transferred the Sabbath, and who has had the right to do it?" That is a good question. If the Sabbath of the Bible is Saturday; then who changed it to Sunday, and by whose authority?
To find the answer to the question "Who Changed the Bible Sabbath?" We need go no further than the Roman Catholic Church. The Catholic Church loudly proclaims that they have changed the Sabbath into Sunday. This change officially took place in the Council of Laodicea in 364 AD. Notice this statement from a Roman Catholic Catechism:
"Question: Which is the Sabbath day?
Answer: Saturday is the Sabbath day.
Question: Why do we observe Sunday instead of Saturday?
Answer: We observe Sunday instead of Saturday because the Catholic Church, in the council of Laodicea transferred the solemnity from Saturday to Sunday." (Convert's Catechism of Catholic Doctrine, 2nd Edition 1910, p.50)

Catholicism Speaks about the Bible Sabbath and Sunday

The Roman Catholic Church, its leaders, its priests, its scholars, its writers and its teachers, here unite to tell us the truth about the Bible Sabbath (the seventh day of the week) and the Sunday (the first day of the week).

"Sunday is a Catholic institution, and its claims to observance can be defended only on Catholic principles. From beginning to end of scripture there is not a single passage that warrants the transfer of weekly public worship from the last day of the week to the first." (Catholic Press Sydney, Australia, August 1900.)

"Is there no express commandment for the observance of the first day of the week as a Sabbath, instead of the seventh day? None whatever." (New York Weekly Tribune [Roman Catholic] May 24, 1900)

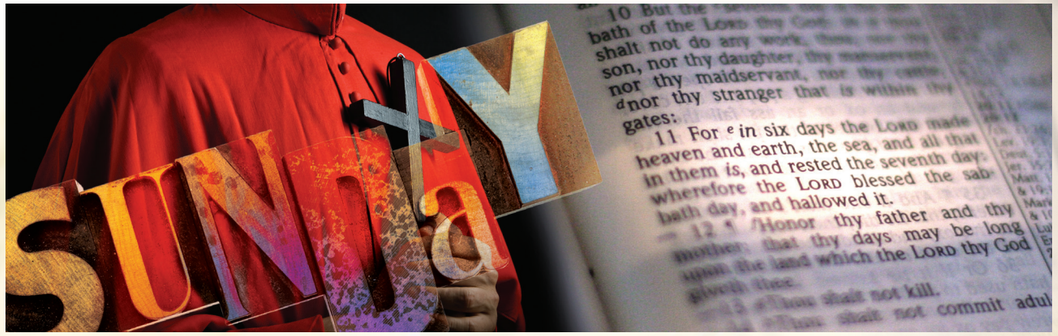
"Nowhere in the Bible is it stated that worship should be changed from Saturday to Sunday." (Martin J. Scott, Things Catholics are Asked About, 1927, p. 236)

"Question: Have you any other way of proving that the church has power to institute festivals of precept? Answer: Had she not such power, she could not have done that in which all modem religionists agree with her. She could not have substituted the observance of Sunday, the first day of the week, for the observance of Saturday, the seventh day, a change for which there is no Scriptural authority." (Stephen Keenan, A Doctrinal Catechism, 1846 edition, p. 176) [Keenan was a Scottish priest, whose catechism has been widely used in Roman Catholic schools and academies]

"But you may search the Bible from Genesis to Revelation, and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday, a day which we never sanctify." (James Cardinal Gibbons, The Faith of Our Fathers, 92nd ed., rev., p. 89)

"It is well to remind the Presbyterians, Baptists, Methodists, and all other Christians, that the Bible does not support them anywhere in their observance of Sunday. Sunday is an institution of the Roman Catholic Church, and those who observe the day observe a commandment of the Catholic Church." *(Priest Brady, reported in the Elizabeth, N.J. News of March 18, 1903)*

*"**Question:** How prove you that the Church hath power to command feasts and holy days?*
***Answer:** By the very act of changing the Sabbath into Sunday."* *(Priest Henry Tuberville, An Abridgment of the Christian Doctrine, p. 58)*



"Protestants . . . accept Sunday rather than Saturday as the day for public worship after the Catholic Church made the change . . . But the Protestant mind does not seem to realize that in accepting the Bible, in observing the Sunday, they are accepting the authority of the spokesman for the church, the Pope." *(Our Sunday Visitor, Feb. 5, 1950)*

"The Catholic Church . . . changed the day from Saturday to Sunday." *(The Catholic Mirror, September 23, 1893)*

"If Protestants would follow the Bible, they should worship God on the Sabbath Day. In keeping the Sunday they are following a law of the Catholic Church." *(Albert Smith, Chancellor of the Archdiocese of Baltimore. February 10, 1920)*

"We observe Sunday instead of Saturday because the Catholic Church transferred the solemnity from Saturday to Sunday." *(Peter Geiermann, CSSR, A Doctrinal Catechism, 1957 edition, p. 50)*

***Question:** Which is the Sabbath day?*
***Answer:** Saturday is the Sabbath day.*

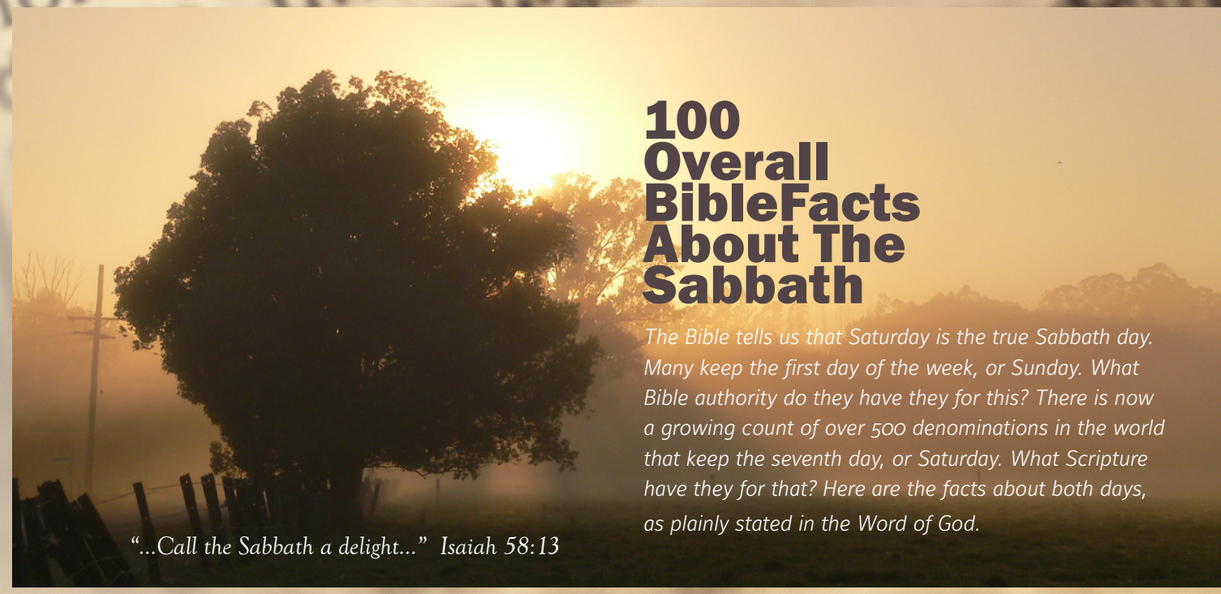
***Question:** Why do we observe Sunday instead of Saturday?*
***Answer:** The Catholic Church, after changing the day of rest from Saturday, the seventh day of the week, to Sunday, the first day, made the third commandment refer to Sunday as the day to be kept as the Lord's Day."* *(Catholic Encyclopedia, vol. 4, p. 153)*

"The Church changed the observance of the Sabbath to Sunday by right of the divine, infallible authority given to her by her founder, Jesus Christ. The Protestant claiming the Bible to be the only guide of faith, has no warrant for observing Sunday. In this matter the Seventh-day Adventist is the only consistent Protestant." *(The Catholic Universe Bulletin, August 14, 1942, p. 4)*

"Prove to me from the Bible alone that I am bound to keep Sunday holy. There is no such law in the Bible. It is a law of the holy Catholic Church alone. The Bible says 'Remember the Sabbath day to keep it holy.' The Catholic Church says, No. By my divine power I abolish the Sabbath day and command you to keep holy the first day of the week. And lo! The entire civilized world bows down in reverent obedience to the command of the Holy Catholic Church." *(Priest Thomas Enright, The American Sentinel, a New York Roman Catholic journal in June 1893, page 173)*

The Catholic Church has boldly proclaimed that they changed the Sabbath into Sunday. The question we need to ask our selves is, "Whose authority are we going to follow, the authority of man or the authority of God?"





100 Overall BibleFacts About The Sabbath

The Bible tells us that Saturday is the true Sabbath day. Many keep the first day of the week, or Sunday. What Bible authority do they have they for this? There is now a growing count of over 500 denominations in the world that keep the seventh day, or Saturday. What Scripture have they for that? Here are the facts about both days, as plainly stated in the Word of God.

60 Bible Based Facts Concerning the Seventh Day of the Week [Sabbath]



1. After working the first six days of the week in creating this earth, God rested on the seventh day. (Genesis 2:1.3)

2. This stamped that day as God's rest day, or Sabbath day, as Sabbath day means rest day. To illustrate: When a person is born on a certain day, that day thus becomes his birthday. So when God rested upon the seventh day, that day became His rest, or Sabbath day.

3. Therefore the seventh day must always be God's Sabbath Day. Can you change your birthday from the day on which you were born to one on which you were not born? No. Neither can you change God's rest day to a day on which He did not rest. Hence the seventh day is still God's Sabbath Day.

4. The Creator blessed the seventh day. (Gen 2:3)

5. He sanctified the seventh day. (Exodus 20:11)

6. He made it the Sabbath day in the Garden of Eden. (Genesis 2:1-3)

7. It was made before the fall; hence it is not a type; for types were not introduced till after the fall.

8. Jesus says it was made for man (Mark 2:27), that is, for the race, as the word man is here unlimited; hence, for the Gentile as well as for the Jew.

9. It is a memorial of creation. (Exodus 20:11; 31:17) Every time we rest upon the seventh day, as God did at creation, we commemorate that grand event.

10. It was given to Adam, the head of the human race. (Mark 2:27; Genesis 2:1-3)

11. Hence through him, as our representative, to all nations. (Acts 17:26.)

12. It is not a Jewish institution, for it was made 2,300 years before there was a Jew.

13. The Bible never calls it the Jewish Sabbath, but always "the Sabbath of the Lord thy God." Men should be cautious how they stigmatize God's holy rest day.

14. Reference is made to the Sabbath and the seven-day week, all through the patriarchal age. (Genesis 2:1-3; 8:10,12; 29:27-28. etc)

15. It was a part of God's law before Mount Sinai. (Exodus 16:4, 27-29)

16. Then God placed it in the heart of His Ten Commandments. (Exodus 20:1-17) Why did He place it there if it was not like the other nine commandments, which all admit to be eternal?

17. The seventh-day Sabbath was commanded by the voice of the living God. (Deuteronomy 4:12,13)

18. Then He wrote the Commandment with His own finger. (Exodus 31:18)

19. He engraved it in the enduring stone, indicating its imperishable nature. (Deuteronomy 5:22)

20. It was sacredly preserved in the ark in the Holy of Holies. (Deuteronomy 10:1-5)

21. God forbade work upon the Sabbath, even in the most hurrying times. (Exodus 34:21)

22. God destroyed the Israelites in the wilderness because they profaned the Sabbath. (Ezekiel 20:12-13)

23. It is the sign of the true God, by which we are to know Him from false gods. (Ezekiel 20:20)

24. God promised that Jerusalem should stand forever if the Jews would keep the Sabbath (Jeremiah 17:24-25)

25. He sent them into the Babylonish captivity for breaking it. (Nehemiah 13:18)

26. He destroyed Jerusalem for its violation. (Jeremiah 17:27)

27. God has pronounced a special blessing on all the Gentiles who will keep it. (Isaiah 56:6, 7)

28. This is in the prophecy, which refers wholly to the Christian dispensation. (Isaiah 56)

29. God has promised to bless all who keep the Sabbath. (Isaiah 56:2)

30. The Lord requires us to call it "honourable". (Isaiah 58:13)

31. After the holy Sabbath has been trodden down "many generations," it is to be restored in the last days. (Isaiah 58:12-13)

32. All the holy prophets kept the seventh day.

33. When the Son of God came, He kept the seventh day all His life. (Luke 4:16; John 15:10) Thus He followed His Father's example at creation. Shall we not be safe in following the example of both the Father and the Son?

34. The seventh day is the Lord's Day. (Revelation 1:10; Mark 2:28; Isaiah 58:13; Exodus 20:10)

35. Jesus said He was Lord of the Sabbath (Mark 2:28)

36. He vindicated the Sabbath as a merciful institution designed for man's good. (Mark 2:23-28)

37. Instead of abolishing the Sabbath, He carefully taught how it should be observed. (Matthew 12:1-13)

38. He taught His disciples that they should do nothing upon the Sabbath day but what was "lawful" (Matthew 12:12)

39. He instructed His apostles that the Sabbath should be prayerfully regarded forty years after His resurrection. (Matthew 24:20)

40. The pious women who had been with Jesus carefully kept the seventh day after His death. (Luke 23:56)

41. Thirty years after Christ's resurrection, the Holy Spirit expressly calls it "the Sabbath day," (Acts 13:14)

42. Paul, the apostle to the Gentiles, called it the "Sabbath day" in A.D. 45. (Acts 13:27)

43. Luke, the inspired Christian historian, writing as late as A.D. 62, calls it the "Sabbath day." (Acts 13:44)

44. The Gentile converts called it the Sabbath. (Acts 13:42)

45. In the great Christian council, A.D. 49. In the presence of the apostles and thousands of disciples, James calls it the "Sabbath day." (Acts 15:21)

46. It was customary to hold prayer meetings upon that day. (Acts 16:13)

47. Paul read the Scriptures in public meetings on that day. (Acts 17:2-3)

48. It was his custom to preach upon that day. (Acts 17:2-3)

49. The Book of Acts alone gives a record of his holding eighty-four meetings upon that day. (See Acts

13:14, 44; 16:13; 17:2; 18:4, 11)

50. There was never any dispute between the Christians and the Jews about the Sabbath day. This is proof that the Christians still observed the same day that the Jews did.

51. In all their accusations against Paul, they never charged him with disregarding the Sabbath day. Why didn't they, if he did not keep it?

52. But Paul himself expressly declared that he had kept the law. "Neither against the law of the Jews, neither against the temple, nor yet against Caesar, have I offended any thing at all." (Acts 25:8) How could this be true if he had not kept the Sabbath?

53. The Sabbath is mentioned in the New Testament fifty-nine times, and always with respect, bearing the same title it had in the Old Testament, "the Sabbath day."

54. Not a word is said anywhere in the New Testament about the Sabbath's being abolished, done away, changed, or anything of the kind.

55. God has never given permission to any man to work upon it.

56. No Christian of the New Testament, either before or after the resurrection, ever did ordinary work upon the seventh day.

57. There is no record that God has ever removed His blessing or sanctification from the seventh day.

58. As the Sabbath was kept in Eden before the fall, so it will be observed eternally in the new earth after the restitution. (Isaiah 66:22-23)

59. The seventh-day Sabbath was an important part of the law of God, as it came from His own mouth, and was written by His own finger upon stone at Sinai. (Exodus 20.) When Jesus began His work, He expressly declared that He had not come to destroy the law. "Think not that I am come to destroy the law, or the prophets." (Matthew 5:17)

60. Jesus severely condemned the Pharisees as hypocrites for pretending to love God, while at the same time they made void one of the Ten Commandments by their tradition. The keeping of Sunday is only a tradition of men.

40 Bible Based Facts Concerning the First Day of the Week [Sunday]

1. The very first thing recorded In the Bible is work done on Sunday, the first day of the week. (Genesis I: I-5) The Creator Himself did this. If God made the earth on Sunday, can it be wrong for us to work on Sunday?

2. God commands men to work upon the first day of the week. (Exodus 20.8-11)

3. None of the patriarchs ever kept it.

4. None of the holy prophets ever kept it.

5. By the express command of God, His holy people used the first day of the week as a common working day for 4,000 years, at least.

6. God Himself calls it a "working" day. (Ezekiel 46:1)

7. God did not rest upon it.

8. He never blessed it.

9. Christ did not rest upon it.

10. Jesus was a carpenter (Mark 6:3), and worked at His trade until He was thirty years old. He kept the Sabbath and worked six days in the week, as all admit. Hence He did many a hard day's work on Sunday.

11. The apostles worked upon it during the same time.

12. The apostles never rested upon it.

13. Christ never blessed it.

14. It has never been blessed by any divine authority.

15. It has never been sanctified.

16. No law was ever given to enforce the keeping of it, hence it is not wrong to work upon it. "Where no law is, there is no transgression." (Romans 4:15 1 John 3:4)

17. The New Testament nowhere forbids work to be done on it.

18. No penalty is provided for its violation.

19. No blessing is promised for its observance.

20. No regulation is given as to how it ought to be observed. Would this be so if the Lord wished us to keep it?

21. It is never called the Christian Sabbath.

22. It is never called the Sabbath day at all.

23. It is never called the Lord's day.

24. It is never called even a rest day.

25. No sacred title whatever is applied to it. Then why should we call it holy?

26. It is simply called "first day of the week."

27. Jesus never mentioned it in any way, never took its name upon His lips, so far as the record shows.

28. The word Sunday never occurs in the Bible at all.

29. Neither God, Christ, nor inspired men ever said one word in favor of Sunday as a holy day.

30. The first day of the week is mentioned only eight times in all the New Testament. (Matthew 28:1; Mark 16:2, 9; Luke 24:1; John 20:1, 19; Acts 20:7; 1 Corinthians 16:2)

31. Six of these texts refer to Jesus rising from the dead on the first day of the week.

32. Paul directed the saints to look over their secular affairs on that day. (1Corinthians 16:2)

33. In all the New Testament we have a record of only one religious meeting held upon that day, and even this was a night meeting. (Acts 20:5-12)

34. There is no intimation that they ever held a meeting upon it, before or after that.

35. It was not their custom to meet on that day.

36. There was no requirement to break bread on that day.

37. We have an account of only one instance in which it was done. (Acts 20:7)

38. That was done in the night after midnight. (Verses 7-11) Jesus celebrated it on Thursday evening (Luke 22), and the disciples sometimes did it every day (Acts 2:42-46)

39. The Bible nowhere says that the first day of the week commemorates the resurrection of Christ. This is a tradition of men, which contradicts the law of God. (Matthew 15:1-9) Baptism commemorates the burial and resurrection of Jesus. (Romans 6:3-5)

40. Finally, the New Testament is totally silent with regard to any change of the Sabbath day or any sacredness for the first day.

Here are one hundred plain Bible facts upon this question, showing conclusively that the seventh day, Saturday, is the Sabbath of the Lord in both the Old and New Testament. The Sabbath was written with God's own finger in His Ten Commandments, which says, "Remember to keep it holy..." The question is, will you keep it holy?



THE PROPHETIC CODE

The Bible has much more to say about this subject and many others. For more information on the change of the Sabbath and Bible Prophecy, join The Prophetic Code Bible Study correspondence course.

Please send me the "The Prophetic Code" introductory DVD & Study booklet as the beginning of my study into the ancient mysteries of Bible Prophecy.

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For more information on the Sabbath or to find out where you can attend a church on Sabbath contact your local Seventh-day Adventist Church.

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