



**SAVED TO SERVE**  
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[www.prophecyagain.com](http://www.prophecyagain.com)  
**THE 7TH DAY SABBATH.**  
**CAN YOU DEFEND IT FROM SCRIPTURE?**

1. In this Sabbath School Lesson, we will defend the seventh-day Sabbath from scripture, showing that it is still binding today. We will analyze a trending video of three Sabbath-keeping young ladies who confronted a popular street-preaching evangelist (Nicholas Bowling) on seventh-day Sabbath keeping.

**And there are many in the church who take it for granted that they understand what they believe, but, until controversy arises, they do not know their own weakness. When separated from those of like faith, and compelled to stand singly and alone to explain their belief, they will be surprised to see how confused are their ideas of what they had accepted as truth. Certain it is that there has been among us a departure from the living God, and a turning to men, putting human wisdom in place of divine. {GW 298.3}**

2. **Current Event from YouTube:** College Students Debate Sabbath Day—Get Humbled By Jesus' Own Words  
<https://youtu.be/qq9fXGqouWw?si=ywk6AOyLmfqpc1SP>
3. In Mark 2:23-28, the Jews accused Jesus and His disciples of Sabbath breaking. Did Jesus break the Sabbath? Write down how you would respond to a person who gave you this scripture to annul seventh-day Sabbath keeping.  

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4. In Mark 2:25-26, Jesus used the account of David eating the shew bread to justify His disciples plucking ears of corn on the Sabbath. What principle was Jesus trying to teach us about Sabbath observance from these two verses? *Focus on verse 25 and 27.* **Answer:** David ate the shew bread to satisfy his need, his hunger. The Sabbath was not made to be a burden to men or to make them slaves to it; it was made to aid man and address his needs (physical, spiritual, & mental). Furthermore, the disciples were not harvesting the corn which would have been work; they simply plucked and ate what was sufficient to satisfy their hunger.
  - a) In Mark 3, we see a clearer example of the principle Jesus was trying to teach the Jews who misunderstood Sabbath observance. What principle was Jesus trying to teach the Jews about Sabbath observance when He healed the withered man's hand? Mark 3:1-5  

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5. Matthew 15 is a nail in a sure place to explain why the Jews always considered Jesus to be a commandment breaker and Sabbath breaker (although He perfectly kept the law). What did the Jews put above the commandments which caused them to violate the commandments? Matthew 15:1-6, 9  

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6. People will use Matthew 22:36-39 to justify not keeping the seventh-day Sabbath. Write down how you would respond to such a person.  

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7. What does Matthew 22:40 say which brings clarity to the previous verses that mention the two great commandments?  

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8. What does Jesus say which proves He did not come to do away with the Ten Commandments, including the fourth? John 14:15; Matthew 5:17  

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  - a) Did Jesus teach and keep the Ten Commandments? Mark 10:18-19; Luke 4:15-16  

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b) What does Hebrews 4:4, 8-11 teach us?

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9. Colossians 2:16 is a very popular text used to persuade people that the Sabbath was abolished at the cross. How would you respond to someone who uses this text to say Sabbath keeping is no longer necessary?

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10. Let's read Colossians 2:14-17. How did God write the Ten Commandments compared to how the ceremonial laws were written? Exodus 31:18; Deuteronomy 9:10; Deuteronomy 10:2; Deuteronomy 31:24-26

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11. What are ordinances? 2 Chronicles 2:4; Exodus 12:12, 14; Numbers 9:2, 3, 12; Hebrews 9:1-3, 8-10

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12. **Note:** As we saw, the Bible defined ordinances as the ceremonies, feast days, and practices that were connected with the earthly sanctuary services. The fact that we no longer have to keep these ordinances is what Paul is referring to in Colossians 2:16 when he says "let no man therefore judge you" for not keeping them.

13. According to Colossians 2:17, why do we no longer have to keep these ordinances? Hebrews 9:9, 11, 13, 14; 1 Corinthians 5:7

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14. Some argue that Colossians 2:16 is saying that keeping the weekly seventh-day Sabbath is no longer necessary since the crucifixion of Jesus. What are "the sabbath days" in Colossians 2:16 referring to? Leviticus 23:1-4, 5-6, 10, 16, 24, 27, 34  
**Answer:** They are referring to the annual feast days which are called holy convocations or sabbaths because the people were not to do any servile work on those days. They happened on specific dates of the year and fell on different days of the week each year; however, the seventh-day Sabbath was weekly and has never changed.

15. Write down your response to someone who uses Acts 5:42 to justify Sunday keeping.

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16. Does Acts 5:42 say that any day of the week can be considered the Sabbath? Does it say Sunday is the Sabbath? \_\_\_\_\_

a) What were the apostles doing daily in the temples and from house to house? Acts 2:46-47; Matthew 28:19-20 **Answer:** They were teaching and preaching Jesus Christ to others. They were strengthening the brethren in the faith. They were doing evangelism.

17. Does the New Testament teach seventh-day Sabbath observance? Were the apostles Sabbath-keepers or did they worship on Sunday after Jesus' resurrection? Acts 13:14, 27, 42, 44; Acts 15:21; Acts 16:13; Acts 17:2; Acts 18:4

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18. Although we should worship God everyday, He set aside a specific day dedicated to worshipping Him and to rest from our labors. This day is called the seventh-day Sabbath. Where is the first place in scripture we see God instituting His day of rest? Was it only made for the Jews? Genesis 2:2-3; Mark 2:27; Isaiah 56:6, 7

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19. Did Sunday become the Sabbath when Jesus resurrected from the dead? Mark 16:1-2, 9; Matthew 24:15-16, 20

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20. Many people call Sunday "the day of rest." What day does God call His day of rest? Exodus 31:16, 17; Genesis 2:2, 3

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21. In Revelation 1:10, John says that he was “in the spirit on the Lord’s day.” There are those who believe he was referring to Sunday. What day does God call “the Lord’s day?” Isaiah 58:13, 14; Mark 2:27, 28

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22. What does true Sabbath observance teach us?

a) Ezekiel 20:12

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b) Ezekiel 20:20

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23. How does John define sin in 1 John 3:4?

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24. Does God consider it a sin if a person worships on Sunday and is ignorant of the Sabbath truth? James 4:17; Acts 17:30; Luke 12:48

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25. What does the Bible say about those who willfully break the commandments, even the Sabbath? James 2:10; Hebrews 10:26

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**“The keeping of the Seventh-day Sabbath is to be the great test in these last days. Thus is to be drawn the line of demarcation between him that serveth God and him that serveth Him not. By keeping this day holy we acknowledge before the universe that we worship Him who by His power created the world. We acknowledge also that life is found in obedience.” {12MR 215.1}**

26. By what identifying markers will God recognize His people in these last days? Revelation 14:12

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