

The Scriptural Sabbath DAY

PLEASE NOTE that I have **ABSOLUTELY NO INTENTION** to **accuse or judge any person**, nor argue with any person regarding when they start their 7th day Sabbath. I have **NO problem** with anyone who has an ereb (pre-Sabbath) meal on a Fri-day evening, ensuring that their minds and hearts are prepared for when the actual Sabbath start.

My **ONLY** intention through this teaching is to research and study Scripture [myself], **without the influence of man and their traditions**, [humbly] **SHARING** my study with you [IN LOVE], **BACKED** and **CONFIRMED** by Scripture.

May every individual be **LED** by the Qodesh Ruach (Set-Apart Spirit) of Almighty [Father] Yahuah (YHUH). Shalom.

Exo 20:8 “Remember the Sabbath **day**(H3117), to set it apart.

Deut 5:12 ‘Guard the Sabbath **day**(H3117), to set it apart, as YHUH/YHWH your Elohim commanded you.

Let’s look at the **Hebrew Strong’s** for the **explanation of the word “day”** in the above two passages of Scripture . . .

H3117 yom

yom: day

Original Word: יום

From an unused root meaning **to be hot; a day (as the warm hours)** . . .

H3118 yom

yom: day

Original Word: יום

(Aramaic) corresponding to yowm; a day - **day (by day), time.**

The word [**yom H3117**] referring to the **Sabbath [day]** are also found in all the following Scriptures – confirming that the [**day/yom** as mentioned in Scripture] referring to a **Sabbath [day]** are during the **warm hours of the day** (when the **sun is shining**).

Exo 16:26; Exo 16:29; Exo 20:10; Exo 20:11; Exo 31:15; Exo 35:2; Exo 35:3; Lev 23:3; Num 15:32; Num 28:9; Deu 5:14; Deu 5:15; 2King 4:23; Neh 10:31; Neh 13:15; Neh 13:17; Neh 13:19; Neh 13:22; Psa 92:1; Isa 58:13; Jer 17:21; Jer 17:22; Jer 17:24; Jer 17:27; Eze 46:1; Eze 46:4; Eze 46:12.

Let’s see if the **Greek Strong’s** confirm the actual **SEVENTH-day Sabbath** that the **Hebrew Scriptures** teach (**NOT the first day (sun-day) that religion proclaims**) . . .

Matt 12:1 At that time Yahusha יהושע went through the grain fields **on the Sabbath**(G4521). And His taught ones were hungry, and began to pluck heads of grain, to eat.

G4521 sabbaton ► the Sabbath, i.e. the **seventh day** (of the week)

Word Origin

of **Hebrew origin shabbath**

Let’s further study the **Greek Strong’s** for more clarity . . .

Mar 15:42 And when **evening** (when the sun had already set) had come, because it was the **Preparation**(G3904) **Day**(G2250), that is, the **day BEFORE the Sabbath**. **PLEASE NOTE that the Scripture above CONFIRMS that [EVENING] was still part of the PREPARATION [DAY] – the DAY [BEFORE] the SABBATH!**

Mar 15:42 states that it was the **PREPARATION**(G3904) **day** when it was **EVENING** (Fri-day evening) - thus the **actual Sabbath [day] had not yet started.**

Luk 23:54 And it was **Preparation**(G3904) **day**(G2250), and the **Sabbath was approaching.**

G3904 paraskeué

paraskeué: preparation, the day of preparation (for a Sabbath or feast)

Short Definition: **the day before the Sabbath**

Definition: **the day of preparation, the day before the Sabbath, FRIDAY.**

STRONGS NT 3904: παρασκευή

1. **a making ready, preparation, equipping.**

2. **that which is prepared, equipment.**

3. in the N. T. in a Jewish sense, **the day of preparation**, i.e. the day on which the Jews made the **necessary preparation** to celebrate a Sabbath or a feast.

See also [Matt 27:62](#); [Mar 15:42](#); [Luk 23:54](#); [Yoh 19:31](#).

In [Luk 23:54](#) we clearly see that **Sabbath was STILL APPROACHING**, as it was ONLY the **PREPARATION(G3904) day(G2250)** – the **day BEFORE the Sabbath (Fri-day)**. **G2250** also **confirms** this period of the [day] to be from **sunrise to sunset**

Matt 12:1 At that time Yahusha went through the grain fields on the Sabbath. And His taught ones were hungry, and began to pluck heads of grain, to eat.

It should be evident to all that they would **NOT have been able to pluck heads of grain at night**, as they would **not have been able to see clearly at night** (due to a lack of [sun]light).

This is **confirmed by the Scripture in Yoh 11:9** below . . .

Yoh 11:9-10 Yahusha answered, “Are there not **twelve hours in the day(G2250)**? If anyone walks in the day, he does not stumble, because he sees the light of this world. “But if anyone **walks in the NIGHT, he STUMBLES**, because the light is not in him.”

The word “**day**” in the above passage of Scripture, is:

G2250 hémera

hémera: day

Original Word: ἡμέρα, ας, ἡ

Definition: a day, **the period from sunrise to sunset**.

In [Luk 4:16](#), we also read that Messiah (as was His normal custom/practice) went into the synagogue **during DAY-time** (sunlight) to teach, **NOT during the night**.

Luk 4:16 And He (Messiah) came to Natsareth, where He had been brought up. And according to His practice, He went into the congregation on the Sabbath **day(G2250)**, and stood up to read.

According to the words of the Most High, what is the **difference between a day and a night?**

Jer 31:35 Thus said Yahuah, who gives the **SUN for a LIGHT by [DAY]**, and the laws of the **moon and the stars for a light by [night]**, who stirs up the sea, and its waves roar – Yahuah of hosts is His Name.

Ps 136:7-9 To Him who made great lights, For His kindness is everlasting; The **SUN to rule by [DAY]**, For His kindness is everlasting; The **moon and stars to rule by [night]**, For His kindness is everlasting.

Day equals sunlight, and **night equals the period of darkness** (with the moon and stars).

Jer 31:35, Ps 136:7-9 and Gen 1:5 are in agreement: “[Elohim] called the **light [day] (ruled by the sun)**, and the **darkness He called [night] (ruled by the moon and stars)**”.

PLEASE NOTE that in BOTH Jer 31:35 and Ps 136:7-9 DAY is mentioned BEFORE night!

Let’s go back to the **COMMAND** of Almighty Yahuah (YHUH) to **REST** on His Sabbath [**day**] and **NOT to work**. Sabbath is thus a **day of REST** from normal work (that is performed during the other 6 days of the week). **When do believers normally work? When did the Yisraelites normally work? During day or night time?** The answer is obvious – during DAY (sunlight) time. See below **Messiah confirming work during DAY-time, NOT night-time**.

Yoh 9:4 “It is necessary for Me (Messiah) to work the works of Him who sent Me while it is day(**G2250**) – **night is coming, when no one is able to work**”.

Work during DAY-time is also confirmed in the following Scripture:

Neh 4:21 So we **laboured in the work**, and half of them held the spears from the **break of [day] until the stars appeared**.

Let’s see from the **Hebrew Strong’s** the **meaning of the word “work”** (as used in the 4th command).

H4399 melakah

melakah: occupation, work

Original Word: מְלָאכָה

Short Definition: work

business, **cattle**, industrious, occupation, officer, **manner of workman**

It should be obvious to all who have understanding of Scripture that the Yisraelites did NOT have occupations as we have in modern society. They primarily **attended to their cattle** and **hard labour with their hands** during **DAY-light hours**, due to insufficient light at night (they did NOT have street lamp's like we have today).

Something I believe **we should ACKNOWLEDGE**, is the fact that Almighty Yahuah (YHUH) SPECIFICALLY commands us to keep the **Sabbath [DAY]** set-apart, to **REST** on His **[day]**, and also to **NOT DO ANY WORK** on this **[day]**.

The word [day] is VERY Significant!

There is a **distinct link** between the words '**DAY**', '**REST**' and '**NO WORK**' on the Sabbath.

Why would Yahuah specifically mention a **[day]** of REST and NO WORK on His Sabbath **[DAY]** if the Sabbath already started on the Fri-day evening, a time during which we do not work and rest from our labours anyway?

What is the connection between a day of rest and no work on the Sabbath?

'Man' normally **WORKS** during **DAY-time** and **RESTS** during **NIGHT-time**, but on the Sabbath **[day]**, we are commanded to **REST** during the **DAY-time** (**Hebrew yom** and **Greek hémera**) and **abstain from any work** – confirming both Strong's **H3117** and **G2250**, which is the period **sunrise to sunset** or the **warm hours of day**.

To conclude

The **COMMAND** of Father Yahuah (YHUH) is to **keep His Sabbath [day] set-apart to Him**, to **REST on His [day]**, and **NOT WORK on His [day]**.

We **established from BOTH the Hebrew and Greek Strong's** that this period of a "Scriptural [day]" pertaining to the Sabbath [day] was referring to **DAY-light hours (sunrise to sunset)**.

H3117 = **yom** = to be **hot** (as the **warm hours**)

G2250 = **hémera** = the period from **sunrise to sunset**

G3904 confirmed that the day **BEFORE** the Sabbath was (**Fri-day**)

The command to **rest** and **not work** on the Sabbath (**day**) pertains to **DAYlight (yom)** hours (+-12 hours), even though a **Scriptural day consists of 24 hours** and includes **[morning]**, **[day]**, **[evening]** and **[night]**.

Please take in consideration that man normally rests from their labours during night hours (+- 12 hours) anyway – it's NOT a time of work as we CLEARLY established through Scripture.

A "Scriptural day" includes **both DAY and NIGHT** as can be seen in the following two Scriptures . . .

Gen 1:5 And Elohim called the light '**day**'(**H3117**) and the darkness He called '**night**.' (**H3915**) And there came to be evening(**H6153**) and there came to be morning(**H1242**), the first day.

From **Gen 1:5**, we can **conclude** that there are **4 periods in a "Scriptural day (totalling 24 hours)"**

Morning (Boqer H1242) – **dawn**, or at the **break of the day**, at the **first appearance of light in the sky** before the sun rises

Day (Yom H3117) – **sunrise to sunset** (+-12 hours)

Evening (Ereb H6153 from H6150) – **dusk**, or **when it grows dark**, or **semi-darkness (NOT night yet)**

Night (Layil/Lel/Layelah H3915) – it is the **period after evening (dusk) and before dawn**

Ps 1:1-2 Blessed is the man who shall **not** walk in the counsel of the wrong, And shall **not** stand in the path of sinners, And shall **not** sit in the seat of scoffers But his delight is in the Torah of Yahuah, And he **meditates in His Torah** **DAY**(H3119 - from H3117) and **NIGHT**(H3915).

H3119 yomam

yomam: **daytime, by day**

Original Word: יוֹמָם

Word Origin

from yom (H3117)

From an unused root meaning **to be hot; a [day]** (as the **warm hours**)

We CLEARLY SEE that BOTH H3117 and H3119 CONFIRM [DAY] to be during the HOT(WARM) HOURS (when the SUN is shining) of a Scriptural day.

In the ABOVE 2 verses we ONCE AGAIN see that DAY is MENTIONED BEFORE NIGHT – again confirming Jer 31:35 and Ps 136:7-9.

We also **concluded** from **Gen 1:5, Psa 136:7-9 and Jer 31:35** that Almighty YAHUAH (YHUH) gave the **SUN(daylight) to rule the [DAY]** and the **moon and stars to rule the [night]**.

PLEASE study the six days of creation [see study below] to CONFIRM what has been shared in this study about the Sabbath day/yom.

<http://www.renewedminds2purehearts.com/uploads/5/8/3/6/5836053/scripturalyear.pdf>

Love, shalom and blessings to all ☺