

Transcript – The Sabbath Day Keeping It Sanctified

Shabbat Shalom! I have to wait six months to say Chag Semeach. I just said it. So until the next feast comes up at Passover. I thought since we are transitioning now from the feast to the Sabbath, as elders we're commanded to give meat in due season. I want to give a message today I've been putting together now for a couple of months called, *The Sabbath Day Keeping it Sanctified*. Because for me I'm an old-timer, I've been around for 40 years and a lot of things that I learned early on in my walk, I'm shocked sometimes even at congregations and I see people. And I see simple things that I thought everyone knew about the Sabbath day or how to keep the Sabbath day that people aren't doing and they're not keeping.

So, I've told you this before that up to a couple of years ago I stopped saying that I believe in the Sabbath and I say I **keep** the Sabbath. Because what good is believing in it if you're not keeping it, right? And I'm really; I'm shocked to meet sometimes groups, Sabbath keeping groups ... not with us ... but where people will literally tell me that they just come if it's convenient. Like they work on the Sabbath and if they're off they'll come to services. And if they're not off they'll work. And I'm like, wow! And you're calling yourself a Sabbath keeper? That's not a Sabbath keeper, that's a Laodicean; or even worse because it's a sin as we're going to see here. And **there's a great punishment for Sabbath keeping. It's a capital crime**. Like when we look at adultery and idolatry. So it's a serious thing to Yahweh.

And I want to start the first scripture here in Hebrews 4 because this is not a sermon ... I've given sermons before on the Sabbath and the New Covenant and it definitely is a Commandment in the New Covenant ... that is not what the message is about today. The message today is **how we do we keep it sanctified, what should we be doing on Shabbat and what should we not be doing on Shabbat?** But I do want to just start out one scripture just to *clearly show* without a shadow of a doubt that the day we're keeping today, the 7th day of the week, is Shabbat.

Sometimes people will say, "Well, how do you know that what we call Saturday is really the 7th day?" They're good questions. They're questions I ask myself. And I actually studied years ago - history, to see was there ever a time where there it was different? Has there always been a 7th day? Because isn't it kind of odd, we're living in a world where there's I mean all different kinds of cultures. There's still people living in the bush in certain places that have never seen civilization, that don't even speak a language. They're almost like animals. There's everything from that to communist China, to Russia, to US. So there's people all over the world, everyone with a different culture, everybody with a different religion, everyone with a different opinion. And we all keep a 7 day week. Has it always been that way?

And actually if you look in history, yes, it has always been that way. It has always been that way. There has always been a 7th day week. There was time where I think they went to a 10 day week for a short period of time, but it didn't really phase out, but it didn't change the weekly cycle as we know it today. Even calendars, there was a Roman calendar that they had where it was something where the days of the week were different. But they adjusted it back it was only a couple of years. They saw it didn't work. They kept on that 7 day cycle. And praise our brother Judah when Yahweh says He's given them to really preserve the oracles of Yahweh. And we know that **Judah has always kept the 7th day week. They always kept the 7th day Shabbat.**

So when we look in other cultures, there's some people here from Spanish speaking areas – Nicaragua. How do you say in Spanish, how do you say Saturday? Sabado, right? It's the same thing in Italian. Sabato, Sabbath! So **even the word is the same**. So there is no contradiction. What the world is calling Saturday ... because some people say, "Yahweh would never have the Sabbath called Saturn, after a pagan god." And it's like c'mon, grow up ... grow up! Just look at the history of it. It's in the Bible. We have day 1, day 2, day 3, day 4, day 5, day 6 and the 7th day is Shabbat. And it's the same in Israel, Yom Rishon, the head of the week, going all the way to the 6th day Yom Shishi. It's all by the numbers – Yom Chamishi, is the 5th day. And then you have Yom Shabbat. So it's just always been that way. It's a 7th day week. The

seventh day is what we call today, there no doubt or question. So people can try to make questions up. And what I realized is the way Satan works, Satan always wants to bring a question into your mind, but he never wants to give an answer. He doesn't care what your answer is as long as it's not the truth. So we can be sure that what we're calling the 7th day is without a doubt Shabbat.

Now, is it in the New Testament? Like I said, only one scripture I'm going to go over here because I have a lot of other things to do. Hebrew 4 in verse 7. And this is where the Apostle Paul is relating the 7th days to the millennial rest that's coming; and also the rest in Yahshua that we get. And what does he say in verse 7? He says:

Hebrews 4:7-9 *He again marks out a certain day, ... one day ... saying in King David, Today after so long a time, according as He has heard, "Today, if you hear His voice, do not harden your hearts." ... That's from Psalm 95. He says ... For if Yehoshua the son of Nun had given them rest, then He would not have afterward spoken about another day ... verse 9 ... It is therefore the duty of the people of Elohim to keep the Sabbath.*

And that's in Greek. That's in Aramaic. And it should be in the English. That is the way it is word for word. And what's very interesting, most of the time **Sabbath (H'Shabbat) is a noun. It's a day. It's a thing.** But here, it is *sabbatismos*, it is **a verb. It is something you do.** So he didn't do that on purpose. The Apostle Paul is really, really witty, especially when you read the Aramaic. But he's saying, **therefore remains the keeping of the Sabbath.** And that's why I don't just believe in it. I'm a Sabbath keeper – I keep it because that's what the Commandment says. Not to believe in it, but to **keep** it ... to keep it, not just believe in it, but to keep it.

Hebrews 4:9-10 *It is therefore the duty of the people of Elohim to keep the Sabbath. For he who has entered into His rest, ... We've entered into His rest through the blood of Yahshua ... has also ceased from his own works, as Elohim did from His.*

So that's the point. We are to **cease from our works as Elohim ceased from His works on the 7th day.** And it wasn't just because He was tired. That's not the reason why. And of course yes, sometimes we are human beings. Sometimes we do get tired and you do need it. The same way your horses need a rest when you're running them hard. The same way people need a rest and Yahweh give it.

I'll never forget when I was first coming into the truth, and I was working a business. And I was basically working around the clock. I was probably working 60 to 80 hours a week. Sometimes I would even sleep in my office because I was one of the owners of that business. And I remember like coming and Christians telling me, "No, you're putting yourself in bondage. You're putting yourself in bondage!" And I'm thinking I'm working 60 to 80 hours a week, 7 days a week. Now, I'm going to take a day off that I can actually get a little rest and relax. And you're calling that bondage? It's like ... it's all of these catch phrases that they still have today, right? *That's debunked.* You hear that all the time. They just say it without even listening to what you're saying. They're just catch phrases that people want because **they don't want accountability to truth.**

But the truth of that matter is having a day of rest is a good thing. It's not a bad thing. And we all need it. We need it for our mind as well as we need it for our body. And **it's a day that we get to leave commercial Babylon and we get to enter the Millennium.** These are meetings in Yahweh's Kingdom. We get for 24 hours to leave it all behind. And I taught this many, many years ago. And I remember a lady coming up to me and saying she was actually offended at the message that I was preaching like this. And she says, "You can't do that! When you're going through something you're not able to do that!" And then I say, "Oh yes you can." And I can tell you first hand because I went through one point in my life where I had ... it was the worst time I ever had in my life. I went through bankruptcy and I was going through a lot of very, very serious hard times. And I remember when the sun would set on Friday, I would block that out. And I had my

dinner with Yahshua, my Chinese dinner. Don't know if Yahshua likes Chinese food, but I'd set a plate for Him and a plate for me and we'd have dinner together. And I'd have that Sabbath and it would be great with the brethren hearing the messages. And all I remember is as I see that sun going down and I'd be praying for the new week coming, tears would be coming in my eyes because I know I had to go back to my problems. But you can leave it behind. You really can. And what a blessing! What a blessing **mentally** because there's nothing that ages somebody and is worse for your health than stress. So to have that 7th day when you could leave all that behind is such a blessing. And the Sabbath is a blessing if we really take care of it.

So without a shadow of a doubt, like it says just like Yahweh it's going back to creation. So it's not an Israelite thing because in **Genesis 1** there's not an Israelite, there's not a Jew, there's nothing. There's Yahweh and there's creation of human beings, right? I used to get a kick out of when I would be talking with Israeli's and Rabbi's even, and I would tell them that Adam wasn't Jewish. And they go, "No!" right away. And again, how could he be Jewish? There was no Jewish person there. Abraham had a son called Isaac. And Isaac had a son called Jacob. And Jacob had 12 sons and one of them was named Judah. And that's where the Jewish people came from. So how could Adam be Jewish? But that's the way it was back there in creation it wasn't about. So it's not a Jewish thing. It is a part in the New Testament. And you could read my book on the Gates of Hell (*Gates of Hell Shall Not Prevail Against Her*) where people ... why did most of the Christian world not take the Sabbath was mostly anti-Semitism, more than anything else because **it is an identity of Yahweh with His people**. But without a doubt, **it is the duty of the people of Yahweh in the New Covenant to keep the Sabbath**. That's the end of the story. That's what Scripture says. So let's go to Exodus 20 in verse 8. It starts off:

Exodus 20:8 *Remember the Sabbath day, to keep it holy;*

Comment: Well if something was never there before this then why would you remember it? You remember something that's there. Like I might say, "Hey, Brother Brandon do you remember when we did this at the school? Or sister so and so, do you remember when we met?" You're remembering the definition of itself. Means **you're bringing something into memory**. So when He's saying *Remember the Sabbath day*, He's telling us to bring into memory the Sabbath day because it's there in Genesis, the end of **Genesis 1**.

Exodus 20:9-11 *six days you shall labor and do all your work; but the seventh day is a Sabbath to YAHWEH your Elohim; you shall not do any work, you, nor your son, nor your daughter, nor your male slave and your slave-girl, nor your livestock, and the stranger who is in your gates. For in six days YAHWEH made the heavens and the earth, the sea, and all in them, He rested on the seventh day; on account of this YAHWEH blessed the Sabbath day and sanctified it.*

He set it apart from the other six. So it's the same thing. This parallels also with the Jubilee because Yahweh gives the cycles of seven. So in a Jubilee He gives seven sevens – 7 Shemita's. And then the 50th Year, the Jubilee is set apart. So when you read it, very *clearly* **the 50th year is not the first count to the next seven**. Because you know how you can easily tell it doesn't work that way? Because if you do it that way, you're going to start 7 sevens, 49 years and then the 50th year is the Jubilee, but if you count that as the first year to the next cycle, that means the first cycle has 50 years and every other cycle has 49 years. It doesn't work. It's ridiculous. And it just doesn't work that way. The 50th year is set apart. And the Jubilee is a 50 year cycle, not a 49 year cycle.

So here we see **we are not to work**. You're not to have anybody work. Nobody in your house can work. So your children it doesn't matter whether they're converted or not converted, **if they're in your house, they don't work period!** And that's the way it is. That's the way it works. So I've had unconverted relatives stay with us. I've had my parents stay with us and they're very, very good about it when we tell them. And I'm just like, "Dad, Friday night you got to turn off the TV. That's it." And they're fine with it. But **you cannot have anyone in your house working period because you are the authority there and you are responsible there**. You can't say, "Well my son, he's a non-believer ... blah, blah, blah,

blah.” Okay he can be a non-believer. That’s his free will, but not in your house, not during Shabbat ... so anybody in your house that’s there; if you are the head of the household of course. Let’s say you’re a child, let’s say you’re 21 and you’re living with your parents and you’re a believer and they’re not. You can’t force them to keep Shabbat because you are not the authority in that household. But if you are, then that has to be.

I’ve seen Sabbath keepers that had businesses and on Sabbath they’re in service like this while all their workers are out there building construction, building a house. How is it? Clearly against violation of the Commandment. Anybody that’s your worker, your slave, your daughter, your male-slave, whatever, your livestock don’t work ... don’t work. Nobody works on Shabbat. It’s a day ... because you know why? Because **Satan’s way is commercial Babylon from the beginning**. It’s not a new thing. Babylon is not just an end-time thing, it’s always been there. And it’s not Yahweh’s way. Look at the system out there. It’s not Yahweh’s way for the rich to get richer, the poor to get poorer, to have 70/80% of the world living on a dollar a day. They’re making a dollar a day on average. Can you imagine? That’s not Yahweh’s way while people are making millions and everything else. So every 7th day we get to come out of that. We get to come into an atmosphere where money isn’t any issue. We’re not selling. We’re not buying. We’re coming together. We’re worshipping. We’re fellowshiping. And we’re serving. That’s what the Shabbat is about.

So whatever your normal job is, you don’t work. We cease from work even if you’re a fireman, if you’re a doctor; unless there is a medical emergency. So if you’re a doctor and somebody has a heart attack you’re not going to say, “I’m sorry, it’s the Sabbath.” If there’s a medical emergency, of course life comes before but you don’t put yourself on call for it. You don’t pre-meditate that something is going to happen. If you’re there and something happens, that’s different. But I’ve seen it. Like I said, I’ve seen people in the medical field. I’ve seen doctors that were believers and that they would put themselves on call. And sometimes even have to leave in the middle of a Sabbath service ... *oh my beeper went off. I have to go. They’re calling me down there!* You very simply make it clear when you go for your job – I do not work Friday sunset to Saturday sunset ... period ... period!

It’s yes, if there is an emergency and something is going on and there’s a bus out here gets hit by a car, of course. No matter what **the Sabbath is not a restriction from saving life** but from whatever your job is you have to **make sure you’re not pre-meditating to be at work**. Because compare how many Sabbath keepers there are to non-Sabbath keepers. It’s like 99 to 1 or more ... 99.9 more. So there’s plenty of non-Sabbath keeper that could be on call Friday night to Saturday. You don’t have to be. And usually if you tell your bosses at work, what I’ve seen in 99% situations it’s not a problem because it’s a religious belief. And they respect that but you have to let them know it beforehand. So very clear, we don’t do any kind of work. It reverts to creation.

Deuteronomy 5 in verse 12. And very interesting because the Commandment here is a little bit different. So, when you look at the Ten Commandments it’s very different because from **Exodus 20 to Deuteronomy 5** they do evolve to a bit because what it shows you is, like I said Yahweh works in patterns. And Yahweh works in cycles. So like in Deuteronomy 5 take the fact He doesn’t talk about coveting of houses, why? Because they’re slaves. They can have houses. So coveting is always wrong but then He’s adding things here as the situation changes. And we have to think about that today.

It’s the spirit of the Law. So like I say, sometimes there’s a law that says when you make your house, put a fence around your roof less somebody falls off the roof and causes innocent blood. So you could have a house up there with a steeple roof that a bird couldn’t even hold onto and *“Oh the Torah says put a roof [fence] around it!”* And I’m putting a roof. And yet, you have a pool out here in the back and you don’t put a fence around your pool and someone falls in and drowns. It’s like, *It’s not my fault! That’s not my fault. You shouldn’t have gone in there.* The point of it isn’t a fence around your roof. The **point of the law is the spirit of that law is: you are responsible for somebody’s safety when you’re not on**

your property. So in Israel in ancient times, they all had flat roofs. And there's no air conditioning. So at night they go on the roof. So of course, you're going to put a fence around there because everybody's on the roof so someone doesn't fall. But if you have a house where nobody's on the roof, why would you put a fence around your roof? But you would put a fence around the pool or anything else.

The point of it is **you are responsible for the safety of people.** So **we have to look at the *spirit* of the Torah. The letter is still there but the spirit of it also because we are accountable for it.** Like Yahshua said, *The Torah says you shall not kill but I say if you even get angry at your brother. You've already killed.* It's a capital crime. And I was talking to somebody before it's a great way to bring people to faith because most of the world doesn't understand that. They think they might be a good person because they've never killed or they never committed adultery. And yes, actually in Yahweh's eyes, they have. Because once it's in your mind, the thought is already there, you've meditated on that thought - you've committed it. And those are capital crimes. They will keep you out of the Kingdom. And that's why we need repentance. And that's why we need forgiveness. So Deuteronomy 5 in verse 12 says:

Deuteronomy 5:12-15 *Observe the Sabbath day, to keep it holy ... We're not just believing it but we're keeping it. Keep it kadosh ... as YAHWEH your Elohim has commanded you. Six days you shall do labor, and all your work, and the seventh day will be a Sabbath to YAHWEH your Elohim. You will not do any work, you nor your son, your daughter, your male slave, your female slave, nor your ox, your donkey, or any of your livestock, nor your stranger that is within your gates; so that your male slave and your female slave may rest like yourself. And remember that you were a slave in the land of Egypt, and YAHWEH your Elohim brought you out from there by a mighty hand and by a stretched out arm. On account of this YAHWEH your Elohim has commanded you to keep the Sabbath day.*

So very interesting, is over here it's reverting back to the slavery of our former life. And that's the duality of the Sabbath day. **One is looking toward coming out of commercial Babylon and entering the Kingdom of Yahweh. And one is looking toward coming out of slavery of our life in commercial Babylon and coming into the Kingdom of Yahweh.** And what a blessing it is, wow; 24 hours every week that we get that. And like I said, it's sad because so many people ... it talks about in **Revelation 18:23**, *Babylon has made slaves of the souls of men.* And they really have. And what a great thing that every 7th day we can come out of that as believers. Exodus 16 ... Exodus 16 in verse 22 ... Exodus 16 in verse 22 says:

Exodus 16:22-23 *And it came about on the sixth day, they gathered double bread, two omers for one. And all the leaders of the congregation came and reported to Moses. And he said to them, That is what YAHWEH has said, Tomorrow is a rest, a holy Sabbath to YAHWEH. What you will bake, bake. And boil what you will boil. And lay up for yourselves all that is left over, keep it until the morning.*

Comment: So very, very clearly He's telling us all of our cooking, all of prep. That's why Friday, although Yom Shishi, the 6th day of the week, is also called **preparation day** because that's the day we *prepare* so that we're blessed on the Sabbath that you don't have to spend half the Sabbath cooking and doing all these other things, right? Remember the story with Martha and Mary. And Martha is over there preparing and doing all this stuff when Yahshua's there, and Martha says to Yahshua, "Tell my sister to help me!" And then He's like, "She's taken the greater call." She's going to sit and listen to the words. Not that there's anything wrong with serving, but sometimes we overserve. Sometimes we over-made. Sometimes we're not putting our priorities right. And there's Yahshua, the most important thing is to listen to the words He has to say, not to be baking. And that's why for Sabbath, **whatever you have to bake, whatever you have to cook, you do it on the preparation day.** You do it on Friday.

Exodus 16:24-30 *And they laid it up until the morning, as Moses commanded. And it did not stink and no maggot was in it. And Moses said, Eat today, for today is a Sabbath to YAHWEH. Today you will not find it in the field.*

*You shall gather it six days, and on the seventh day is a sabbath; in it none will be found. And it happened on the seventh day, some of the people went out to gather, and did not find any ... They didn't believe ... And YAHWEH said to Moses, Until when do you refuse to keep My commandments and My Torah? Behold! Because YAHWEH has **given the sabbath** to you, therefore He is giving to you two days of bread on the sixth day. Each one of you remain in his place. Do not let anyone go out from his place on the seventh day. And the people rested on the seventh day.*

And He's talking about of course, going out to work, going out to collect. Not that you can't leave your door on the Sabbath day because you'd have to violate another commandment of coming together if you did that. So I've had people that misinterpreted this to read you cannot leave your house on the Sabbath day period. But in context it's very clear, not to leave to go out in the field to collect the food.

So there's no work to be done. We prepare everything. And I've had situations that where you do have to brainstorm sometimes. So I had somebody contact me one time a couple years ago and they said they had a local fellowship and there was probably maybe 25 people that were there at that local fellowship. And they were meeting in somebody's house and of course, many times during the year the Sabbath doesn't end till 7:30, 8:00, 8:30 at night and the people are leaving like 6:00. And this person said to me, "My wife is every week she's stuck with like all these dishes and all this stuff. And it's taking her like 2-3 hours to do all the cleaning." And they said, "Is it really breaking the Sabbath if all the ladies just help her wash the dishes?" And it's like, of course it is. Yahweh said it for a reason.

But at the same rate, is it right that that woman has to sit there every week for 3 hours cleaning all the dishes? So I said you can brainstorm. Number one, you can get throwaways, right? Just have throwaway dishes, nothing to clean. But we're environmentalists and we really don't want to do that. That's fine too. You know what? Like we did at the school – have everyone bring their own dish. Everyone brings their own dish. We did that at the school. And not only was it great that we had no dishes to clean, nothing because everyone had their own dish. At the end, many of the people had everyone sign their dish and they made a thing. And now it's a memory, right? So wow! Here's a situation that could have been a bad situation of having to have people clean every day. And not only did you solve the problem, you came up with a great memory. So you just have to be ingenious. You have to think. But **we don't violate Yahweh's Sabbath when it's not convenient.** It's that simple.

You have no idea how many people through the years that were new that I talked to that had a job where they had to work on Shabbat, and good people; people wanting to come to faith. And probably more than anything else that has stopped people from coming into the Congregation. And they'll try to figure out a way if there is some kind of ... like in man's law there's always a way around it. And it's like, no! You can't do the job. Is it worth it? And unfortunately, there were people ... some were pilots, they were that were there; a couple of them that left the Congregation over that. Some were working in tech but they were making good money. So I understand where they're coming from but at the other end, like I say, when you're on your death bed and you know you're ready to go and sleep in that grave, you will not be thinking of a job you lost at that point. You're going to be thinking of your relationship with Yahweh is good. You're going to be thinking of your family. You're going to be thinking of your grandchildren. You're not thinking of a job. Jobs come and jobs go.

And I know in my life most jobs I took when I was younger I didn't care because I knew they were temporary. I was always in my own business. I worked for myself. But afterward when I became a believer and there were jobs I had to take, the first thing on my mind was that I wasn't going to violate Yahweh's Word. Because I knew once I submit to this, so I do all my negotiation beforehand, and once I make an agreement, then money isn't an issue. I am going to work. I'm going to do everything but I'm not going to violate Yahweh's Word, period. It didn't matter what someone could offer. It didn't matter, *but only this one time!* Have you ever heard that? *You know it's an emergency. Only this one time! We got*

to do this. We got to get ... And it's like, no ... nope, can't do it. So **there is no compromise when it comes to Shabbat**, to the Sabbath day. So like I said, we have to brainstorm but we have to make sure we are not compromising in this at all.

There is nothing wrong preparing your food on Friday and heating your food on Shabbat. That's a big question that comes up, particularly in Africa. This has been a big issue in some of the area's there. And I will go to the scripture and we'll talk about that. Exodus 35:1-3:

Exodus 35:1-3 *And Moses assembled all the congregation of the sons of Israel and said to them, These are the Words which YAHWEH has commanded, to do: Work may be done six days and on the seventh day it shall be holy to you, ... kadosh ... a Sabbath of rest to YAHWEH; **everyone doing work in it surely shall die** ... So like I said, this is capital punishment. And then verse 3 says ... You shall not kindle **a fire** in all your dwellings on the day of the Sabbath ... You shall not kindle **a fire**.*

And this is why the Jews take this to ump degree. And that's the reason why Orthodox Jews will not drive a car on the Sabbath because when you turn that key, the combustion to start the spark plugs, is spark fire. So they won't do it. So this has been a situation that has come up that people say in many of our congregations like it is over there in South Sudan, Ethiopia. They cook on open fires. So they *should not*. Believe me, I've been a camper my whole life and when I was younger before I was a Sabbath keeper, we'd go up Friday night and we'd get up to the campsite, whatever, it would usually already be dark. And the first thing we're doing is going around and gathering stuff to start a fire. And it takes a long time. You have to gather sticks. You have to chop wood. Sometimes just starting that fire, trying to get it started can take you an hour. And especially there they don't have matches and they don't have gasoline and all this other stuff to get it started. So **fires take time**. So that makes sense.

The same way we're not doing laundry. And the same way we're not doing dishes because **it's time consuming**. That's the point of it. That **Yahweh wants our time on that day, as we're going to see, because He wants to be with us**. So **pressing a button to heat something that's already been cooked is not violating that law**. And what I look at, when you look at these laws, you look at the *heart* of Yahweh and each of us have the Spirit of Yahweh. And this is why by His Spirit we should be able to discern most of these things. And I'm mystified when I see people that have **zero discernment** of the Spirit of Yahweh. That you really *think* that Yahweh is waiting there, He's this loving Elohim, mercy, grace, full of everything and He's waiting there to send somebody to the lake of fire because they pressed a button to heat food that was already cooked? Do we really think that's how simple-minded He is? That's how simple-minded we are. And that's how judgmental we are sometimes.

And again, **if it violates your conscience, don't do it ...** don't do it. Even like head coverings. Head coverings are not commanded in Scripture. We have things on it. If a lady believes that and she's totally convicted, she wants to wear a little piece of cloth on her head. Fine, do it. But the minute you come in here and start telling us or you're going to tell me or one of the other ladies you got to do it for according to the Commandment. Then we're going to have a talk because **the Bible is extremely clear** that hair is the covering. **It's a head covering. It's not a hair covering**. And the hair is the covering of the head. The long hair is the glory of a woman. Why would you want to cover something that Yahweh gave you as your glory?

But again, I am not going to tell anybody to violate your own conscience. So if you don't want to heat food on the Sabbath. That is totally fine but you're not going to prove it from Scripture. The same with alcohol, they asked me a lot even in Africa. A lot of places they think that it's *sin*, any kind of alcohol. It's like just look in your Bible, they drank wine, tiny bit of wine at Passover. We're commanded to drink from the fruit of the vine. So if you want to have freshly squeezed grape fruit, that's fine. Grapes, that's fine. You don't have to take wine. But the minute you start judging somebody else because another congregation is taking like a tiny, not even a drop of wine for Passover, and saying

you're sinning. Then you know what? No! You're sinning. You've become self-righteous and you've come above Yahweh. Because there's a reason why we found thousands of wine presses in Israel. It's not because ... Yahshua did not turn water into grape juice. That is absolutely, utterly ridiculous. It's stupid! It really is. But they didn't have wine to get drunk. What they did was they mixed some wine in the water because just like we saw here, sometimes you have trouble with your stomach. And the wine actually will kill the bacteria in the water. So it wasn't to get drunk. Yes, drunkenness is sin. Drunkenness is evil. If you can't control yourself don't drink any.

And do you know what's really interesting? I'm hosting the feast since 1996 and all those years I posted the feast, I think only once somebody had wine with them and asked me, "Is it okay?" And I'm like, "Yeah." But we don't bring wine. We don't drink wine. We don't do wine because we don't need it. We're having joy without it. But if somebody wanted to have a tiny bit of wine, that's what it says. It says during Sukkot, you can even have strong drink. It's in there. So you can't judge somebody else for it. Praise Yahweh we never a problem with it because that's not where our mind is. But I'm not going to judge somebody else that's doing it.

So it's the same way with the Sabbath day here. You don't want to heat food on the Sabbath, that's fine. But you're not going to go out ... and especially if you're an elder, because you're going to have trouble with me because I've had trouble with a couple of elders over this. If I find out as an elder, you're going to the Congregation telling them they're sinning if they heat their food you're going to be removed. You're violating your oath as an elder because it's not in the Word of Yahweh. And **we don't want to brow beat the brethren to get them to do what we want them to do**. Like I said, you have the freedom to do what you want to do as long as you're not sinning. And I will never, ever, ever judge you or try to convince you otherwise. But don't try to self-righteously push those beliefs on other brethren that aren't Biblical because then we're going to have a problem. It's that simple and that's what the Sabbath is about.

So here we see, like I said **no cooking**, but the scripture says *You shall not kindle a fire*. Not have a fire. And there's been times where we were living in places where our only heat was a fireplace. So what we would do is, before Shabbat starts, we'd pile all the wood in and keep all the wood in there, and then we'd wake up in the morning and we'd still have a little bit of fire going. We didn't start any fire. I would not start a fire on Shabbat, because that's what it says – kindle a fire. I'm never going to go out and gather wood and do all the other stuff. But even the Jews, that's why do you know what Jews do sometimes? They turn on their lights Friday afternoon and just them on for 24 hours. So they won't turn on a light during Shabbat, but they'll keep the light on.

It's really interesting, we were in a hotel one time down in Eilat and it was run by the Orthodox, where Friday afternoon comes the elevators are running on their own. But look out, because it's 13 floors and it stops at every floor. So if you're up on those high floors ... but you know what happens? Shabbat comes Friday night and that's great. Do you know what they're doing? They're having a techno party down in the lobby of the hotel, the Orthodox on Friday evening. And it's like wow! What hypocrisy ... what hypocrisy. So if I press the button for to get up to my room, I'm working but you're having a techno party here, that's okay. But again, that's man's oral law. The oral law which is not there.

So again, we would not ... and this mainly is really talking more industrial fire anyway of what they're doing because as we saw in Mount Sinai they need industrial fire for many things they did. But it's the kindle. Anybody that's ever camped or whatever, or started a fire, you know. Kindling is what takes time. So **you would not kindle and start a fire on Shabbat but in the world we live in, pressing a button is not violating the Commandment**. Very simple! Nehemiah 10 in verse 29 ... Nehemiah 10 in verse 29, it says:

Nehemiah 10:29-31 *making strong their brothers, their honored ones; and were entering into a curse and into an oath, to walk in The Elohim's Torah which was given by Moses the servant of The Elohim, and to keep and to do all the commandments of YAHWEH our Master, and His judgments and His statutes. And we swore that we would not give our*

*daughters to the people of the land nor take their daughters for our sons ... a whole other issue, but verse 31 ... And if the people of the land **should bring goods or any food to sell on the Sabbath**, we would not take from them on the Sabbath, or on the holy day. And they would forego the seventh year, and the interest of every hand.*

So very clearly, **we should not be buying and selling on Shabbat**. Buying and selling is part of commercial Babylon's system. We are blessed to be out of that system. We should not be transferring money and we should not be buying and selling. Nehemiah 13 verse 15 ... Nehemiah 13 verse 15:

Nehemiah 13:15-18 *In those days I saw in Judah ones treading wine presses on the Sabbath, and bringing in sheaves and loading donkeys; ... this is pretty much hard work ... and also wine, grapes, and figs, and all burdens, which they brought into Jerusalem on the Sabbath day. And I testified against them on the day they sold food. Men of Tyre also lived in it, who brought fish and all wares, and were selling on the Sabbath to the sons of Judah, even in Jerusalem. And I contended with the nobles of Judah and said to them, What is this evil thing that you do, defiling the Sabbath day? Did not your fathers do this, and did not our Elohim bring all evil on us and on this city? Yet you are adding more wrath on Israel by defiling the Sabbath.*

Nehemiah 13:19-22 *And it happened, when the gates of Jerusalem began to be shaded as the sun was setting, ... When does the day start? Sunset, very clearly ... shaded as the sun was setting, just before the Sabbath began, I commanded that the gates should be shut, and commanded that they should not be opened until after the Sabbath. And I stationed some of my servants at the gates, so that there should be no merchandise brought in on the Sabbath day. And the merchants and sellers of all the wares stayed the night outside Jerusalem once or twice. Then I testified against them and said to them, Why are you staying around the wall? If you do it again, I will send a hand against you. From that time they did not come on the Sabbath day. And I said to the Levites that they should be cleansing themselves, and they should come guarding the gates, to sanctify the Sabbath day. O Elohim, remember me for this also and spare me according to the greatness of Your mercy.*

So wow, **there is no buying or selling or exchanging money; or even discussing business**. We really shouldn't even be discussing business on the Sabbath day as we're going to see here. Now there are some rare situations that problems come up. Face it, our Congregation is probably 80% third world and most people don't have any kind of vehicles whatsoever. There's places like in South Sudan and Ethiopia where they can walk which is fine. But there's other places where the Congregation you can't get to without travel.

And I've been asked what about taking a bus on the Sabbath day to get to services? So this is where I call in commercial Babylon, in Satan's world, at times we do have laws in conflict. I am working today. This is my job. And it's the Sabbath. But like it says, the priest works on the Sabbath and he's held guiltless because you're doing it for Yahweh. So to me what I would usually tell the people, I don't see anything wrong with taking a bus if you have to get to the Sabbath service, but in the world we live in today most of the time you don't have to exchange money. You can get a bus pass. You could buy the ticket beforehand. Sometimes you can even set up with a taxi if there's enough of you that you pre-paid it beforehand. You're not doing any money. Or even a neighbor or somebody else that could just take you from one place to another.

So just like not washing dishes on Shabbat and everyone bringing their dish, you have to brainstorm. You have to brainstorm it. But in my mind, the Commandment to come together is much greater than somebody having to put out 50 cents for a bus or whatever. That's not what this is talking about anyway. It's better not to buy and sell anything. And that's why I said most I'd say 99% of the time you can buy that ticket beforehand. So you don't have to exchange any money on Shabbat.

And it was really interesting because as sometimes as time goes on you really start to see when we trust in Yahweh, you get testimonies from brethren, some miracles and different things, that can happen when we are trusting Him. But in these tough situations, really they're judgment calls. So sometimes you do have a long conflict and you have to make that choice but you have to look at what is the greater law here. What is the greater one that we're looking to keep? Exodus 31 in verse 17 ... Exodus 31 in verse 17 says about the Sabbath:

Exodus 31:17 *It is a sign forever between Me and the sons of Israel; for in six days YAHWEH made the heavens and the earth, and on the seventh day He rested and was refreshed.*

He was rested and was refreshed. So Yahweh was He tired? Boy, *that's a big universe out there*. Was He like, "Whew, thankful that week's over! You know can't wait till next week." No! But what does that word refreshed mean? The word is *naphash*. It's only used two other times in all of Scripture. And it literally means, *an artificial respiration; to give breath*. Almost like CPR, right? So think about it. When somebody is laying down there and they had a heart attack or whatever and they're not breathing, how much time do you have to give CPR? You have a short time. You got a couple of minutes. You don't give that CPR, that person is going to die. And this is the word that's used for the Sabbath day. Like the Sabbath is CPR. Like every week we're in that world, you come out of there by Friday afternoon you need CPR. You need spiritual CPR. And that's what Yahweh's given us. **He's literally giving us a new breath of life**. So that's the blessing that Satan doesn't want you to have.

Just like I said in the feast, like sometimes a feast like this will give me spiritual energy for six months to a year at a times to keep going. And that's what the Sabbath is every week because we need it. So Yahweh literally gives us artificial respiration. He gives us breath. That's what the word *nephesh*, the soul, the breath comes out there. And the second meaning of this word *nephesh* is *to recreate*. So Yahweh gave the Sabbath to give us spiritual breath, accentuating spiritual recreation. And really to fill your spiritual gas tanks. Like we all know if you have a car or motorbike, or whatever, it runs out of gas you have to fill it back up. And our bodies are no different. Our bodies need to be filled because your tank does run out.

Usually for me, I believe I have pretty good adrenals and sometimes like for a feast or a school whenever I go on adrenal for weeks or a month, and when it's over, it's like whew! Literally I could be laid out for a couple months. Praise Yahweh in recent years not so bad, but in times past it was like that. Like my tank was empty, running on empty. So we need this. We need that rejuvenation. Genesis 3 in verse 17. And this is with the sin of Adam, the curse that comes.

Genesis 3:17-19 *And He said to the man (H'Adawm), Because you have listened to the voice of your wife, and have eaten of the tree about which I commanded you, saying, You shall not eat, the ground will be cursed because of you; you shall eat of it in sorrow all the days of your life. And it will bring forth thorns and thistles for you, and you will eat the plant of the field. **By the sweat of your face** you will eat bread until you return to the ground. For you have been taken out of it; for you are dust, and to dust you shall return.*

So Yahweh didn't mean for us to go through six days of such stress and sorrow and pain to work in a world. It wasn't meant to be that way. Our work was meant to be a blessing. It was meant to go out and enjoy it and do it and bear fruit. But again in commercial Babylon, which we live in, it's usually not that way. It usually is stressful and it usually is hard, but that's six days. So six days it's like a curse to have to work in that system. And we do what we have to do to survive by the sweat of our brow. But the 7th day we're blessed to come out of it. We really are. And praise Yahweh, if you have a job you love and you have a job that is a blessing to you, praise Yahweh for that. That's great. That's really a blessing to have it. But unfortunately in the world that's few and far in between. So it's not normally like that and the Sabbath is really a day to come out of that – **to recreate ourselves for that day**.

Luke 4 because it's shocking to most people in the world and there's people out there, American Patriots and all these people, and they want to take back the country and take back this. I give them credit. I admire them because their heart is right, but they're not really understanding that that system that's out there it's not for us to take it back. It's for Yahweh to destroy and bring His Kingdom. There was a choice at creation. Adam chose commercial Babylon with Satan over the Kingdom of Yahweh. So Yahweh's not trying to convert Satan's system into His Kingdom. He wants us to abstain from commercial Babylon to be in His Kingdom. That's the choice. It's not to go there. And Luke 4:5 shows us:

Luke 4:5-7 *And leading Him (Yahshua) to a high mountain, Satan showed Him all the kingdoms of the world in a moment. And the Devil said to Him, I will give all this **authority** and their glory to You, because it has been delivered to me, and I give it to **whomever I wish**. Then if You worship before me, all will be Yours.*

Wow! Talk about pride! Can you imagine? Satan who's created by Yahshua is telling Yahshua bow down and give me worship and I'll give you this. And of course what did Yahshua say? You worship Yahweh alone. But Yahshua didn't say you don't have that authority. And he said the authority. Satan is the authority in this world. We know it. We see it all over the place. So it's not about converting his authority. It's about we come out of that system every 7th day and we're blessed by it. Praise Yahweh for that.

Ezekiel 28, just to show this is not something new. It's not something just for end time commercial Babylon. But it's always been there. Ezekiel 28 verse 1 says:

Ezekiel 28:1-5 *And the Word of YAHWEH was to me, saying, Son of man, say to the ruler of Tyre, ... Tyre was the big trading port at that time ... So says Adonai YAHWEH, Because **your heart is lifted up**, and you have said, **I am an El**, I sit in the seat of Elohim, in the heart of the seas; yet you are a man, and not an El, though you give your heart as the heart of Elohim. Behold, you are wiser than Daniel. Every one of the secret things are not hidden to you. With your wisdom and with your understanding you have made riches for yourself, and have worked gold and silver into your treasuries. By your great wisdom, by your trade you have multiplied your riches, and your heart is lifted up because of your riches.*

And who is this? Couple verses later, literally it's Satan. It's Satan. He's the one that was covering the ark. And clearly this is from the beginning. He's using a system of world-wide trading that's not a fair system, and a system to oppress people. So that's why we're blessed. We live in the world like it says. Yahweh doesn't want us to go to the moon. We have to live within the society. You have to make a living in the society. *He who doesn't work, doesn't eat*. But we have to realize we have that blessing of every 7th day that we get to come out. That is Yahweh's blessing to us to keep us from going insane. The Sabbath is to clear our mind from world democracy. Like I said, since creation Satan has been there. Mark 2:27 says:

Mark 2:27 *And He said to them, The Sabbath came into being for man's sake, not man for the Sabbath's sake.*

So you know I commend our brother Judah that they preserved the 7th day for us and we know what day it is. We know from all the historical records but where I will differ with our brother is I don't think we need 1000 laws, do's and don'ts for the Sabbath day, to the point of even not breaking off the toilet paper, or breaking it off on Friday. So that's what they do. They literally break off the toilet paper on Friday. Or, they consider that work. I think it depends what you ate whether it's work or not with the toilet paper. So that's a whole other issue I'm not going to get into.

But the Sabbath was made for man. Not man for the Sabbath, right? So we don't want to restrict ourselves so much on the Sabbath that we're afraid to do good, we're afraid to love our neighbor. We're afraid to share. Because it's made for us as we're seeing. It's to keep us out of that system. It's to keep our mind clear. It's for Yahweh to rejuvenate us.

And face it, there's a lot of times in our life we want to do things, right? You make goals for yourself - *I'm going to read the whole New Testament by this. I'm going to do this.* And many times we don't get those goals, not because we don't want to do it. It's just time comes up and other things come up. And be honest, if the Sabbath wasn't a Commandment would you go every week faithfully? How many times would you maybe not go or do something else? And if it's not commanded, chances are we're not going to do it more than do it. So it's a blessing that Yahweh gave this as a Commandment. That **He commands us to come out every 7th day and be blessed.** And that's why we don't want fear it. We don't want to make it into just a ritual that is a binding ritual that hurts us more than help. So we see the Sabbath was made for man. Not man for the Sabbath.

The other thing I want to go into here very interesting is Isaiah 58. This is really a big point. Isaiah 58 verse 13 and 14 says:

Isaiah 58:13-14 *If you turn your foot away because of the Sabbath, from doing **what you please on My holy day**, and call the Sabbath a delight, to the holiness of YAHWEH, glorified; and shall **glorify Him**, to the holiness of **not doing your own ways**, from finding your own pleasure or speaking your own words; then you shall delight yourself in YAHWEH. And I will cause you to ride on the heights of the earth, and make you eat with the inheritance of your father Jacob. For the mouth of YAHWEH has spoken.*

Wow! He's saying you'll be in the Kingdom. So here it is. It's not just a day to sleep for 24 hours. It could be a day you sleep extra time. You have to be up every day 4:30-5:00 in the morning. On the Sabbath you sleep extra. That's great. But **it's not just a day to physically lie around and do nothing. And it's not a day for pleasure seeking.** So nothing wrong with taking a walk to the park with your family, nothing wrong. But it's not a day to go sporting on the water and all this other stuff. It's not for that. It's not a day of pleasure seeking. And there's people that actually do that. Like they won't work on Shabbat, but they'll do every kind of pleasure seeking you can imagine. So **it's a day where we're not seeking our own thing but we're looking to draw closer to Yahweh.**

The other thing and it says here which is very interesting, **it's a day that we don't speak our own words.** So we're not speaking our own words, we're not seeking our own pleasure. Not a day to go to concerts, sporting events, functions with non-believers. There's sometimes they'll say, "Well, my family they were having a picnic. It's only a picnic." But if it's all non-believers, that's really not the environment for a believer on the Sabbath; also, not a day for volunteering.

There's people that because they say, "Well, I work all week. Sabbath's the only day I'm off and I go volunteer at a hospital. I volunteer for that." And you want to know something? We live in the most wacky world in the world that's ever been and probably 90% of jobs are jobs that wouldn't have been here in Biblical times anyway. But our job in general should be, not necessarily volunteering where you're not getting money, but it should be something of public service to somebody; or why are you doing it? If you're just doing a job that has no public service then what is my job? So we have six days to volunteer so to speak. Everything we're doing should be helping someone, serving somebody in one way or another.

Somebody that works for the electric company, he's going out there and he's fixing the electric wires. Not the most prestigious job in the world but it's helping people. People need electric. Look what happens when storms come. People die because they don't have it. But our regular work for six days should be something that's serving or helping somebody. So the 7th day is not for volunteering. The 7th day is for communion with Yahweh. It's to be with Him and His people. It's not a day for volunteering. If Yahweh sets aside every 7th day, the whole universe for us, then I think we could show up for Him. It's that simple. It's a day to draw closer to Him.

So like I said, all our work. And again the workman is worthy of his hire. I'm not saying volunteering where you're not getting money. We should get paid. You're doing a service you should get paid by it. But you should think, what you're doing should be somehow service oriented, helping somebody in some way. It shouldn't just be money oriented.

But the thing I want to talk about now is not speaking your own words. And I'm amazed sometimes that I'll see like what is your Sabbath talk? Is it small talk? Is it talk about work? Is it talk about politics? Because what you discuss on the Sabbath says a lot about who you are because *out of the abundance of the heart, the mouth speaks*. And I'm amazed sometimes where I always think like ... this is why I don't give a regular ... we don't do the Jewish Torah readings. I leave it up to each congregation to do what Torah readings they need. Because a lot of times, the Torah readings will equate to maybe what the congregation needs that week or what they're working on, right?

And that's why I feel like with a sermon. I feel like a sermon is kind of like an open dialogue. So I would hope that after a message is heard, like it continues; maybe not just with the message but other things, spiritual things. And I'm shocked like sometimes, boom, the message is over and it's like a couple will come up, "Hey, that's a great message." And then the next thing you know everything is just worldly talk – worldly talk, work talk, this talk. And it's like is it the Sabbath? Or is it one of the other six days?

So it's not just **not** doing something, just not doing dishes and not working. That's part of it but it's also **proactively having that day to be in the Word and discussing things, spiritual things, uplifting people**. And again, it says a lot of who we are. So if 90% of your Sabbath is worldly talk somethings wrong there. And you're violating the Commandment. You're really violating the Commandment. So what we have to do is **condition ourselves to make sure that our talk is different**. Because is the only difference of the Sabbath is us sitting in a chair and us wearing nice clothes, or us eating certain food, we're missing the point. **It needs to be more spiritual food that's coming in there** not just from the elder but from everybody, like I said, a day to uplift, a day that ... that's why the testimonies are so great because the testimonies empower each other; and they share things from the Word. But actually, everything that comes out of your mouth is a testimony. And on Shabbat, the words coming out of our mouth should be words of life, words of Yahweh's Word to one degree or another. So what is our Sabbath talk? What are we discussing like it says – says a lot of who we are. And **it is a Commandment not to speak our own words**.

The other thing is and sometimes you can't help it but the minute you bring a non-converted person around on the Sabbath, it's like with electricity. Electricity needs to come. And that non-converted person is a break in the electricity. It's like turning off the switch. So unfortunately there's times where in our midst there could be an unconverted mate that is bringing the person to services or whatever, and they're not a trouble maker or whatever, so if you didn't allow that person to come then maybe that would be hindering another brother or sister to come. So you have to make these decisions. They're not always easy, but you make it as a congregation. But just that we understand that.

That's why on the Sabbath, going out to restaurants ... as much as I don't like going out to restaurants, the main thing is you're buying and selling. But even more than the buying and selling, why I don't want to be in a restaurant is. You're around all worldly people. And you'll see it. In Church of God, I don't know why they used to allow that. We'd be done with services and everyone would go out to the restaurant and get lunch or something. But while you're in this environment with the brethren you'd see how it is. And the minute ... boom ... you go out in that restaurant it's like totally gone. You stumped the Spirit of Yahweh. So you want to think about that. That's why we want to be sanctified. That's why Yahweh brings us in the wilderness in the end time. So the minute you have un-converted people there, they don't think like you. They don't think like us. They don't think like Yahweh. So it will inhibit your Sabbath. And again, sometimes there's nothing you can do about it. But it's just something to think about at least.

Exodus 31 verse 19 [12]. I went over this a little bit. I'm going to read a little more now because it also is a covenant. **It is a covenant that Yahweh uses as sign to show who His children are.** It's powerful! And that's why there is nobody on this earth no matter what they would tell me or show me that can ever make me believe to stop keeping Shabbat! I've benefited too much for 40 years doing it. I've only seen benefits. And it is such an important thing as Yahweh's child that we need to really be looking at it and keeping it sanctified. Exodus 31 in verse 12 and He said:

Exodus 31:12-13 *And YAHWEH spoke to Moses, saying, And you speak to the sons of Israel, **charging them**, ... Right? This is command. It's a charge ... only **My Sabbaths you will keep**; for it is a sign between Me and you for your generation; to know that I am YAHWEH your sanctifier.*

Comment: I don't know if you've ever had this happen, but do ever talk to somebody about the Sabbath and they'll say, "Well, my Sabbath is Sunday." And when they say that read them this scripture, *only **My Sabbaths you will keep***. I'll say, "Well yeah your Sabbath is Sunday, but Yahweh's is Saturday." Whose do you want to keep? Yours or His? Muslims, theirs is Friday. Everybody can keep something. That's fine. It's good to set apart a day. That's another question that comes up, "Does it matter if it's Saturday as long as you put one day aside?" You could put seven days aside. **But the 7th day, H'Shabbat-Saturday is YAHWEH's day. That's the day HE put aside already. We don't have to add to it.** So whatever else you do and you want to make – that's fine! But **this is HIS Sabbath, period!** And that's what He says, only HIS Sabbath.

Exodus 31:13b-16a *for it is a sign between Me and you for your generation; ... for always, forever ... to know that I am YAHWEH your sanctifier. And you shall **keep the Sabbath**, ... Not just believe it, but keep it ... **for it is kadosh for you**; the profaners of it shall sure be executed; for everyone doing work in it, that soul will be cut off from the midst of his people. Work may be done six days, and on the seventh day is a Sabbath of rest, holy to YAHWEH; everyone doing work on the Sabbath day surely will be put to death. And the sons of Israel shall **guard the Sabbath**, ...*

Comment: You are to **guard it**. That word keep is literally guard, protect. Like you're a watchman in a tower and the whole town is depending on you and you're there waiting. And if that person comes, you have to guard that town. Well, he's telling us to do that with Shabbat, to guard it and protect and take it personal if people are trying to say, "It's no good. It's done away. It's this and that!" You don't have to get angry but take it personal. You have to guard it. You have to defend it. And you have to give the scriptures like I'm giving here to show them, "No you're wrong. This is important!"

Exodus 31:16-18 *So the sons of Israel will **guard the Sabbath**, to observe and to do the Sabbath for all their generations; it is **a never ending covenant**. It is a sign forever between Me and the sons (or the children) of Israel; for in six days YAHWEH made the heaven and the earth, and on the seventh day rested and was refreshed ... It goes back to creation. It's not a Jewish thing. It's from creation ... And when He finished speaking with him on Mount Sinai, He gave to Moses the two tablets of the testimony, tablets of stone, written by the finger of YAHWEH.*

So I'm amazed there are some churches out there that do preach we have to keep the Ten Commandments, and they don't keep Shabbat. I mean that's one of the Ten. Like they try to say it's part of the ceremonial Law. It's like, wow, you can't get more powerful. There are 613 Laws in the Torah. Some are commandments. Some are statutes. Some are judgments. But **there is nothing more foundational than the Ten Commandments.** Thou shall not lie. Thou shall not steal. Thou shall not commit adultery. This is like the foundation and all the other Laws come off of there. Although there's 613 that go into more detail, they all to one degree or another stem from those Ten. The Holy days is an extension of the Sabbath day. Read **Leviticus 23**. So wow, **out of the Ten most important Words that Yahweh can give us, H'Shabbat is one of them.** And people try to say it means nothings. It's like wow; they don't have the heart of Yahweh. But it does.

And **the Sabbath is a family day**. I call it *Daddy/Child Day, Daddy/Daughter Day, Daddy/Son Day*. Like I said, Yahweh has tough job. I wouldn't want His job. You have to run that whole universe. You have to constantly 24 hours in a day, He's out there and He's charging cherubs and they're going and they're doing all this stuff and He's watching. So I certainly wouldn't want Yahweh's job, but He loves us enough that every 7th day, He puts it all aside. And He comes and He communes with us.

And that's why I say, prayer is real simple. It's just dialogue. That's all it is. It doesn't have to be extremely formal and all the other things. It's just sharing with Yahweh what is on your heart and how you love Him and how you care for Him. And then through His Word, and He talks back to us. So the Sabbath gives a relationship that you can't get any other way. Same as His name. I always say how many people do you know in a real intimate way that you don't know their name, right? So knowing His name is something else that makes us more intimate. But **the Sabbath has been there from creation** ... creation. And I believe from that first Sabbath on creation that there would have been somebody, at least one person from creation till now, that has honored Him on Shabbat. It's never been broken. There's always been somebody. And now that's us. **And it's a sign that we're children of His. It's a sign of that intimacy.** So you know what? When somebody says it's done away, you don't have to do it. "Well, okay. You're not a child."

Like we have a family picnic every week, Esposito family picnic. We've been doing this now. It's getting close to sixty years. Can you imagine that? It's amazing. But if you're a Smith or you're a Jones and you don't want to come our picnic, that's fine because it's an Esposito family picnic. But don't tell me there's no picnic. My family is all over the world, cousins, and uncles and aunts and everything. And there isn't a person that's an Esposito that doesn't know about that picnic. So it's the same thing here. **Yahweh sets apart this time for His family.** So people that aren't part of the family, let them say and do what they don't. They don't understand. That's fine. But you know what? My family, every 7th day, I'm going to be there. That's the Yahweh family. That's what He does. That's how He comes together. And that's what I'm going to do. So helping somebody, serving, working, whatever; I have six days to make plans every week. But on my calendar H'Shabbat, there'll never be anything but communing with Yahweh and His people. That's what that day is for. You know what's also interesting it talks about ... let's go there to Leviticus 23. Leviticus 23:

Leviticus 23:1-3 *And YAHWEH spoke to Moses, saying, Speak to the sons of Israel, and you shall say to them, The set feasts of YAHWEH which you shall proclaim as holy gatherings, shall be these: These are My appointed feasts: ... and the first one of the feasts is Shabbat ... Work is to be done six days, and on the seventh day shall be a Sabbath of rest, a holy gathering; **you shall do no work**; it is a Sabbath to YAHWEH in all your dwellings.*

Right? So we just read you are to have ... in the other scripture ... **a holy convocation**. What does that mean? A holy convocation; it means a meeting. You're to have a meeting every Shabbat. But if you look that word up, convocation, it literally means rehearsal. So it's just like when somebody gets married. You have a wedding rehearsal usually. People will have a rehearsal because you want to make sure everything's right. It's the biggest day in your life. So you practice coming up the row, and the people there and what you're going to say, and what where you're going to stand, and whose going to do this. Which is great because you want to rehearse, you want to do it right. It's such an important day.

And here we are what are we waiting for? We're getting every spot and wrinkle out of our garments as the bride of Messiah. So **every Sabbath is a rehearsal for that wedding ceremony**. Every Sabbath is a rehearsal when we're going to be with Him at that real wedding ceremony when He returns. So we certainly don't want to miss the rehearsal because you miss the rehearsal you're not going to know what to do when the real thing happens. So praise Yahweh for that. We're rehearsing His Millennial Kingdom. We're rehearsing being His bride which means also we need to be on time. Because there's a time to the Sabbath. It's evening until evening, sunset to sunset. You have a rehearsal. You have a meeting. You have to be on time. The Sabbath day separates us from the rest of the world. We need to keep the sanctity

of it. The other thing is since it is set apart *mentally* ... I say this like at the school when I'm teaching people about going out and witnessing and stuff. And I say one way to witness because you have to really set your mind to it, is to have a special pair of clothes that you only wear when you're witnessing. It can be a special shirt. It can be a special hat. It can be a scripture, a special scripture you read when you do it because your mentally trying to set your brain to say when they see this shirt or they see this scripture – okay, now they're in the mode, *I'm going out witnessing*.

So it's the same with the Sabbath. On the Sabbath, not to say you need clothes you *only* wear on the Sabbath, but **we should be wearing our best**. I mean I've seen in places, praise Yahweh not our Congregation, but I've seen in places where people coming out of the Sabbath day with like rags on them, ripped pants. You buy this stuff now. I don't understand it. But the people go to the store and buy clothes that are ripped. It's like I'm thinking your garment you going to take that? *No, no that's the way it's supposed to be*. Huh? That's the world.

But on the Sabbath day, if you're going for a job interview and there's a hundred people going for that interview, I can guarantee you that you're not going to get the job out of those hundred people if you're coming in, in rags. You didn't comb your hair. You came in, in rags. You look like you just rolled out of bed. That's not the way you go in for a job interview. So why would you come before Yahweh that way? What disrespect are we showing Him when we're not coming with our best?

Let's go to Matthew 22 because it's interesting I travel a lot and sometimes I read articles on travelling or even a lot of times through the years talking to stewardesses and the pilots that fly the plane. But it's really interesting, what I've been told by many people and I've read it that the number one thing when you're in an airport that helps them to service you, is when you're dressed in a suit, or dressed nice because they see the difference between people that don't travel and people that do travel a lot, without saying a word.

Your appearance, the Bible says don't judge by appearance and *we shouldn't judge by appearance*, but in all reality is – we do. Your mind is mentally when you see something you make a judgment right away. If right now, a policeman walks in that door your mind is thinking one thing. Unless somebody walked in that door with the Muslim garb, you'd think something else. If somebody walked in that door with a fire-hat you would think something else. So we're not *judging* by that but we're *making* a judgment. We're not like judging the person, but you're making a judgment. We do. Everything we do the first thing is visual. And that's why Yahshua says; **make sure your eye is clear because you want to judge correctly**. But we do. The minute you see something you judge.

So it's the same way like I said, if you're a boss and you're interviewing a hundred people and somebody comes in for that interview and they have ripped up clothes and they don't even have shoes on their feet and they have dirty feet and they're coming in without even shoes, you already made a judgement in your mind. And most of the time bosses would probably be like, *okay next!* So appearance does mean something. I'll read it right here. Matthew 22 verse 1 says:

Matthew 22:1-2 *And answering, Yahshua again spoke to them in parables, saying The kingdom of Heaven is compared to a man, a king, who made a wedding feast for his son.*

And we know it. We know from Revelation. We know it from many. Drop down to verse 11:

Matthew 22:11-13 *And the king coming in to look over those reclining, he saw a man there not having been dressed in a wedding garment. And he said to him, Friend, how did you come in here, not having a wedding garment? But he was speechless. Then the king said to the servants, Binding his hand and feet, take him away and throw him out into the outer darkness. There will be weeping and gnashing of the teeth.*

Wow! So out of respect ... out of respect! It doesn't mean you have to wear a suit, doesn't mean you have to wear fancy or expensive clothes. You wear your best. You wear your best before Yahweh. You're coming and appearing before Yahweh. You don't just come as if you're appearing because you know what you're doing? You're making it common. You're making it like anything else. There should be a difference between appearing before Yahweh and meeting your friends for a coffee. It shouldn't be the same thing. **You don't want to make your appearance before Yahweh as something common.** He is the King of the universe and we need to respect Him as such.

And we're living in a world where there is no respect. There's no respect for nothing. And I tell this story when we lived in Israel and many meetings I had with the Knesset. I've been there more than 25 times, meetings with all different kinds of people and leaders. And I would always wear a suit and tie because I'm going as Yahweh's representative. So I'm responsible for that. And there'd be times like the person that's setting up the meeting would talk to me, "And no this is real informal. You don't have to wear a suit." And I say, "Oh yeah I do. Yeah I do." I know I don't have to wear it but I wear it because I'm Yahweh's representative. Anybody that meets me is going to know. And I can't tell you how many times walking through the Knesset, I pass by somebody and as they pass by me, they stop and they look and they're trying to figure out who I am. "Do I know you?" And I'm like, "I'm not sure." You do now, like give a little hint because you don't know.

Because our stature, it's the same way, you could tell by some. I teach this at the school, your physiology. If I came in here today and I'm slumped over like this and my neck is like this, and I start talking is everybody okay? People are going to, "Hey Elder Don is everything okay?" You could tell by somebody's physiology. But if you come in and you have a smile on your face and your shoulders are broad and you're coming and you're looking nice, people are going to notice that. And they're going to be like, who is this guy? And a lot of times because once they're asking who you are then they're going to be asking ... they're going to want to know what you're like.

I had a situation and I will tell you this really quick on situations it shows Yahweh's sense of humor. When I went to United Nations, I had to wait on line. There's a long line you have to go through to give your security and all this stuff and this guy came up to me. He must have mis-interpreted coming, he's like, "Oh, no don't wait on that line. Come with me." I'm like, okay. He takes me through. I didn't have to go through the line to show. He brings me up to this room and there's a square there. There must have been about twenty different heads of State and secretary's State that sit in this room. And I'm saying *I'm in the wrong place*. But I'm not going to say anything.

So I sit down and each person starts getting up to introduce themselves. *Yes, I'm the Secretary of State*. And then when it came to me I stood up and I said, "Hi, I'm the Ambassador for the Kingdom of Yahweh. And I work doing this program on ambassadors for Israel." So I spoke for ... and then one guy got up, *I think you're in the wrong place*. And I said, "Ah yeah, I think I am but for all you distinguished gentlemen I am very, very happy that I had the opportunity to share who I am. And maybe at lunch we'll get to see each other." And a couple of them did come up to me later. So you never know when Yahweh puts you there somewhere. But if I'm there, I'm going to take that opportunity! Then **your appearance means something**.

Like I said, first visuals to something, means something. So when we're appearing before Yahweh we want to make sure that we are appearing before Him. And we're ... like I said ... because people have said, "I can't afford a suit or I can't afford this." That's fine. It's not about a suit. **It's about wearing the best you have, doing the best you have.** And sometimes I've heard people say that and I really wonder because I see people affording the iPhone and all that stuff and then saying I can't afford a suit. Because you can buy jackets, I bought them second hand for a couple of bucks. It's really what your priority is.

Hebrews 10 in verse 25. The other thing is **not forsaking the assembly of the brethren**. Now again, there's things that come up. There's times we might not be able to get to services. You could be sick. You could be having things in your life. You could have had such a hard week. So we don't want to make it a litmus test if somebody can't make it to services for whatever reason. But overall, we should be trying. It's a commandment. And we should be forsaking the assembly of ourselves together because you know who gets hurt the most when you do it? You! You need it more than anybody. And when you're not there, you're going to hurt yourselves. Hebrews 10 in verse 25 says:

Hebrews 10:25 *not forsaking the assembling together of ourselves, as is the custom of some, ... so for some, it's not just that they're sick or whatever. It's their custom. They just don't show up ... but exhorting, and by so much more as you see the Day near.*

And I remember when we started our congregation in Pennsylvania; it was right after I went to Israel the first time. And it kind of blew up from nowhere. Before you knew it, we had like 60/70 people there. But what was weird is we got up to about 90 people but only about 25 showed up every week, 25 to 30. Some people would show up maybe once every two weeks. Some people once every month. Some people once every year. And the strange part was when we prayed and we decide to leave Babylon, I got phone calls from some of the people that only came maybe once or twice a year, really in tears saying, "I can't believe you're leaving. What are we going to do on the Sabbath?" I said whatever you do on the other 51 weeks that you're not there. I don't know.

But it was really strange that sometimes you see ... because I used to also do phone ministry 25/30 hours a week in America. And I saw after a while ... although it was powerful to do phone ministry and people needed it, there were also people I was enabling. There were people there that you're not helping. Like they just want an ear to hear, but they're not going to change and they're just going to talk. And you're enabling them. So if you are doing ministry like this, I encourage you to bring accountability to the people. Yes, there's a time just to listen that people need, but if it's a thing where its months and months or years and years, then force those people to change. And tell them, "Okay, the next time we speak make sure you do this." And a lot of times, they'll never call you back again because they're only looking for people that they can enable that. But here **we want to make sure we're not forsaking the assembly together**. Go to verse 37:

Hebrews 10:37-39 *For, the time is very short and He who will come, will come, "will not delay." "But the righteous shall live by faith;" "yet if he draws back," "My soul is not pleased in him." ... So we want to make sure we're not drawing back. Now is not the time to draw back. Now is not the time to be on our own ... But, we do not belong to those drawing back, which leads to perdition; ... the falling away from the faith ... but to the faith which restores our soul.*

So it's a dangerous path you run into when you're forsaking the assembly of the brethren. And again, sometimes people are sick. Sometimes it's so. There's a reason sometimes where people can't. We have to think about that for people who maybe are handicapped or are sick. We should be going and visiting them and helping them. And finding out, can we help. But for people who are just forsaking the assembly because they don't want to be there, they're playing with Russian Roulette. A couple more points before we end. 1st Corinthians 14 in verse 26:

1st Corinthians 14:26 *Therefore I say to you my brethren, when you come together, whoever among you has a psalm to sing, has a teaching, has a language, has a revelation, has an interpretation. Let all things be for building up.*

So when the body comes together, yes, the pastor who was giving the message is probably the more focal person because he has the microphone in his hand. He's giving a message like this. But **all of us should be coming with something to give**. That's what the Sabbath is about; whether it's a word of encouragement, whether it's a testimony at testimony time, whether it's just a hug to somebody that needs it, whether it's something you make for food that you

want to share with the brethren. **Everyone should be thinking of coming with something to give.** And then, if you're not coming there's something that's going to be missing. Like I tell in a community everyone should have a job. And if one person didn't wake up that day and didn't milk the cow, nobody has milk for their cereal or their coffee, or whatever. And everybody sees it. In a community you can't hide it.

So we need to be thinking about this. Whether it's the feast which we're commanded – everybody come with their **offering**, right? Not necessarily money. Your offering could be that song you gave, the beautiful song. Your offering could be that testimony. Your offering could be like I said, sharing and helping with somebody. But as believers this is why we need to understand our spiritual gifts. And we should be coming to share to give of something that Yahweh blessed us with to give to others. 1st Timothy 4 in verse 13. The elders they do come to share the Word of Yahweh. 1st Timothy 4:13:

1st Timothy 4:13-16 *Until I come, be diligent in **reading**, ... This is what the Apostle Paul is telling Timothy who's an elder ... in reading, in prayer, in teaching. Do not neglect the gift in you, which was given to you through prophecy, with laying on of the hands of the Elderhood. Meditate upon these things; give yourself wholly to them, that it may be plain in all that you are progressing. Give attention to yourself and your doctrine; and be firm in them, for doing this, you will both deliver yourself and those hearing.*

So very, very clearly here that the elders are there to give the Word, to help the spiritual rejuvenation that people would not receive if they're not there. So it's important for us to be there to be able to get that. Mark 3 verse 1 through 5 ... Mark 3:1-5. It is lawful to do good on the Sabbath.

Mark 3:1-5 *And again He entered into the synagogue. And there was a man who had a withered hand. And they watched Him, whether He will heal him on the Sabbath, that they **might accuse Him**. And He said to the man who had the withered hand, Rise up into the middle. And He said to them, Is it lawful to do good on the Sabbath or to destroy that which is evil or to give life to a soul? But they were silent. And having looked around on them with anger, being greatly grieved over the hardness of their heart, He said to the man, Stretch out your hand! And he stretched out, and his hand was restored sound as the other.*

So like I said we don't want to become Pharisee's. We want to keep Yahweh's Word. It's really simple. There was one time I was in Jerusalem I used to be called all the time by the Orthodox priests there, the Rabbi's. And they would have a guy come to the bookstore and they'd say, "Hey, this Rabbi wants to talk to you today." "Okay." So I went to this one who was a real top Rabbi there and we were talking about Shabbat. And I said, "Well, we don't believe in the Oral Law." And he said, "Yeah, but if you don't have the Oral Law, how would you know what to do? We have a thousand laws to make sure you know what to do." I say, "Well, it's actually pretty simple. You don't seek your own pleasure and you don't work." And he looked at me and he said, "You know you're right. Maybe we didn't need those thousand laws, of cutting off the toilet paper, whatever." It is pretty simple.

There's a couple of principles that Yahweh gives us for Shabbat. And that's what it comes down to. But we don't want to make it a burden. We don't want to be like the Pharisees. We don't want to have a thousand laws. And we want to make sure that we understand it is lawful to do good. **It's lawful to do good and to share on the Sabbath without compromising the Commandment**, of course ... without compromising the Commandment. Last scripture is Isaiah 66 ... Isaiah 66 verse 22 and 23 says:

Isaiah 66:22-23 *For as the new heavens and the new earth which I make stand before Me, declares YAHWEH, so your seed and your name will stand. And it will be, from new moon to new moon, and from Sabbath to its Sabbath, **all flesh shall come to worship** before Me, says YAHWEH ... all flesh shall come to worship before Me.*

So let's remember it's not only a day of resting, but it's a day of worship. It's a day that that's why Yahweh has not doing dishes and not cutting lawn, and not doing our regular job so that we have the *time* to worship Him. And the time we might not have. I'm sure all of us would say, *boy, I wish I had six or seven hours every single day just for Bible study and prayer.* And there was a time we did when we first left Babylon. I had a lot of time on my hands and I loved it. I love studying and praying and doing all that stuff for six or seven hours. But then in a normal life when you have things you have to do, you don't have that time. So praise Yahweh for the Sabbath. That on the Sabbath we do have that time. On Sabbath you have that extra time that you don't have during the week.

So we want to make sure it's not only a day just laying around sleeping all day or whatever. It's a day that we're worshipping Him. It's a day to be more in study. It's a day to have more relationship with Him. A day to draw closer to Him and to each other. So wow, the Sabbath day, keeping it sanctified. What a beautiful day He gives us. Thank Yahweh for that. And thank Yahweh for this day. And Shabbat Shalom.