The Seventh Day

The Creator's Day of Rest

On the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Genesis 2:2, 3.

A day of rest
In Hebrew, “Shabat” means “to rest, to cease” This is the origin of our word, “Sabbath.”

A holy day for worship and meditation
Humanity’s first full day of existence was a Sabbath day spent with God.

The seventh-day Sabbath is a gift from our Creator to mankind; it is anchored in the Creation Week, and highlighted in the Ten Commandments; it was kept by Jesus and the apostles. Today, the Sabbath remains as a special gift from the Creator.

Divinely appointed time cycles

The day: marked off by the sun
Based on a rotation of the earth on its axis.

The year: marked off by the sun
Based on a revolution of the earth around the sun.

The month: marked off by the moon
Based on the cycle of lunar phases.

The week: instituted by God at creation
Based on the Creation Week of six days and a seventh-day Sabbath. The Sabbath is the seventh day of the week, which corresponds to Saturday.