



The Bible clearly says that the seventh day of the week is the Sabbath of the Lord our God. On this day we are commanded to rest from our labors and worship God, following the teachings and example of Jesus, the apostles and the New Testament Church.

The Sabbath day was made and set apart by God for man from the time of creation. God blessed and sanctified the seventh day, and in it He rested from all His works. The Sabbath was the day after the creation of the first human, an ordained time for man to focus on a close personal relationship with his Maker [Genesis 2:2-3](#).

God is the only one who can make anything holy. Men and women can dedicate time to God for a special purpose, but God alone can set time aside as holy. When we exercise proper respect and appreciation for this Holy day, we also honor God Himself by acknowledging His authority over our lives. Understanding this principle is important to worshiping God properly.

Jesus Christ is Lord of the Sabbath, thereby forever linking the Creator Himself with this holy time [Mark 2:27-28](#). It is a very special time to deepen and broaden man's devotion to and relationship with God. When we turn from seeking our own way, we find pleasure in that which pleases God [Isaiah 58:13-14](#).

God gave instructions concerning the observance of the Sabbath in [Exodus 20:8](#) when he gave the 4th of the 10 commandments. Man is to "remember the Sabbath day, to keep it holy." Man remembers and follows the Sabbath by worshiping and resting on the seventh day. As true believers follow this pattern,

they are following the example of their Creator and are reminded of the one who created them.

In [Deuteronomy 5:12-15](#) God reemphasizes the need to keep the Sabbath. He explains that the Sabbath is to be a reminder not only of the Creator, but that He is the One who frees from bondage. Ancient Israel remembered being freed from physical bondage in Egypt. Believers remember being freed from spiritual bondage and liberated through Jesus Christ [Romans 6:16-18](#).

[Exodus 31:13-17](#) points out that the Sabbath is a sign between God and His people and constitutes a perpetual covenant.

13 “Speak also to the children of Israel, saying: ‘Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the LORD who sanctifies you. 14 You shall keep the Sabbath, therefore, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. 15 Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the LORD. Whoever does any work on the Sabbath day, he shall surely be put to death. 16 Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. 17 It is a sign between me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed.’” [Exodus 31:13-17](#)

This is in addition to the instruction given at creation and in the Ten Commandments. It is to be kept holy as a reminder to those called of God, that He is the One who sets them apart and that they are the children of God.

When Jesus returns to earth and establishes the Kingdom of God, the Sabbath will be regularly kept as a means of worshiping and serving Him 23 And it shall come to pass that from one New Moon to another, And from one Sabbath to another, All flesh shall come to worship before Me,” says the LORD. [Isaiah 66:23](#)

Paul taught the gentiles on the Sabbath 42 So when the Jews went out of the synagogue,[a] the Gentiles begged that these words might be preached to them the next Sabbath. 43 Now when the congregation had broken up, many of the Jews and devout proselytes followed Paul and Barnabas, who, speaking to them, persuaded them to continue in the grace of God. 44 On the next Sabbath almost the whole city came together to hear the word of God [Acts 13:42-44](#),

Following both the commandment of God and the example of Christ, Wherever Paul went he taught on the Sabbath, as was his custom, and established churches that kept the Sabbath 2 Then Paul, as his custom was, went in to them, and for three Sabbaths reasoned with them from the Scriptures [Acts 17:2](#)

4 And he reasoned in the synagogue every Sabbath, and persuaded both Jews and Greeks. [Acts 18:4](#)

No example can be found in the writings of the apostles or the practice of the New Testament Church that shows any hint of change in the example and teaching they received from Christ.

The Sabbath looks back to creation and reminds man of his Creator. In the present, it recalls for those who keep the seventh day holy that God is the One who has redeemed them from sin. Finally, the Sabbath looks forward to the return of Jesus Christ and the establishment of the Kingdom of God, when there will be true rest for all humanity 4 For He has spoken in a certain place of the seventh day in this way: “And God rested on the seventh day from all His works”; 5 and again in this place: “They shall not enter My rest.” 6 Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, 7 again He designates a certain day, saying in David, “Today,” after such a long time, as it has been said: “Today, if you will hear His voice, Do not harden your hearts.” 8 For if Joshua had given them rest, then He would not afterward have spoken of another day. 9 There remains therefore a rest for the people of God. 10 For he who has entered His rest has himself also ceased from his works as God did from His. [Hebrews 4:4-10](#)

The Sabbath has existed since creation when God added the 7th day to the week with the one and only purpose of a Sabbath rest. God also blessed and sanctified this day for Holy use. This was done before sin had entered the World and was part of God’s perfect plan. Note also that the word translated “rested” in our English Bibles in [Genesis 2:3](#) is “shabbat” in Hebrew which means Sabbath. Saturday is also called the Sabbath in over 105 languages just as it was named at creation. This dates right back to Babel in [Genesis 11](#) where Saturday was recognized as the Sabbath day and was incorporated into the very name of the day. In English we have the Pagan name Saturday.

Would you be surprised to learn that during the time the New Testament was being written that the entire Christian Church throughout the known world observed the Seventh day Sabbath? If it is a Commandment of God then we need

an extremely clear directive that the Sabbath was abolished or changed to Sunday.

Some also claim the Sabbath Commandment did not exist until the Ten Commandments were first given in [Exodus 20](#) because there is no written record of the Commandment being given before then. But in [Exodus 16](#) we find God testing Israel (these were not Jews) to see if they would keep His Sabbath on the Seventh day as He commanded. When they failed to do so, God accused them of disobeying all His Commandments and laws. But how could they have been breaking the Sabbath and every other Commandment if there is no record of them given before [Exodus 20](#)?

If there were no Commandments or laws given in the book of Genesis or before [Exodus 20](#), then why did God say Abraham was keeping his Commandments, Statues and Laws in [Genesis 26:5](#). So even though there was no written record of any Commandments or laws given, we know they existed by the witness of them being kept.

The same situation also exists in the New Testament in regards to the Sabbath. The Sabbath Commandment is clearly implied by its many references of it being kept by Jesus and his disciples and the silence of it being abolished.

The Sabbath is the only Commandment that Commands us to actually do something. All the Other Commandments say “thou shalt not.” This is one reason the Sabbath Commandment meets with so much opposition. Most Christians do not want a day of uninterrupted rest and worship with their Heavenly Father, which is a sign that it is God we love and worship.

You would think that this would be a blessing and desirable for most Christians. God said we should find it a delight but it seems that most Christians do not agree with their heavenly Father and would rather call it bondage.

“If you turn away your foot from the sabbath, from doing your pleasure on my holy day; and call the Sabbath a delight, the holy of the LORD, honorable; and shall honor him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: 14 Then shall you delight thyself in the LORD; and I will cause you to ride upon the high places of the earth, and feed you with the heritage of Jacob your father: for the mouth of the LORD has spoken it.” [Isaiah 58:13-14](#)

We know Jesus kept the Sabbath as was His custom, Paul also kept the Sabbath

as was His custom and we find an abundance of scriptures that show Paul only worshipped in the Synagogue on the Sabbath day and no other day. There is not one single solitary scripture that specifically shows anyone worshipping in the Synagogue on any other day of the week other than the Sabbath. It is also very clear that Luke kept the Sabbath who was a Gentile and Paul also taught the Gentiles in the Synagogue and this was also only done on the Sabbath.

So, the New Testament shows the Sabbath Commandment by the it being kept by both Jew and Gentile after the cross. But because of the deception of the enemy and those who attack the Sabbath of the Lord thy God, there are believers looking for something even more substantial than the example of Jesus, his disciples or the entire New Testament Church keeping the Sabbath.

As Jesus was nearing the end of His earthly ministry, he said to His disciples that every stone of the Jewish Temple would be “thrown down.” [Matthew 24:1-2](#).

This occurred when the temple was destroyed by the Romans during “The First Jewish War” in 70 A.D. Jesus speaks further about this future event to His disciples and how this would be a horrible time of death and persecution that was to occur forty years after He would die on the cross.

Jesus explains, “Then let them which be in Judaea flee into the mountains: 17 Let him which is on the housetop not come down to take any thing out of his house: 18 Neither let him which is in the field return back to take his clothes. 19 And woe unto them that are with child, and to them that give such in those days!” But pray you that your flight be not in the winter, neither on the Sabbath day:” [Matthew 24:16-20](#)

Jesus is making it abundantly clear that the Sabbath was still going to be kept forty years after His death and says to pray that they do not have to flee in the winter or a Sabbath day as a cold winter day would make the journey more difficult and the gates are usually closed on the city on the Sabbath and long journeys were also not allowed on this day.

If the Sabbath was no longer in effect after His death and resurrection, then why did Jesus instruct His Disciples to pray their flight would not be on the Sabbath.

While on the subject of the crucifixion of Jesus, Luke wrote in regards to the body of Christ being prepared by His followers:

They returned, and prepared spices and ointments; and rested the Sabbath day according to the Commandment.” [Luke 23:56](#)

Now this is one of the Ten Commandments that Luke has just referenced and it is the breaking of the Ten Commandments that defines this sin and it does not get more important than that. A generation after the cross and Luke is still declaring this is a Commandment as we find Luke specifically going out of his way to state that they “rested the Sabbath day according to the Commandment.”

Christians look toward the heavenly eternal rest, which is a shadow of the earthly Sabbath rest for Christians to observe today.

As one can clearly see, there is no shortage of evidence that shows the Sabbath was kept by both Jew and Gentile after the cross and very solid proof of both Jesus and Luke specifically stating that the Commandment did continue after the cross as did all the Ten Commandments.

The Sabbath was made in the creation week and we will continue to keep it in the New Heaven and Earth for all eternity. “For as the new heavens and the new earth, which I will make, shall remain before me, saith the LORD, so shall your seed and your name remain. 23 And it shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before me, saith the LORD.” [Isaiah 66:22-23](#)

Some are claiming we do not observe the Sabbath any longer because we rest in Christ. The way we rest in Jesus is by keeping the Sabbath as God Commanded, not how we decide is acceptable.

The verse typically used for this argument is [Hebrews 4:1-5](#), but they usually stop before verse nine. If they don't, then they certainly can never give you the best meaning, if any, of the word translated “rest” in the KJV Bible.

“Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it. 2 For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard it. 3 For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world. 4 For he spoke in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works. 5 And in this place again, If they shall enter into my rest. [Hebrews 4:1-5](#)

“Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief: 7 Again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, To day if you will hear his voice, harden not your hearts. 8 For if Jesus had given them rest, then would he not afterward have spoken of another day. 9 There remaineth therefore a [Sabbath] rest to the people of God.” [Hebrews 4:6-9](#)

The word “rest” in [Hebrews 4:9](#) is the Greek word “sabbatismos.” The King James and New King James Version and a few other Bibles render the word as “rest” while the Amplified Bible, the ASV, NASB, NIV, RSV, NRSV and several other translations somewhat more correctly render that word as “Sabbath rest.” A few Bibles such as the Darby translation transliterate the word as “Sabbatism.” Its literal translation however, is “Sabbath observance” and “The Scriptures” translated by The Institute for Scripture Research render it as such while the Thayer dictionary and the Bible in Basic English give the equally literal phrase “Sabbath keeping.

We often hear this argument in an effort to belittle God’s law, “Well, since we are not under the law but under grace, we do not need to keep the Ten Commandments any longer.” The Bible certainly does say that we are not under the law, but does that imply that we are free from the obligation to obey it?

“For sin shall not have dominion over you: for ye are not under the law, but under grace. What then? shall we sin, because we are not under the law, but under grace? God forbid.” [Romans 6:14-15](#)

How easily we could prevent confusion if we accepted exactly what the Bible says. Paul gives a clear explanation of his statement. After stating that we are not under law but grace, he asks, “What then?” This simply means, “How are we to understand this?” Then notice his answer. In anticipation that some would misunderstand or misrepresent his words to mean that you can break the law because you are under grace, he says, “Shall we sin (break the law) because we are not under the law, but under grace? God forbid.” [Romans 6:14-15](#)

In the strongest possible language Paul states that being under grace does not give a license to break the commandments. Yet this is exactly what millions believe today, and they totally ignore Paul’s specific warning. Most do not seem to understand that God’s grace is His unmerited, undeserved favor that is preceded by the act of genuine repentance (turning away) when we sin. If there were no law, there would actually be no need for God’s grace. “Do we then make

void the law through faith? God forbid.

Paul asks if the law is nullified for us just because we have had faith in Christ's saving grace. His answer is that the law is established and reinforced in the life of a grace saved believer." Does this grace open the way for you to disobey the law? On the contrary, it adds compelling urgency to your decision not to disobey the law again. Why then should any true Christian try to rationalize his way out of obeying the commandments of God? Consider carefully also what [1 John 3:4](#) says, "Whoever sins is guilty of breaking God's law, because sin is a breaking of the law."

Some may ask how the Majority can be wrong by worshiping on Sunday. The simple answer is because Satan nearly wiped out the fourth Commandment during the dark ages through the death of millions, and by the time Protestant reformation began, all the Protestant Churches continued keeping Sunday in ignorance. It is always harder to restore a lost truth and even more so when people do not want to know because it would disrupt their Church or lifestyle.

Revelation says that God is going to destroy a Church for its abominations and yet the majority of believers belong to this Church. The majority are wrong because Satan works hard to keep this truth from Christians and this is his BEST accomplishment on the Christian Church and the majority has no idea.

Why? Because Satan has the majority busy making excuses or perpetuating the last persons excuse instead of validating and confirming it through scripture. Sadly, the majorities are not seekers of truth and don't study the Word or dismiss what the word says.

"For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; and they shall turn away their ears from the truth, and shall be turned unto fables." [2 Timothy 4:3](#)

This is sad when you consider God created us, sent His Son to die for us and we can't be obedient to Him in love as it would mean some sacrifice on our part. Until the majority stop making excuses and start saying let's investigate this, the majority will remain wrong. Many also do not know that the attack on this Commandment and Sun-day worship actually began with the worship of Satan as early as 2000 B.C.

The Bible uses the phrase the "Lord's day" only once in [Revelation 1:10](#) I was in

the Spirit on the Lord's Day, and I heard behind me a loud voice, as of a trumpet, so we know the Lord does have a special day. But there is not one single verse in the whole Bible that refers to Sunday as the "Lord's Day." However, the Bible does plainly identify the Sabbath as the Lord's Day. The only day ever blessed by the Lord or claimed by Him as His holy day is the Seventh day Sabbath. "For the son of man is Lord even of the Sabbath day." [Matthew 12:8](#), meaning the Sabbath is the true day to worship the Lord as he calls this day HOLY!

It was Jesus who made the Sabbath at creation and is the reason for His claim to be Lord of the Sabbath day. [Mark 2:28](#) If Jesus is the Lord of the Sabbath day, then the Sabbath is the Lord's Day. The vision John had on "the Lord's day" according to [Revelation 1:10](#) had to be the Sabbath. It is the only day so designated and claimed by God in the Bible.

In writing the Ten Commandments, God called it "the Sabbath of the Lord."

It was about 461 A.D. when Sunday eventually took on the name the "Lord's Day" which was about 140 years after it had been changed through much persecution and against God's will.

The names of the days of the Roman week are very revealing in understanding about Sun-day worship before it allegedly became a "Christian" day of worship. Sun-day, or the day of the Sun, was the main pagan day of worship. Although other pagan gods had days named after them, only "dies solis" (Latin for "day of the sun") was proclaimed to be holy.

The prominence of sun worship in the Roman Empire was attributed to two factors. First, it had been a part of the religious worship system of pagan Rome for a very long time. It was widespread, but not the official dominant religion. Next, the Eastern cult of sun worship, "Sol Invictus" (Invincible Sun), through the cult of "Sol Invictus Mithra" and "Sol Elagabal," became the dominant religion of the Empire. Notice the "bal" at the end of the name; this signifies that it incorporated Ba(a)l worship.

The "dies solis" [Day of the Sun] was evidently the most sacred day of the week for those faithful to Mithra and so the days of the week were arranged to the gods, whose names the Romans had dedicated to certain stars. They called the first day of the week the "Day of the Sun" because they believed it was the ruler of all the stars.

Since Sunday was already popular throughout the Roman Empire as a day for

sun worship, some Christian leaders (now called the early “Church Fathers”) yielded to temptation and began shifting from “Sabbath to Sunday.” “Jesus Christ rose on Sunday!” was their reasoning. Thus they used the resurrection of Jesus Christ, who “died for our sins,” of which sin is the breaking of God’s Law 1 [John 3:4](#), as an excuse to break one of the Ten Commandments and began shifting from “Sabbath to Sunday.”

Before the Temple was destroyed in 70 A.D., a strong Christian Church was planted inside the city of Rome itself in the heart of the Roman Empire. Paul wrote his letter, “The Epistle of Paul to the Romans,” to those early believers “in Rome.” [Romans 1:7](#). But because it was surrounded by paganism inside the world’s mightiest capital, this Church soon experienced a “falling away” 2 [Thessalonians 2:3](#) from the purity of the gospel and morphed into the wealthy and powerful Roman Catholic Church. This transition especially took place during the time of the Emperor Constantine in the fourth century who favored the Roman Catholic Church above all other Churches.

In 312 A.D., prior to his pivotal victory over his rival Maxentius at the Battle of Milvian Bridge, Constantine became a “Christian” after claiming to see in broad daylight a vision of “a cross above the sun” with these words emblazoned, “in hoc signo vinces” (by this sign conquer). After defeating his enemies and becoming Emperor of Rome, Constantine presided in full royal pomp over the “First Council of Nicea” in 325 A.D.

As a shrewd political genius, his scheme was to unite Christianity and paganism in an effort to strengthen his disintegrating empire. He knew that pagans throughout the empire worshiped the sun on “the first day of the week,” and he discovered that many Christians and especially in Rome and Alexandria also worshipped on Sunday because Christ rose from the dead on that day.

So Constantine developed a plan to unite both religious groups and bring them to worship on Sunday. On March 7, 321 A.D., he passed his famous national Sunday law:

“On the venerable Day of the Sun let the magistrates and people residing in cities rest, and let all workshops be closed. In the country, however, persons engaged in agriculture may freely and lawfully continue their pursuits; because it often happens that another day is not so suitable for grain-sowing or for vine-planting; lest by neglecting the proper moment for such operations the bounty of heaven should be lost. (Given the 7th day of March, Crispus and Constantine being consuls each of them for the second time [A.D. 321].)” Source: Codex Justinianus, lib. 3, tit.

12, 3; trans. in Philip Schaff, History of the Christian Church, Vol.3 (5th ed.; New York: Scribner, 1902), p.380, note 1.

Constantine's promotion of Sunday observance was part of his definite strategy to combine paganism with Christianity: "The retention of the old pagan name of dies Solis, or 'Sunday,' for the weekly Christian festival, is in great measure owing to the union of pagan and Christian sentiment with which the first day of the week was recommended by Constantine to his subjects, pagan and Christian alike, as the 'venerable day of the Sun.'" Stanley's History of the Eastern Church, p. 184.

In order to control the eastern and western halves of his empire In 330 A.D., Constantine moved his empire from Rome to Byzantium by building a city there, which he named Constantinople (modern Istanbul) leaving Rome vacant, thus preparing the way for the Roman Catholic Popes to reign in Rome as the successors of Constantine. As the Roman Catholic Church grew in power, it opposed Sabbath observance in favor of Sunday sacredness and made the day change official in the Council of Laodicea (A.D. 363-364).

At this time the Catholic Church decreed 59 Canon laws. Canon law 29 is as follows: Canon XXIX: "Christians must not judaize by resting on the Sabbath, but must work on that day, rather honouring the Lord's Day; and, if they can, resting then as Christians. But if any shall be found to be judaizers, let them be anathema from Christ."

Constantine's plan was successful and his sun-day law from sun worship was accepted by the Roman Catholic Church and the Sabbath to Sunday change was complete. Many Christians kept both days. But as the centuries wore on, Sunday keeping grew in prominence and especially within Roman Catholic territories.

Most Christians have no idea how extremely significant the fourth Commandment is to God and yet we find that Satan from the very beginning has been working towards his own day of worship with his intention to have it replace God's true day of worship.

Having a close look at the history of Sun-Day worship reveals that Satan had a long term plan and has gone to a tremendous amount of effort to achieve his goal. Why would Satan go to so much trouble if the fourth Commandment is not important?

Perhaps all Ten Commandments are to last as long as Heaven and Earth as Jesus said. If Christians could only grasp that the fourth Commandment is just

as much an eternal Moral law as the other nine.

Our God “is not the author of confusion...” [1 Corinthians 14:33](#). God included the fourth Commandment, because it is a Law of Love and a very special one that is a sign that we Love and worship the God Jehovah and we are His holy children. It is not a sign when we keep another day. Only God can make a day Holy not man.

From its beginning at the tower of Babel, sun worship spread throughout the entire ancient world. This is idolatry that God detests and frequently punished Israel for this idolatrous practice that involved the worship of the sun and other heavenly bodies.

God eventually sent Israel into Babylonian captivity because of their continual idolatrous practices such as sun worship, which of course had also resulted in them profaning God’s Sabbath. Sun worship of course was throughout Babylon.

From pagan Rome, the practices and beliefs of the Babylonian religion went right into the Church of Rome. Historians have said that it seemed like almost the entire city of Rome converted virtually overnight to Christianity, but what actually happened is that the Babylonian religion was simply brought into the Church.

From sun worship in Rome came Sunday worship in the Church. The Roman Catholic Church made keeping the Seventh-day Sabbath illegal in the Council of Laodicea (A.D. 364)

During the dark ages of Roman Catholic persecution, millions died in their determination to keep God’s Seventh-day Sabbath Holy and it was nearly murdered out of existence.

History and scripture show that in pagan Roman times (before, during, and after the coming of Jesus Christ), Sun-day was the most prominent day of worship in the Roman Empire. Most of the Christian religions today wrongly assume that this pagan day of worship is holy.

God knew from the beginning that Satan and man would falsify His commandments and holy day of worship. His handiwork is His creation which points back to the Creator. The pagan week certainly does not give glory to the Creator but only to the Babylonian pagan gods and we know who is behind them.

Daniel 7:25 says: And he shall speak great words against the most High, and shall wear out the saints of the most High, and think to change times and laws: note: that this beast would change the law of God. Did the Roman Catholic Church change God's law and so meet this criteria? Does the Pope believe he can change the law of God?

“The Pope is of great authority and power, that he is able to modify, declare, or interpret even divine laws. The Pope can modify divine law, since his power is not of man, but of God, and he acts as vicegerent of God upon earth...” — Lucius Ferraris, in “*Prompta Bibliotheca Canonica, Juridica, Moralis, Theologica, Ascetica, Polemica, Rubristica, Historica*”, Volume V, article on “Papa, Article II”, titled “Concerning the extent of Papal dignity, authority, or dominion and infallibility”, #30, published in *Petit-Montrouge* (Paris) by J. P. Migne, 1858 edition.

“We may according to the fullness of our power, dispose of the law and dispense above the law. Those whom the Pope of Rome doth separate, it is not a man that separates them but God. For the Pope holdeth place on earth, not simply of a man but of the true God....dissolves, not by human but rather by divine authority....I am in all and above all, so that God Himself and I, the vicar of God, hath both one consistory, and I am able to do almost all that God can do...Wherefore, no marvel, if it be in my power to dispense with all things, yea with the precepts of Christ.” *Decretales Domini Gregori ix Translatione Episcoporum*, (on the Transference of Bishops), title 7, chapter 3; *Corpus Juris Canonice* (2nd Leipzig ed., 1881), col. 99; (Paris, 1612), tom. 2, *Decretales*, col. 205 (while Innocent III was Pope).

In 1562 the Archbishop of Reggio openly declared that tradition now stood above scripture. This is what he wrote. “The authority of the Church is illustrated most clearly by the scriptures, for on one hand she recommends them, declares them to be divine, and offers them to us to be read, and on the other hand, the legal precepts in the scriptures taught by the Lord have ceased by virtue of the same authority. The Sabbath, the most glorious day in the law, has been changed into the Lord's day. These and other similar matters have not ceased by virtue of Christ's teaching (for He says that He has come to fulfill the law, not to destroy it), but they have been changed by the authority of the Church.” Gaspare de Posso, Archbishop of Reggio, Council of Trent.

In the Roman Catholic Catechism we also find the following questions and answers in regards the Sabbath:

Question: Which day is the Sabbath day?

Answer: Saturday is the Sabbath day.

Question: Why do we observe Sunday instead of Saturday?

Answer: We observe Sunday instead of Saturday because the Catholic Church in the council of Laodicea (A.D. 364), transferred the solemnity from Saturday to Sunday. — Rev. Peter Geiermann, C.S.S.R., The Convert's Catechism of Catholic Doctrine, p. 50, 3rd edition, 1957.

Today most Christians fight with all their heart to avoid the truth about this 4th Commandment, because of the deception that Satan instituted within the Catholic church centuries ago and most of the major Christian denominations instituted as their official day of worship (the Lord's Day), blatantly disregarding the commandments and laws God instructed as a sign that he is our God and we are his church, so the church we see today in a sense is worshiping another God (Sun-day god) and in disobedience and rebellion, therefore are sinning against God and causing there followers to sin against God. Also, remember what the Bible teaches about Satan (Lucifer) he desired to be like the most high God and desired to be worshiped and would be set up his thrown and be worshiped in place of God!

Now you know the Biblical truth you must make a decision to continue sinning and observing a man decreed worship day linked to Satan and pagan God's or will you become a doer of the word and come under obedience and surrender to the God that loves you and gave his life to save you from your sins? This is not a call to observe all the Jewish rules, rituals, customs or laws, just to observe the Lord God in worship, honor and in rest and to show this sign to the world that we are Jehovah God's people and he is our Lord and savior (Jesus Christ).

Say unto them, As I live, saith the Lord GOD, I have no pleasure in the death of the wicked; but that the wicked turn from his way and live: turn ye, turn ye from your evil ways; for why will ye die, O house of Israel?

Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.