



# *From The Heart of Sister Glenda*

*"God is our refuge and strength, a very present help in trouble". [Psalms 46:1]*

*"My help cometh from the LORD, which made heaven and earth." [Psalms 121:2]*

Greetings in the Name of Jesus,

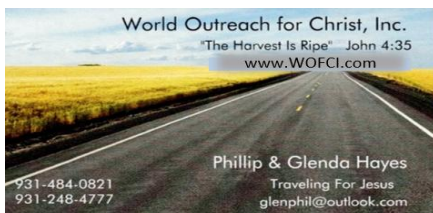
Sometime back I had a dream. I was being attacked by the powers of Satan and there was no one around to help me. I knew I was in trouble and in despair I cried out, Jesus help me! As I began to pray I could actually hear my prayers echoing through the clouds going into the heavens. God sent angels to protect me and kept me from harm.

Born again Christians are the most blessed people on earth. I am reminded of who we are and who our Father is. Many times we find ourselves in trouble, even at our wits end it seems. So much sickness, grief, discouragement, and sorrow. In these times of testing we can lift our hands in praise and thank God that greater is He that is in us than he that is in the world. No matter what our situation is, we can always get deliverance. Help is on the way when we call upon the Name of Jesus.

Brother Hayes and I would be honored to have you join us at Outreach For Christ Church here in Crossville Tennessee or in one our scheduled services on the road for Jesus.

God Bless You,

*Glenda Hayes*



# THE TRUE CHRISTIAN SABBATH

By: Phillip Hayes

Before we approach our study of the Sabbath, please let me remind you that I am a minister of the New Testament, not of the Old. Today we find honest seekers of Truth that believe they are bound to observe both the Old Covenant and the New Covenant of God. This makes no sense at all as why in the world would anyone desire to be under a Covenant that had been replaced with a "New" one? However, there are some that find it hard to accept the fact that there is now only One Covenant that God will accept and that is the New Covenant plainly written and fully revealed in the pages of the New Testament. Please read this article prayerfully.

*"Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God; Who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life. But if the ministration of death, written and engraven in stones, was glorious, so that the children of Israel could not stedfastly behold the face of Moses for the glory of his countenance; which glory was to be done away" [2Corinthians 3:5-7].* Notice that the Apostles are able ministers of the New Testament, not of the letter. The "letter" is the Old Covenant; the ministration of death *engraven* in stones. This is clearly referring to the Ten Commandments written on stones that was given to Moses! Apostle Paul is saying I am a New Testament Minister, not an Old Testament Minister!

Although the Ten Commandments that was written on stone was glorious, this glory would be done away with! Let's continue with verse 8: *"How shall not the ministration of the spirit be rather glorious? For if the ministration of condemnation be glory, much more doth the ministration of righteousness exceed in glory. For even that which was made glorious had no glory in this respect, by reason of the glory that excelleth. For if that which is done away was glorious, much more that which remaineth is glorious.* The Apostle is again very clear, The Old Covenant which is based on the Ten Commandments was DONE AWAY and that which remains is the More Glorious New Covenant ministered by the Spirit! *Seeing then that we have such hope, we use great plainness of speech: And not as Moses, which put a vail over his face, that the children of Israel could not stedfastly look to the end of that which is abolished: But their minds were blinded: for until this day remaineth the same vail untaken away in the reading of the old testament; which vail is done away in Christ. But even unto this day, when Moses is read, the vail is upon their heart.* The Jewish people as well as others that are under the Old Covenant are blinded to the Truth. But there is hope for them! *Nevertheless when it shall turn to the Lord, the vail shall be taken away. Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty. But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord"* [2Corinthians 3: 8-18]. As we behold the Glory of our New Covenant and continue in it; we are being changed from glory to glory by the Spirit of the Lord!

Before we move on to the True Christian Sabbath, let's look at what Paul said to the Galatian Church which had been removed from Christ because they had accepted another gospel which included obeying the Old Covenant law. *"But before faith came, we were kept under the law, shut up unto*

*the faith which should afterwards be revealed. Wherefore the law was our schoolmaster to bring us unto Christ, that we might be justified by faith. But after that faith is come, we are no longer under a schoolmaster" [Galatians 3:23-25].* The "schoolmaster is the Old Covenant Law. Paul continues with these frightening words, *"Christ is become of no effect unto you, whosoever of you are justified by the law; ye are fallen from grace" [Galatians 5:4].* The people of Galatia were won to Christ by the preaching of Paul and had received the Holy Spirit. However, they were now lost because they had been deceived by teachers of the Old Covenant. Jesus said, *"You can't serve two masters."* It should be obvious to all that you can't serve two covenants either! Be warned my friends! A step back to the Old is extremely dangerous.

For those of you that would like more evidence that the Old Covenant which includes the Ten Commandments has been done away with please request our article, "The New Covenant".

Many Christians are divided about which day they should keep as the Sabbath. Some keep the Seventh Day Sabbath. Most keep "Sunday" as their Sabbath. Which one should Christians keep?

First let me address the Sunday Sabbath teaching. There is not one verse of scripture in all the Bible that states Christians should keep Sunday, the first day of the week as a Sabbath or day of rest. Just as there is no apostolic teaching that we should observe Easter, Christmas or any day at all as a holy day. We know Jesus was born and we know that He died and was buried and that He was raised from the dead. That's a fact every Christian believes! However, we do not know the day, the month or even the exact year He was born. There is also confusion and debate among scholars about the exact day He was crucified; (it is hard to get three days and

three nights from Friday afternoon until Sunday morning)! However, what is very clear is that Jesus had risen from the dead before sunrise on the first day of the week (See St. John 20:1; Luke 24:1; Mark 16:2,9).

People that observe Sunday as a holy day point to the Biblically account that Jesus rose from the dead on the first day of the week. They also base their belief that Sunday is the day Christians should meet on two other verses. Acts 20:7 where the disciples had come together to break bread. However, this gathering was obviously not a regular church service but a special fellowship gathering as the Apostle Paul was leaving the next morning. The other verse is found in 1Corinthians 16:2, *"Upon the first day of the week let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come."* This verse is also very clear that this was not a regular Sunday church service, but the gathering of a special offering for the saints in Jerusalem (See verses 1 and 3). Again, there is no apostolic command or even suggestion that the first day of the week was set aside as a holy day or Christian Sabbath.

So, if Jesus nor His Apostles instituted Sunday as the new Christian Sabbath, where did it come from? History provides the answer, and it is abundantly clear where this practice came from. The practice of observing Sunday as the Christian Sabbath was formalized in the fourth century, when Emperor Constantine made Christianity the official religion of the Roman Empire. He declared Sunday as a day of rest, and this decision was later confirmed by the Roman Catholic Council of Laodicea in 364 AD. This is the official historical record of the institution of Sunday as the Christian Sabbath. It's man-made, not God inspired! So, Sunday Sabbath Keeping is out for me! How about you?

"But Brother Hayes, we go to church on Sunday and you have church services on Sunday also!" Yes, that's true I preach a lot of times on Sunday and we do have a service every Sunday. But we don't observe Sunday as a Sabbath! We merely have church services on Sunday out of convenience only! Whether we like it or not, it is the day most people are not working and are available to go to church. It is not wrong or evil to have church any day of the week! As a matter of fact, there are churches in foreign lands that have church every single day!

Thus far, we have established some very important facts. One, God has given us a New Covenant. Two, The Old Covenant including the Ten Commandments has been done away with. Three, we are not under the Law. Four, Sunday is not the new Sabbath Day for Christians. It was originated by man and has no apostolic approval.

Let us now look at the Seventh Day Sabbath. Should Christians keep it, and if they should, how should they keep it?

I want to begin with Hebrews chapter 3, verses 7 through 14: *"Wherefore (as the Holy Ghost saith, To day if ye will hear his voice, Harden not your hearts, as in the provocation, in the day of temptation in the wilderness: When your fathers tempted me, proved me, and saw my works forty years. Wherefore I was grieved with that generation, and said, They do alway err in their heart; and they have not known my ways. So I swore in my wrath, They shall not enter into my rest.) Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God. But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin. For we are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end."*

The writer of Hebrews refers us back to the experiences of the children of Israel in the wilderness. He warns the present day church not to be like the children of God that were in the wilderness. Because of their errors and not knowing God's ways, they were forbidden to enter God's rest. He tells the church to take heed that we don't allow unbelief to harden our hearts that we would depart from the Living God.

The rest God had promised them was a land flowing with milk and honey. Caanan was a foreshadow of Heaven! The rest God desired them to enter was a perpetual rest, not a temporary one. *"And to whom sware he that they should not enter into his rest, but to them that believed not? So we see that they could not enter in because of unbelief" [Hebrews 3:18-19].* It was unbelief that caused them to not enter into the rest God had for them. Psalms also affirms this: *"Forty years long was I grieved with this generation, and said, It is a people that do err in their heart, and they have not known my ways: Unto whom I sware in my wrath that they should not enter into my rest" [Psalms 95:10-11].*

We are warned that the same thing could happen to us! *"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" [Hebrews 4:1].* We see by this warning there is also a "Rest" for us to enter also! Pay attention, the word "Rest" is our key!

What is this Rest in which God wants us to enter? Let's go back to the beginning where the Sabbath Day is first mentioned. *"And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made" [Genesis 2:2-3].*

In six days God had made the heavens, the earth, and all that is in the earth including man. On the seventh day God rested from all His work that He had made. I want you to see that this was a final act. Everything had been accomplished. God was done! He rested from all His works! In Genesis chapter 1, verse 31, *"And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day."* God's Rest is a permanent rest! There was nothing else for Him to do.

Now, I want to take you back to the Book of Hebrews and see how the writer ties what God did in the beginning to us today. *"There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his"* [Hebrews 4:9-10]. He compares the Rest that God did to the Rest that remains for the people of God! This "Rest" is not a temporary natural weekly rest repeated over and over throughout ones lifetime! God's Sabbath Rest is from all your works! It's a Permanent Rest God has promised when we cease from our works!

Please remember the Old Testament (Covenant) is a shadow of the New Covenant *"Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days: Which are a shadow of things to come; but the body is of Christ"* [Colossians 2:16-17]. Look closely, these things are shadows and have passed away: what meat you eat or what you drink, holy days, new moons feasts, sabbath days! The Sabbath day is a shadow of the Rest that comes when you believe in Jesus and are born again! You enter into His Rest then and look forward to the Eternal Rest that is to come!

*"But in those sacrifices there is a remembrance again made of sins every year. For it is not possible that the blood of bulls and of goats should take away sins"* [Hebrews 10:3-



4]. All the sin sacrifices imposed upon the people under the Old Covenant didn't take away their sins, they only reminded them of their sins! These sacrifices pointed to God's Once and Forever Sacrificial Offering, The Lord Jesus Christ!

*"This is the covenant that I will make with them after those days, saith the Lord, I will put my laws into their hearts, and in their minds will I write them; And their sins and iniquities will I remember no more. Now where remission of these is, there is no more offering for sin" [Hebrews 10:16-18].* Christ in you is the hope of Glory! It is the mystery hidden from the foundation of the world! This is the New Covenant in which God has promised to remember our sins NO MORE! Jesus offered Himself as an offering to God for all our sins, past present and future!

Here it is again! *"Then said he, Lo, I come to do thy will, O God. He taketh away the first, that he may establish the second. By the which will we are sanctified through the offering of the body of Jesus Christ once for all" Hebrews 10:9-10].* Jesus took away the First Covenant to establish the Second! The New Covenant sanctifies us through the sacrifice of our Lord Jesus Christ, once for all. Thank you Jesus! Once for all is repeated again in Romans 6:10, *"For in that he died, he died unto sin once: but in that he liveth, he liveth unto God"*. The Old Testament laws, feast days and the Sabbath all point to Jesus! Jesus fulfilled all the Law not just some of the Law! *"Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil" [Matthew 5:17].*

The Seventh Day Sabbath also foreshadowed the ultimate Rest God has planned for His people! Yes, we have a Rest, a Sabbath to come that hasn't been fully restored but we have a foretaste! Remember Hebrews 4:9-10, *"There remaineth therefore a rest to the people of God. For he that*

*is entered into his rest, he also hath ceased from his own works, as God did from his".* There remains a rest! Therefore, we have entered a rest of salvation. We have Peace! We have Joy! We have assurances by the Holy Ghost that leads and guides us. We have been born again! We are new creations in God! And there is yet a rest to enter when we cease from our own works!

To be in Christ is to be in God's Rest! I am not working to be saved! When you accept His Grace, you cease from your works! *"For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast"* [Ephesians 2:9-10]. I don't know about you but I have ceased from my works. I am no longer trying to get saved! I am Saved by His Marvelous Grace! I have found a "Rest" that every born again Christian should find! A rest for my soul! *"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light"* [Matthew 11:28-30].

Remember, we enter God's Rest by faith, not by works keeping the Sabbath Law! *"So we see that they could not enter in because of unbelief"* [Hebrews 3:19].

You may feel that you are free in Christ to do all the Jewish customs; but please understand, doing them will never bring perfection. Your trust in these Feast Days, Sabbaths and customs may well destroy your souls. Romans chapter 14 warns, *"Whatsoever is not of faith is sin"*.

Do not fail to heed the warning of the great Apostle Paul, *"Christ is become of no effect unto you, whosoever of you are justified by the law; ye are fallen from grace"* [Galatians 5:4].

I should also include some remarks found in the Book of Acts concerning the question of keeping the Law that was posed to the Apostles at the beginning of the church.

We find this discussion recorded in Acts chapter 15. Paul and Barnabus had preached to the Gentiles with great success. Many of them had accepted Christ and were saved. However, some of the teachers of the Law had come from Judea and began teaching the new converts that they were not saved unless they were circumcised. This caused a great stir when Paul and Barnabus confronted these men. They suggested Paul and Barnabus go to Jerusalem and ask the apostles and Elders about this question.

What was discussed and the decision made is extremely important. Remember, the men discussing this question are men that was with Jesus throughout His ministry and had received the revelation of the New Covenant from the lips of Jesus Himself. Please read this carefully. We will pick this up in Acts chapter 15, verse 4, *"And when they were come to Jerusalem, they were received of the church, and of the apostles and elders, and they declared all things that God had done with them. But there rose up certain of the sect of the Pharisees which believed, saying, That it was needful to circumcise them, and to command them to keep the law of Moses. And the apostles and elders came together for to consider of this matter. And when there had been much disputing, Peter rose up, and said unto them, Men and brethren, ye know how that a good while ago God made choice among us, that the Gentiles by my mouth should hear the word of the gospel, and believe. And God, which knoweth the hearts, bare them witness, giving them the Holy Ghost, even as he did unto us; And put no difference between us and them, purifying their hearts by faith. Now therefore why tempt ye God, to put a yoke upon the neck of the disciples, which neither our fathers nor we were able to bear? But we believe*

*that through the grace of the Lord Jesus Christ we shall be saved, even as they. Then all the multitude kept silence, and gave audience to Barnabas and Paul, declaring what miracles and wonders God had wrought among the Gentiles by them. And after they had held their peace, James answered, saying, Men and brethren, hearken unto me: Simeon hath declared how God at the first did visit the Gentiles, to take out of them a people for his name. And to this agree the words of the prophets; as it is written, After this I will return, and will build again the tabernacle of David, which is fallen down; and I will build again the ruins thereof, and I will set it up: That the residue of men might seek after the Lord, and all the Gentiles, upon whom my name is called, saith the Lord, who doeth all these things. Known unto God are all his works from the beginning of the world. Wherefore my sentence is, that we trouble not them, which from among the Gentiles are turned to God: But that we write unto them, that they abstain from pollutions of idols, and from fornication, and from things strangled, and from blood. For Moses of old time hath in every city them that preach him, being read in the synagogues every sabbath day. Then pleased it the apostles and elders, with the whole church, to send chosen men of their own company to Antioch with Paul and Barnabas; namely, Judas surnamed Barsabas, and Silas, chief men among the brethren: And they wrote letters by them after this manner; The apostles and elders and brethren send greeting unto the brethren which are of the Gentiles in Antioch and Syria and Cilicia: Forasmuch as we have heard, that certain which went out from us have troubled you with words, subverting your souls, saying, Ye must be circumcised, and keep the law: to whom we gave no such commandment: It seemed good unto us, being assembled with one accord, to send chosen men unto you with our beloved Barnabas and Paul, Men that have hazarded their lives for the name of our Lord Jesus Christ. We have sent therefore Judas and Silas, who shall also tell you the same*

*things by mouth. For it seemed good to the Holy Ghost, and to us, to lay upon you no greater burden than these necessary things; That ye abstain from meats offered to idols, and from blood, and from things strangled, and from fornication: from which if ye keep yourselves, ye shall do well. Fare ye well. So when they were dismissed, they came to Antioch: and when they had gathered the multitude together, they delivered the epistle: Which when they had read, they rejoiced for the consolation" [Acts 15:4-31].*

This is absolutely amazing! No doubt, Paul and Barnabus were rejoicing! I am sure the Pharisees and other teachers of the Law were flabbergasted and very disappointed! NO, Christians did not have to keep the Law! NO, they did not have to be circumcised! Think about this! If the 7<sup>th</sup> Day Sabbath was so important to the Apostles, why didn't they command it? This was the perfect time to command Christians to keep the Law! Instead, only four commands were given; *"Abstain from meats offered to idols, and from blood, and from things strangled, and from fornication.*

Why did the Apostles and Elders with the inspiration of the Holy Ghost make this decision? Because they understand what many today fail to understand and that is the fact that our Lord Jesus brought a brand new radical religion into the world! He didn't come to reform Judaism and the Law but rather He came to establish God the Father's New Covenant to mankind.

So, in closing I hope you have received the answer to the question, "Should you keep the Seventh Day Sabbath"?

You are not required to keep the Seventh Day Sabbath or any of the Feast days listed in the Old Testament. Why

would you want to endanger your soul by adhering to that which has clearly been done away with in Christ.

You might say, I'm going to keep the Sabbath as a memorial to Creation. You can esteem a day if you wish, that is your privilege. You can also abstain from certain meats and drinks if you wish. That's also your right. (Please read Romans chapter 14).

A few years ago, I was visiting a very good friend and brother in Christ when he suddenly declared, "Brother Hayes, I have found the true Sabbath"! He was filled with so much joy that tears flowed down his cheeks as he praised God for his new found revelation. I rejoiced with him as his joy filled the room.

I sat on the edge of my chair as he began to speak. He said, "Brother Hayes, it's Jesus! Jesus is my Sabbath! I'm resting in Jesus!"

My friend passed away a few weeks after my visit. I am thankful to God that he received the revelation of the "True Christian Sabbath". A Sabbath Rest for our souls we can enjoy right now while looking forward to the Ultimate Heavenly Sabbath to come; the One Thousand Reign. One day is as a thousand years to the Lord! It's been almost 6 thousand years (6 days) since the creation. Very soon the 7<sup>th</sup> Day will arrive. This 7<sup>th</sup> Day will be the Sabbath that lasts throughout eternity. It is the final Sabbath of God Almighty!

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