

LESSON 11

A family silhouette consisting of a man, a woman, and a child walking away from the viewer in a field of tall grass. The sun is low on the horizon, creating a warm, golden glow. A large, semi-transparent clock face is overlaid on the scene, with the hands pointing to approximately 1:50. The clock is positioned in the upper half of the image, behind the family.

A Special Day

TO STOP THE NOISE

INTRODUCTION

We live in a constant rush. Rushing to get there. Rushing to produce. Rushing so we don't fall behind. And the faster we run, the louder the noise inside becomes. The body holds up... until it doesn't. The mind functions... until it overloads. The heart beats... but sometimes without direction.

Modern life tries to convince you that stopping means losing. But God says the opposite: stopping means recovering. Stopping means remembering who you are, where you're going, and who walks beside you. That's why He created a different kind of day. A day that doesn't demand from you, it heals you. A day that doesn't pressure you, it calms you. A day that doesn't take more it gives back what the world has drained. A day to truly rest. Not to do nothing but to breathe again.

LET'S EXPLORE THE BIBLE

A. Origin of the Sabbath

- The Sabbath was instituted at creation, before sin existed (Genesis 2:2-3, NKJV).
- It is not a Jewish tradition, but a universal gift from God for all humanity.



B. Eternal commandment

- The fourth commandment says: “Remember the Sabbath day, to keep it holy” (Exodus 20:8-11, NKJV).
- God established it as a sign of our relationship with Him (Ezekiel 20:20, NKJV).



C. Jesus and the Sabbath

- Jesus kept the Sabbath and declared it made “for man” (Mark 2:27-28, NKJV).
- He healed, taught, and showed that the Sabbath is a day of life, mercy, and restoration.



D. The Sabbath in God’s plan

- The disciples and the early church kept it after the resurrection (Acts 13:42-44, NKJV).
- In the new earth, we will continue to worship God on His holy day (Isaiah 66:22-23, NKJV).





LET'S REFLECT ON A FEW POINTS

1. Do you feel that the rhythm of your life reflects more slavery or freedom?

2. How would your life change if you dedicated a whole day to rest in God?

3. What prevents you from seeing the Sabbath as a gift instead of an obligation?

PERSONAL DECISION

Today you can choose to see the Sabbath not as an imposition, but as a gift. Each week, God offers you a space to rest in Him, to remember that you are not a slave to work nor to worries, but a beloved child of the Creator. By committing to keep the Sabbath, you are not adding another burden, but receiving a blessing designed by God for your freedom and happiness. Will you accept this covenant of love and rest that reminds you week after week who your Creator and Redeemer is?

PRACTICAL TIPS FOR THIS LESSON

“I keep any day.”

The Bible does not say “choose a day,” “but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates” (Exodus 20:10, NKJV). It is not about human convenience, but obedience to what God established from creation.

If we are under grace, why keep the Sabbath?

Because grace does not eliminate the law, but empowers us to obey it. Paul declares: “Do we then make void the law through faith? Certainly not! On the contrary, we establish the law” (Romans 3:31, NKJV). Keeping the Sabbath is not legalism; it is resting in what God has already done for us.

“God knows my heart, why the Sabbath?”

Yes, God knows the heart, but He also asks for practical

obedience: “If you love Me, keep My commandments” (John 14:15, NKJV). True love is expressed with actions, not only with words.

Is the Sabbath only for the Jews?

It was instituted at creation, before the people of Israel existed, (Genesis 2:2-3, NKJV). Jesus said: “And He said to them, “The Sabbath was made for man, and not man for the Sabbath” (Mark 2:27, NKJV), that is, for all humanity.

Will it be kept in the future?

Yes. In eternity, “For as the new heavens and the new earth Which I will make shall remain before Me,” says the Lord, “So shall your descendants and your name remain. 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 66:22-23, NKJV). If it will be part of eternal life, how could it not be now?

DID YOU KNOW...?

The change from Sabbath to Sunday has no biblical basis. The Bible never says that Jesus or the apostles changed the day of rest. In the entire New Testament, the disciples continued to keep the Sabbath, (Acts 13:42-44; 17:2; 18:4, NKJV). Sunday is mentioned only eight times, and none of those times presents it as a day of worship established by God.

■ Why do some say that Jesus changed it because He rose on Sunday?

It is true that Jesus rose on the first day of the week, but He never commanded that this day replace the Sabbath. In fact, His disciples continued to rest on the Sabbath “Then they returned and prepared spices and fragrant oils. And they rested on the Sabbath according to the commandment,” even after the crucifixion, (Luke 23:56, NKJV). The resurrection is commemorated in baptism, (Romans 6:3-4, NKJV), not in a change of day.

■ So where did Sunday worship come from?

The change occurred centuries later, due to human decisions and political and religious pressures. Constantine’s edict in the year 321 A.D. was the first civil decree that established Sunday as a day of rest in the Roman Empire. Later, church tradition consolidated it, but not by biblical mandate.

■ “All days belongs to God.”

Of course, all days belong to the Creator, (Psalm 24:1, NKJV), but only one was sanctified, blessed, and set apart by Him from creation: the seventh day, (Genesis 2:2-3, NKJV). God did not say: “choose a day,” “but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates” (Exodus 20:10, NKJV).

The Sabbath was not changed by Christ nor by the apostles. It was a human change centuries later. To continue keeping the day that God established is not legalism: it is faithfulness and love. True rest is in accepting the grace of Jesus and joyfully obeying what He Himself left for our good.

IMPORTANT TIP

The Sabbath is not a burden; it is a gift. Accept it and you will see how your life takes on a different rhythm: true rest, communion with God, and renewal of strength. I hope you have learned about this important subject and that you may practice it in your life, remembering that Christ is the living hope.

KEY TEXT

“REMEMBER THE
SABBATH
DAY,

TO KEEP IT HOLY”

(Exodus 20:8, NKJV)



FINAL TIP

In 2018, a health study in Denmark revealed that people who never rested regularly were at greater risk of anxiety, chronic fatigue, and heart problems. Rest, more than a luxury, is a deep human necessity.

From the beginning, God knew this. That is why, at the end of creation, He established a special day: the seventh day, the Sabbath. “And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made,” Genesis 2:2-3. The Sabbath is not a human invention nor a Jewish tradition, but a divine gift for all humanity.

We live in a society that values productivity over rest. For many, stopping for a whole day seems impossible or useless. However, the Sabbath is God’s way of reminding us that we are not slaves to routine, to the economy, or to external demands. It is a space to recognize that He is the Creator, to enjoy His presence, and to renew our strength in communion with Him and with others.

Rest, more than a luxury, is a deep human necessity.



CONCLUSION

This day isn’t a burden. It’s a gift. A space where the rush stops and the presence of God pushes out the stress. A day where you are worth more than your results, more than your mistakes, more than your productivity.

The Sabbath doesn’t disconnect you from the world it reconnects you to yourself and to the God who sustains your life. The world demands that you run. God invites you to silence the noise. And in that silence, He speaks, He restores, He lifts you up again.

EVALUATE YOUR LEARNING

1. Mark with a T if the statement is true or F if it is false.

- () According to the lesson, the Sabbath is a Jewish tradition that began with Moses.
- () At creation, God rested, blessed, and sanctified the seventh day.
- () The lesson teaches that Jesus abolished the Sabbath and replaced it with Sunday.

2. According to the lesson (based on Exodus 20 and Deuteronomy 5), which two realities does the Sabbath commemorate?

- a) Tradition and culture
- b) Creation and redemption/liberation
- c) Ceremonial law and festivals
- d) Israel and the temple

3. According to the lesson, what evidence is presented that the apostles continued to keep the Sabbath and taught it even to Gentiles?

- a) John 3:16
- b) Acts 13:42–44
- c) Romans 6:3–4
- d) Psalm 24:1

4. According to the lesson, why is the Sabbath presented as a “gift” and not as a “burden”?

WHAT MOST CAUGHT YOUR ATTENTION IN THIS LESSON

Do you want to know more about this lesson?

We want to accompany you every step of the way on your spiritual journey, not just through knowledge. By scanning the QR code below, you will access the video lesson for Lesson 11 and discover a comprehensive space designed to address your questions, strengthen your learning, and connect us in prayer.

