Genesis 2:3

God blessed the seventh day and made it a holy day. He made it special because on that day he rested from all the work he did while creating the world.

Exodus 20:8-11

"You must remember to keep the Sabbath a special day. You may work six days a week to do your job. But the seventh day is a day of rest in honor of the Lord your God. So on that day no one should work not you, your sons and daughters, or your men and women slaves. Even your animals and the foreigners living in your cities must not work! That is because the Lord worked six days and made the sky, the earth, the sea, and everything in them. And on the seventh day, he rested. In this way the Lord blessed the Sabbath the day of rest. He made that a very special day.

Deuteronomy 5:12-14

"You must keep the Sabbath a special day like the Lord your God commanded. Work six days a week and do your job, but the seventh day is a day of rest in honor of the Lord your God. So on that day no one should work not you, your sons and daughters, foreigners living in your cities or your men and women slaves. Not even your cattle, donkeys, and other animals should do any work! Your slaves should be able to rest just as you do.

Mark 2:23-28

On the Sabbath day, Jesus and his followers were walking through some grain fields. The followers picked some grain to eat. Some Pharisees said to Jesus, "Why are your followers doing this? It is against the law to pick grain on the Sabbath." Jesus answered, "You have read what David did when he and the people with him were hungry and needed food. It was during the time of Abiathar the high priest. David went into God's house and ate the bread that was offered to God. And the Law of Moses says that only priests can eat that bread. David also gave some of the bread to the people with him." Then Jesus said to the Pharisees, "The Sabbath day was made to help people. People were not made to be ruled by the Sabbath. So the Son of Man is Lord of every day, even the Sabbath."

Luke 13:10-17

Jesus taught in one of the synagogues on the Sabbath day. A woman was there who had a spirit

inside her. It had made the woman crippled for 18 years. Her back was always bent; she could not stand up straight. When Jesus saw her, he called to her, "Woman, you have been made free from your sickness!" He laid his hands on her, and immediately she was able to stand up straight. She began praising God. The synagogue leader was angry because Jesus healed on the Sabbath day. He said to the people, "There are six days for work. So come to be healed on one of those days. Don't come for healing on the Sabbath day." The Lord answered, "You people are hypocrites! All of you untie your work animals and lead them to drink water every day even on the Sabbath day. This woman that I healed is a true descendant of Abraham. But Satan has held her for 18 years. Surely it is not wrong for her to be made free from her sickness on a Sabbath day!" When Jesus said this, all those who were criticizing him felt ashamed of themselves. And all the people were happy for the wonderful things he was doing.

Matthew 12:12

Surely a man is more important than a sheep. So it is right to do good on the Sabbath day."

Ezekiel 20:19-20

I am the Lord. I am your God. Obey my laws and keep my commands. Do the things I tell you. Show that my days of rest are important to you. Remember, they are a special sign between us. I am the Lord, and these days show you that I am your God."

Isaiah 58:13-14

That will happen when you stop sinning against God's law about the Sabbath and when you stop doing things to please yourself on that special day. You should call the Sabbath a happy day. You should honor the Lord's special day by not saying and doing things that you do every other day of the week. Then you could enjoy the Lord. As the Lord himself says, "I could carry you up to the highest mountain and let you enjoy the land that I gave to your father Jacob."

Romans 14:5

Some people might believe that one day is more important than another. And others might believe that every day is the same. Everyone should be sure about their beliefs in their own mind.

Colossians 2:16-17

So don't let anyone make rules for you about eating and drinking or about Jewish customs (festivals, New Moon celebrations, or Sabbath days). In the past these things were like a shadow that showed what was coming. But the new things that were coming are found in Christ.

Leviticus 23:3

"Work for six days, but the seventh day, the Sabbath, will be a special day of rest, a holy meeting. You must not do any work. It is a day of rest to honor the Lord in all your homes.

Deuteronomy 5:15

Don't forget that you were slaves in the land of Egypt. The Lord your God brought you out of Egypt with his great power and made you free. That is why the Lord your God commands you to always make the Sabbath a special day.