

Exodus 31: 13-17

13 Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you.

14 Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people.

15 Six days may work be done; but in the seventh is the sabbath of rest, holy to the Lord: whosoever doeth any work in the sabbath day, he shall surely be put to death.

16 Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant.

17 It is a sign between me and the children of Israel for ever: for in six days the Lord made heaven and earth, and on the seventh day he rested, and was refreshed.

Doctrine:

- The way we keep the Sabbath is a sign between the Lord and the House of Israel. Those who keep it will be able to know the Lord sanctifies them. And who wouldn't want to know or have the certainty of that? Think of the temple: Every token has a sign—the we cannot speak the name, but we can show the sign. The sign identifies people who have certain knowledge and live by it. At the veil, we give the Lord signs, so even though we cannot see Him nor He us, the sign is what connects us.
- Those who have the sign and covenant and do not keep it will die.
- One way we can know we are keeping the Sabbath is that we will feel "refreshed."

Genesis 2:2-3

2 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.

3 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.

Doctrines:

- What makes the Sabbath different from any other day? The Lord did something to it—just like He created certain things on certain days, the Sabbath could be considered His final creation. He created a day of rest.
- For six days, the Lord worked. For whom was He working? Wasn't everything He did (and isn't everything He does) for His family? So—I wonder—what kinds of things would God be doing on Sunday that would be different than on every other day of the week? I had a student respond to that question this way, "I don't know for certain, but I'm sure it would have something to do with His family. Maybe what He does during the week is FOR His family, and what He does on the Sabbath is WITH His family." (Caleb Sanford)

Mark E. Petersen

Our observance or nonobservance of the Sabbath is an unerring measure of our attitude toward the Lord personally and toward his suffering in Gethsemane, his death on the cross, and his resurrection from the dead. It is a sign of whether we are Christians in very deed, or whether our conversion is so shallow that commemoration of his atoning sacrifice means little or nothing to us. (CR April 1975)

1 Nephi 14:10-14

Two churches—church of the devil, church of the lamb. Church of the devil gathers together to fight against the church of the lamb. Church of lamb is outnumbered. What is the weapon the Lamb’s church uses to fight off all the evil Satan can muster? Vs 14 “and they were armed righteousness and with the power of God in great glory.”

Keeping covenants is a good way to define “righteousness.” Keeping the Sabbath day holy will definitely be part of our protection and defense against the powers of Satan.