

The Sabbaths of The Law of Moses

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1	The 7 th Day of the Week (Saturday)	Gen. 1:1-2; Ex. 20:8-11 Lev. 23:3
2	Passover 1 st Month (Nisan or Abib) 14 th Day	Ex. 12:3-11 Lev. 23:5
3	1 st Month (Nisan or Abib) 15 th Day first day of the Feast of Unleavened Bread	Lev. 23:7-8
4	1 st Month (Nisan or Abib) 21 st Day last day of the Feast of Unleavened Bread	Lev. 23:7-8
5	Fifty Days after #2 above also called Firstfruits and (NT) Pentecost	Lev. 23:16,21
6	7 th Month 1 st Day The Blowing of Trumpets	Lev. 23:24-25
7	7 th Month 10 th Day The Day of Atonement	Lev. 23:27-32
8	7 th Month 15 th Day first day of the Feast of Tabernacles	Lev. 23:39
9	7 th Month 22 nd Day last day of the Feast of Tabernacles	Lev. 23:39
10	The 7 th Year	Lev. 25:1-4
11	The 50 th Year The Year of Jubilee	Lev. 23:8ff

Acts Specifically Forbidden On The Sabbath		
1	“any servile work”	Ex. 20:10
2	cooking, gathering food, and trips outside the home*	Ex. 16:23-29
3	kindling a fire	Ex. 35:3
4	gathering sticks	Num. 15:32ff
5	animals could do no work	Dt. 5:4
6	buying food	Neh. 10:31
7	treading grapes, bringing in sheaves, loading asses with goods to sell	Neh. 13:15
8	bearing burdens (for sale? cp.Neh. 13:15)	Jer. 17:20-27

* This rule may apply only in the wilderness when manna was being given.

Exceptions To The Rule Concerning The Sabbath*		
1	preparation of the shewbread	1Chron. 9:22
2	lighting the candles in the temple	1Chron. 9:22
3	sacrifices offered	Num. 28:9-10
4	circumcision performed	Jn. 7:22-23

* for all these, read Mt.12:5

NOTES:

1. **The penalty for breaking any commandment concerning the sabbath was death, or being “cut off” (Ex.31:14-15; Neh.15:32-36).**
2. **One solar year contains 52 weeks. Therefore, there were 52 weekly sabbath days each year. When the other sabbaths days listed on page one are added, this means that THERE WERE 60 SABBATH DAYS EACH YEAR (during years in which none of the other sabbath days fell on a weekly sabbath day).**
3. **The Old Covenant sabbaths were figures of the true Rest, which God has yet to give to those who trust Him (Heb. 4:1-11; Col. 2:16-17; notice Isa. 1:13).**
4. **This true Rest is now foreshadowed not by sabbath days but by the power and holiness of the Spirit of God within a person’s heart (Isa. 28:11-12; Mt. 11:28;1Cor. 14:21-22).**