



THE SEVENTH DAY THE CREATOR'S DAY OF REST

On the seventh day he **rested** from all his work. And God **blessed** the seventh day and **made it holy**, because on it he rested from all the work of creating that he had done.
Genesis 2:2, 3.

A day of rest

In Hebrew, "Shabat" means "to rest, to cease" This is the origin of our word, "Sabbath."

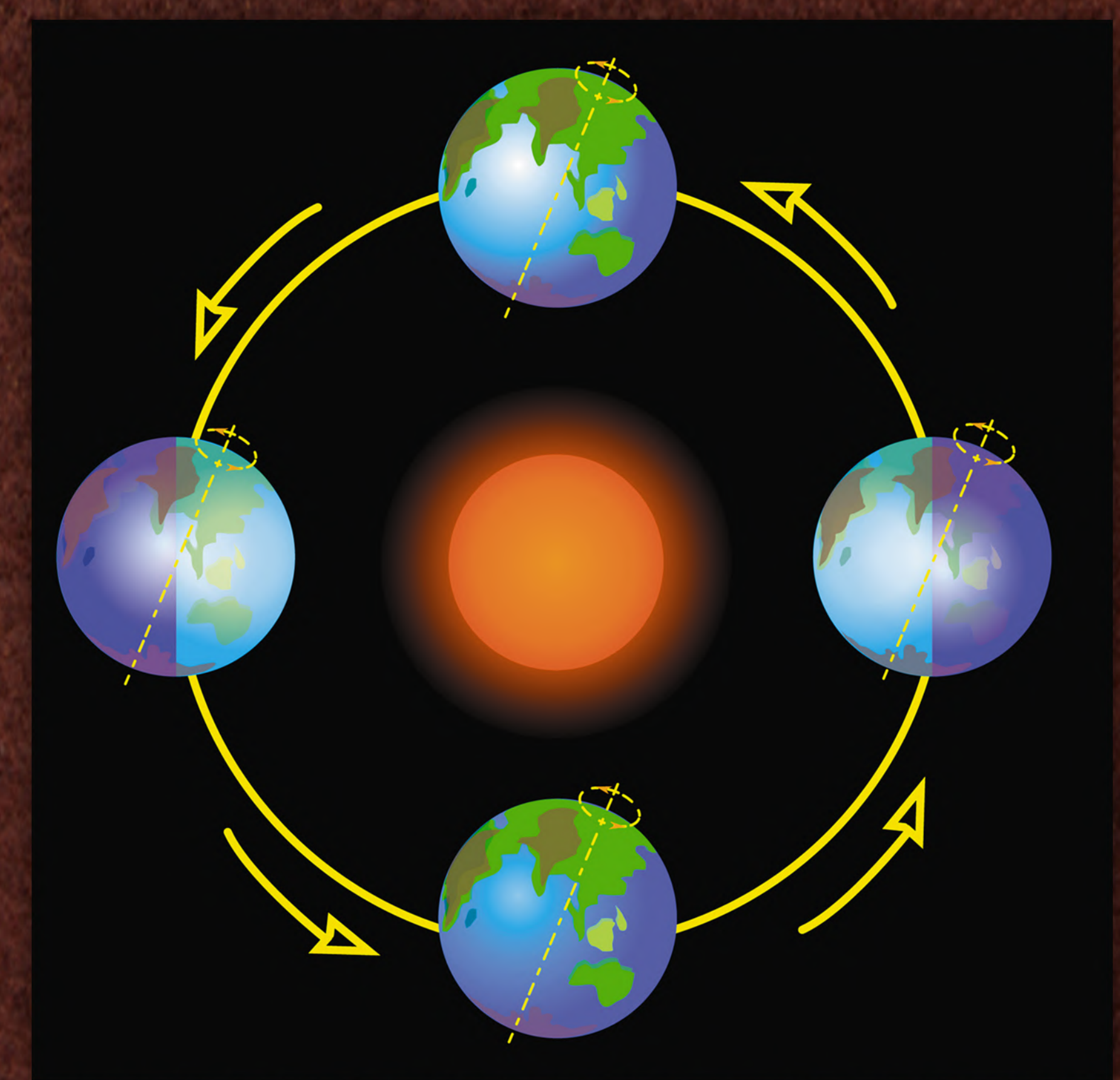
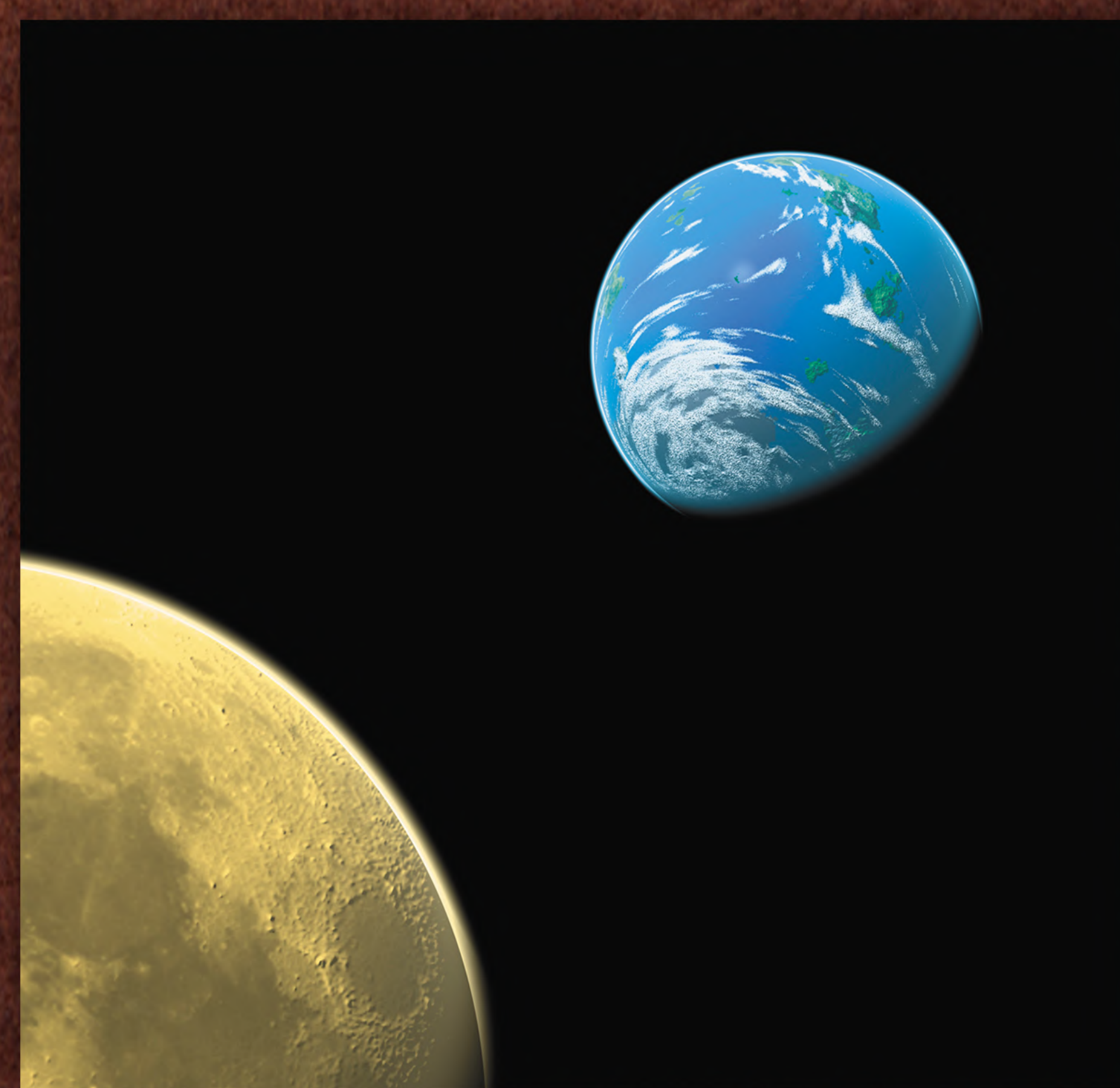
A holy day for worship and meditation

Humanity's first full day of existence was a Sabbath day spent with God.

The seventh-day Sabbath is a gift from our Creator to mankind; it is anchored in the Creation Week, and highlighted in the Ten Commandments; it was kept by Jesus and the apostles. Today, the Sabbath remains as a special gift from the Creator.



Divinely appointed time cycles



The day: marked off by the sun
Based on a rotation of the earth on its axis.

The year: marked off by the sun
Based on a revolution of the earth around the sun.

The month: marked off by the moon
Based on the cycle of lunar phases.

The week: instituted by God at creation
Based on the Creation Week of six days and a seventh-day Sabbath.
The Sabbath is the seventh day of the week, which corresponds to Saturday.