

MESSIANIC

SABBATH HELPER



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edited by Margaret McKee Huey

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INTRODUCTION

“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the Sabbath day and made it holy” (Exodus 20:8-11).

I do not know about you, but for me and my household, observing and celebrating the seventh-day Sabbath, instead of a “Sunday sabbath,” has helped us better understand the Father’s heart for His people. This was the very first Church tradition that we changed in our transition to becoming thoroughly Messianic. Our family and friends have been confused with our changing Sunday Church—going to the *Shabbat* rest! (The term *Shabbat* is Hebrew for Sabbath.) They simply do not understand why we have changed.

To help you and your household, we have included several articles from a variety of Messianic authors on how to deal with the seventh-day Sabbath. We have included articles on the restoration of *Shabbat*, the non-Biblical practice of Sunday as a Sabbath substitute, observing and remembering *Shabbat*, insights on how to handle *Shabbat* with your family and friends, and a practical guide to observing and celebrating *Shabbat* with your family.

Our family believes that this is the best day of the week! We, who are to walk as Messiah Yeshua walked, must reach out to others in love at this time when the Father is restoring His day of rest to His people. Yeshua told us that people would know that we are His disciples by the love that we have for one another (John 13:35). So, let us love our family and friends in such a way concerning the Sabbath that they will be drawn to us, and not repelled. For, dear friends, it is through our unconditional love for them that one day they will want to know what we know about walking like the Messiah. One day they will want to know why we have put aside the tradition of Sunday Church for observing, celebrating, and resting on *Shabbat*. One day they will want to know why we love to walk as Yeshua walked. One day they will want to know why we have become thoroughly Messianic. So, let us reach out in love and show them the better way. Let us enjoy this blessed time within our households and rejoice in the *shalom* of *Shabbat*!

Shabbat Shalom!
Margaret McKee Huey



SHABBAT: THE RESTORATION CONVOCATION

Mark Huey

All around the world, the Spirit of God is moving in a very unique way as many Believers, for the first time in millennia, are being drawn into a walk with the Messiah of Israel that fully imitates the practices and customs that Yeshua Himself observed. This phenomenon has been labeled everything from Hebraic Roots, Hebrew Roots, and Jewish Roots, to the Ancient Paths. Providentially, certain actions are being taken by individuals, families, and groups of people that are distinct “signs” to discerning observers that God is behind this grassroots spiritual move. The most obvious sign that the Scriptures declare to be an indication that the Lord is orchestrating this return to the origins of our faith, is evidenced by the remembrance of the weekly *Shabbat* or seventh-day Sabbath. The Torah makes it clear that the *Shabbat* rest was directly linked to the beginning of time itself, and how our Creator rested:

““So the sons of Israel shall observe the sabbath, to celebrate the sabbath throughout their generations as a perpetual covenant.” It is a sign between Me and the sons of Israel forever; for in six days the LORD made heaven and earth, but on the seventh day He ceased *from labor*, and was refreshed.’ When He had finished speaking with him upon Mount Sinai, He gave Moses the two tablets of the testimony, tablets of stone, written by the finger of God” (Exodus 31:16-18).

When you read these verses, reiterated to the Israelites after Moses has received the Decalogue from God, you should be able to see that He was very serious about this sign. Moses is recollecting one of the principal signs of His rest that occurred on the seventh day, after the six previous acts of Creation were completed:

“Thus the heavens and the earth were completed, and all their hosts. By the seventh day God completed 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 2:1-3).

In this statement from the Creation account in Genesis, we discover that the Holy One sanctified the seventh day of the week. When our Creator finished and rested, He then established a day of the week that He Himself considered holy or sanctified. Later we discover that when Moses is given the instructions about the various appointed times that the Lord establishes to meet with His people, the very first holy convocation is the weekly *Shabbat*:

“Speak to the sons of Israel and say to them, “The LORD’s appointed times which you shall proclaim as holy convocations—My appointed times are these: For six days work may be done, but on the seventh day there is a sabbath of complete rest, a holy convocation. You shall not do any work; it is a sabbath to the LORD in all your dwellings. These are the appointed times of the LORD, holy convocations which you shall proclaim at the times appointed for them” (Leviticus 23:2-4).

Of course, by the time the Israelites are given this instruction, they have already been told in the Ten Commandments that that they are to observe and remember the weekly *Shabbat*:

“Remember the sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath of the LORD your God; *in it* you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy” (Exodus 20:8-11).

The Holy One of Israel not only established *Shabbat* as a day of holy convocation, but also as a sign to the other nations that His people are the one unique group, who have enough faith in Him, to take an entire day of the week and devote it to Him. We see in all of the Scriptures that the one day of the week that the Father has established to be *Shabbat* is the seventh day of the week. This day just happens to be Saturday on the Western calendar. In our time, many thousands around the globe are discovering and understanding that the day of rest actually begins at sundown on Friday (*Erev Shabbat*) and concludes at sundown on Saturday. Increasingly, the observance and remembrance of *Shabbat* are returning to God’s people.

Now that many Believers are actually convening on the Biblical Sabbath, the Holy One is using these venues to send the Ruach HaKodesh (Holy Spirit) to help comfort and instruct His people. The revelation coming forward at these weekly holy convocations can be quite a blessing to behold. The Torah is actually being studied and discussed by increasing numbers of people as the foundational building blocks of our faith are examined. As a result, a personal relationship with our Heavenly Father is being restored. Families are making the *Shabbat* rest a priority for their lives. Fellowships and congregations are meeting on *Erev Shabbat*, and *Shabbat* has become a special time for communal fellowship, praise, worship, and ministry.

The blessings that Believers should experience by complying with God’s commandments are bringing a fresh showering of His anointing upon those who delight to obey His Word. Properly observing and remembering *Shabbat* gathers those who want to please their Heavenly Father. As a byproduct of His pleasure, He pours out untold gifts from above, just as James the Just tells us He will:

“Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow. In the exercise of His will He brought us forth by the word of truth, so that we would be a kind of first fruits among His creatures” (James 1:17-18).

The fruits of observing *Shabbat* are beginning to bear much fruit in the things that the Lord wants to restore to His people. This is exciting to behold, as the holy convocation that convenes on *Shabbat* is once again becoming a “visible sign” that those meeting are indeed part of the Commonwealth of Israel. I believe that as Believers continue to enter into His weekly rest, and receive more and more of His gifts for the work of ministry, we are practicing for that coming day of rest in the Messiah’s Millennial Kingdom that the weekly *Shabbat* prefigures (Hebrews 4:1-11).

William Mark Huey is the director of Outreach Israel Ministries (www.outreachisrael.net). He is the author of *TorabScope, Volumes I&II*, and *Counting the Omer: A Daily Devotional Toward Shavuot*. He is the co-author of *Hebraic Roots: An Introductory Study* with J.K. McKee.