

T 3

a day which is set apart. God blessed the seventh day and sanctified it because on that day He had ceased from all the work which He had created and made, and so He sanctified that day and He made man's body such that it needs the rythm of a complete change on that seventh day and for the Israelites who were predominantly an agricultural people and were farming and working hard in material, physical labor on the sixth day He made very precise regulations that on the seventh day they should not walk more than a very short distance, that they should desist from their bodily exercise on the seventh day, that being what they were doing on the six days and God has so prescribed it that if man will turn aside from the type of activity which He does on the six days and devote his seventh day to an entirely different type of activity, he will accomplish more in the six days that he will if he tries to work straight through the whole seven days. That is the way in which God has made us and so we have a very vital teaching here, this Sabbath day is not something that was given at Sinai, it is something which began with the creation and there is also, of course, the spiritual teaching through it of God's purpose, that God did His work and He looked forward to a culmination. He reached a conclusion, He reached the point of cessation from this work and man as he observes the week and rests upon the Sabbath day looks forward to the great consummation to the work which God is going to do, and then of course when our Lord was raised from the dead on the first day, the Christian church changed the arrangement though not the rythm so that we look back to the resurrection of Christ as the beginning of our life and we place our day of rest and of service to the Lord at the first day of the week and look back to the great work which God has done in redemption but we still have the same rythm of the one day in seven. You will sometimes see the statement made that the Hebrews took over the Sabbath day from the Babylonians, that it was a Babylonian festival. Well, that, of course, is utterly false. There was no Babylonian festival of the