

WHICH DAY IS THE RIGHT DAY TO WORSHIP?¹

INTRODUCTION: The right attitude to have regarding this question is found in Romans 14:5-6. There we are told that if one person considers one day above all others (e.g. Seventh-day Adventists), no one should rubbish them for their belief. On the other hand, if another person regards a different day more highly, or considers every day equally important in God's sight, that's ok too, and those who disagree with them should respect their belief as well. Unfortunately the Seventh-day Adventist (SDA) Church & many of its leaders, evangelists, etc., do not follow this biblical principle. Instead they dogmatically assert that the Sabbath (Saturday) is *the* right day to worship and is the *seal of God*, and that those who worship on Sunday are in gross error and will receive the "*mark of the beast*" (the antichrist) in the future! Because of the tremendous amount of confusion that has been generated by Mark Finley and many other SDA leaders and televangelists, I would like to present some reasons why I worship on Sunday rather than Saturday! It is perhaps uniquely fitting that I do so, since I was born and grew up in the city where Seventh-day Adventism began and had its world headquarters for the first 40-50 years of its existence: Battle Creek, Michigan.

1. **SUNDAY IS THE DAY WHEN THE NT CHURCH MET TO WORSHIP. -Acts 20:7; I Cor. 16:2.** SDA's do a lot of intellectual "*gymnastics*" to get around these verses, but they are quite clear. Furthermore, some SDA's think that Acts 13:42 & 44 teach that the NT church met on Saturday. However it is obvious that those people were Jews, as well as unsaved Gentiles (13:14 cf. 13:43, 46). Notice that later some of them became Christians (13:48).
2. **CHRIST, IN HIS POST-RESURRECTION APPEARANCES, CHOSE THE FIRST DAY OF THE WEEK (SUNDAY) TO MEET WITH HIS DISCIPLES WHENEVER WE ARE ABLE TO DETERMINE WHICH DAY HE MET WITH THEM.** Every time we can determine what day Christ appeared to his disciples after His resurrection, it was on a Sunday! For example: a) To Mary on the morning of the resurrection-Mt. 28:8-10; Mk. 16:9; Jn. 20:11-18; b) To the disciples on the road to Emmaus-Lk. 24:13-33; Mk. 16:12-13; c) To Simon Peter-Lk. 24:31-35; d) To His 11 disciples on the Sunday evening of His resurrection-Mk. 16:14-18; Lk. 24:36-44; Jn. 20:19-23; e) To those same 11 disciples "eight days later"-Jn. 20:26-29; f) Jesus allowed Thomas to worship Him on Sunday-Jn. 20:27-28; g) He broke bread with His disciples on Sunday-Lk. 22:19; h) Jesus rose on Sunday-Mt. 28:1, Mk. 16:2; Jn. 20:1 I) Twice Jesus blessed his disciples on Sunday-Jn. 20:20, 26; j) On a Sunday Jesus gave the Holy Spirit to the 11 disciples-Jn. 20:22; etc. (We do not know what day it was in Jn. 21 & Acts 1). "Jesus could have chosen to meet with His disciples on the Sabbath. This would have clearly set a New Covenant precedent. He did not choose to do this. The Sabbath was the sign of a fulfilled covenant (see Exodus 31:17 & Heb. 8:13)." [J. Mark Martin, *The Sabbath & Sunday*, p. 1] If Saturday was the right day, and as important as SDA's say it is, surely He would have said so and would have emphasized that fact by meeting with His disciples on the Sabbath. But He DID NOT! And if Sunday is going to be the mark of the beast why did Christ meet with his disciples on Sunday?
3. **"WHEN THE COUNCIL OF ACTS 15 CONVENED TO DETERMINE WHAT GENTILE CHRISTIANS MUST OBSERVE, SABBATH KEEPING IS (STRIKINGLY) ABSENT. -(Acts 15:10-29, esp. vv.10-11 & 28-29)...**If Sabbath keeping were to be an essential part of the New Covenant relationship with God it would have been mentioned in the discussion because it would have been an unfamiliar practice to the Gentiles. Sabbath keeping was not even discussed because it is not a requirement for New Covenant believers (in vv. 28-29)...notice that the Holy Spirit told them not to lay upon the Gentiles any greater burden than those essentials. **OBVIOUSLY THE HOLY SPIRIT DID NOT THINK SABBATH KEEPING WAS AN ESSENTIAL THING ANYMORE!**" [Martin, *Ibid*]
4. **THE CHURCH BEGAN ON THE DAY OF PENTECOST-WHICH WAS A SUNDAY! -Acts 2:1-ff.** "That doesn't make Sunday the Sabbath, it just tells you that after the resurrection of Jesus, the Sabbath is not emphasized." [Martin, *Ibid*].
5. **NINE OF THE TEN COMMANDMENTS ARE REPEATED AGAIN IN THE NEW TESTAMENT. THERE IS ONLY ONE THAT YOU DO NOT FIND REPEATED AGAIN. Which one? You guessed it: THE SABBATH!** a) Worshipping only God (1st) you find again at least 50 times in the NT; b) Idolatry (2nd) is condemned again 12 times in the NT; c) Profanity (God's name in vain-3rd) is condemned 4 times in the NT; d) Honouring parents (5th) is taught 6 times in the NT; e) Murder (6th) is condemned 6 times in the NT; f) Adultery (7th) is condemned 12 times in the NT; g) Stealing (8th) is condemned 4 times in the NT; h) Giving false witness (9th) is condemned 4 times in the NT; I) Covetousness (10th) is condemned 9 times in the NT. Only ONE is missing. Guess which one? The Sabbath! "Why is it that the duty to keep the Seventh day as Sabbath is not mentioned ONCE in the New Testament?" It's very obvious. Because that was part of the Old Covenant with Israel as you will see, and is not for today!
6. **IF THE SABBATH IS THE "SEAL OF GOD" AND SO TREMENDOUSLY IMPORTANT, WHY IS FAILURE TO OBSERVE IT NOT MENTIONED ONCE IN THE NT LISTINGS OF VARIOUS SINS?** The NT lists many, many specific sins by name, but never once mentions failure to observe the Sabbath as being one of them! For example: a) Mk. 7:21-22 lists 13 sins that Jesus mentioned, but He said nothing about the Sabbath!; b) In Romans 1:29-32 Paul lists 20 sins-but not one of them is failure to keep the Sabbath; c) Gal. 5:19-21 lists 15 sins, but nothing about Sabbath breaking; d) 2 Tim. 3:1-4 lists 18 sins, "but not once is Sabbath breaking mentioned!" [Martin, p.3]. If failure to keep the Sabbath is a terrible sin and will eventually be the "*mark of the Beast*," surely somewhere in the NT the Holy Spirit would have told us so!
7. **IF SABBATH KEEPING IS SO IMPORTANT, WHY DIDN'T JESUS COMMAND IT?** You can check all of Jesus' teachings, including major discourses such as the Sermon on the Mount (Mt. 5-7), and you will not find any command to keep the Sabbath! If it is as important as SDA's say it is, surely Jesus would have told us so.

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8. **IF THE SABBATH IS SO IMPORTANT, WHY IS THERE *NOT ONE VERSE* WHERE ANY APOSTLE SAYS “*YOU MUST WORSHIP ON THE SABBATH.*”??** Some SDA’s reply that Sabbath worship was so well known that the command didn’t need to be repeated. But it was not well known, and certainly not practiced by Gentiles! Besides, the other nine commandments were repeated in the New Testament. Why was only the fourth one not repeated? By the way, SDA’s often ask Sunday worshippers, “*Why don’t we find one verse in the Bible which commands us to worship on Sunday?*” The answer is simple: In the New Testament age we are not under law but under grace (Gal. 5:1; Rom. 5:14b; 7:4,6; etc). Thus we are free to worship on any day that we wish (Rom. 14:5-6).
9. **MANY SABBATH KEEPERS MAINTAIN WE MUST FOLLOW JESUS’ EXAMPLE, AND HE WORSHIPPED ON THE SABBATH!** “...this kind of reasoning is flawed because it only chooses Jesus’ Sabbath keeping and rejects the rest of His Jewish lifestyle, Jesus also kept Kosher laws. He kept the Passover, Sukkot, Hanukkah, and worshipped in the Temple. Are we to follow everything He did? Galatians 4:4-5 says that Jesus lived under the Law to redeem us from the Law” [Martin, p. 4]. To get around this problem, SDA’s often state that today we are obligated to follow the “*moral*” law, but that we don’t have to follow the “*ceremonial*” law. However you can’t find any biblical support for the idea that there were *two* kinds of laws in the Old Testament (see #17 below). It’s all or nothing! SDA’s who wish to follow the Law, must follow all of it (and none of them do) or not at all.
10. **INTERESTINGLY, JESUS AND HIS DISCIPLES WERE ACCUSED OF SABBATH BREAKING-Mt. 12:1-14.** Instead of making it clear that He & His followers were not breaking the Sabbath, Jesus didn’t deny it, but rather defended his disciples and what they had done. “Read Matthew 12:1-14 carefully. Jesus is clearly saying that His disciples are like the priests who may work in the temple every Sabbath and be innocent of breaking the Sabbath. When Jesus says that He is ‘*Lord of the Sabbath*’ (12:8) He is declaring that He is above the Sabbath”[Martin, p. 4]. Jesus was also accused of breaking the Sabbath in John 9:15. Martin observes: “If Jesus did not want us to understand that He was breaking the Sabbath why did He not speak against these accusations? It’s because Jesus had the right and the authority to break the Sabbath because He is Lord (boss) of the Sabbath. The Sabbath does not bind Him. Think about this, if it does not bind Him, are we not ‘*in Christ*’? Why would it be any more binding upon us? ...One of the issues that needs to be honestly faced is the fact that Jesus never commanded anyone to keep the Sabbath and none of His apostles ever commanded anyone to keep it either. Not once in the New Testament are we told to keep the Sabbath. Those commands to the Church are conspicuously absent from the teachings of the New Testament” [Martin, Ibid].
11. **“EVERY MENTION OF THE SABBATH IN THE BOOK OF ACTS WITHOUT A SINGLE EXCEPTION IS IN CONNECTION WITH JEWISH WORSHIP ON THAT DAY AND NOT CHRISTIAN CELEBRATION”** [Martin, Ibid]. Why did Paul go to Jewish Synagogues and speak? Simple. It was the quickest and easiest way to find all the Jews in any city, and give them the gospel. But whenever he met and worshipped with Christians and we can determine when it was, he did so on *Sunday* (e.g. Acts 20:7; I Cor. 16:2).
12. **“IS THE TEN COMMANDMENT LAW ETERNAL?”** [Martin, p. 5]. Seventh-day Adventists say yes: “*When this world is destroyed and a new one is created, the Law will continue as the basis of God’s government...*” [SDA advertisement, *The National* (Papua New Guinea), 19 July, 01]. However the Seventh-day Adventists are wrong, and clearly contradict Scripture on this point-Gal. 3:17-19, 25! **The Bible is very clear that the time of the Law began 430 years after Abraham and it ended when Christ came to this earth** (v.19). **Eph. 2:15** states that Christ became our peace and broke down the wall between Jew and Gentile “...by abolishing in His flesh the enmity which is the Law of commandments contained in ordinances...” cf. **Rom. 10:4:** “*For Christ is the end of the law for righteousness to everyone who believes.*” & **Rom. 8:2-4:** “*For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For what the Law could not do, weak as it was through the flesh, God did: sending His own Son... in order that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh, but according to the Spirit.*” Yes, the Word of the Lord will never perish & is perfect and complete (e.g. Ps. 19:7), but the application of the Old Testament law was to Israel in the Old Testament time (see #13 below). And it’s highly unfortunate when the SDA Church makes statements such as “*God speaks to this generation through His Ten Commandment Law which stands ‘fast forever and ever’* (Ps. 111:8)” That reference isn’t even speaking about the 10 commandments! Seventh-day Adventists make the mistake of assuming that words like “*Law*” “*Commandment*” “*Precept*,” etc., always refer to only one thing: the Ten Commandments. But that is not the case! While God’s Word is forever, its application isn’t always for everyone, or for all time. **For example, Lev. 16:31 says the Day of Atonement was to be observed “forever.”(!) Yet SDA’s don’t observe it. Why not, if the Word of God is forever? Because even SDA’s understand that some things that were “forever” were fulfilled, &/or applicable only to Israel!** When Christ said, “*Do not think that I came to abolish the Law or the Prophets; I did not come to abolish, but to fulfill*” (Mt. 5:17) he meant that He Himself would fulfill, or complete it...and He did! (cf. Gal. 3:19; 4:4)
13. **“THE SCRIPTURES ARE CLEAR THAT THE SABBATH OF THE FOURTH COMMANDMENT WAS NOT GIVEN BEFORE MOSES!”** [Martin, Ibid] **Dt. 5:2-3 cf. Neh. 9:13-14.** The Bible does say that God rested on the Sabbath, and blessed it and sanctified it. But you cannot find one verse that states that God gave the Sabbath to Adam & Eve to observe. Neither can you find any person in Genesis observing the Sabbath. In fact you don’t even find the word Sabbath IN Genesis! “You do not hear that the righteous Patriarchs, Abraham, Isaac, or Jacob kept the Sabbath. There is a conspicuous silence for 2,500 years after the Fall of man. It is not until after the redemption of God’s people Israel out of Egypt...that you read in the Book of Exodus that the Sabbath is mentioned again (Ex. 16:22-30). Abraham was given commandments and ordinances, but the Sabbath is never mentioned as one of them” [Martin, 5-6]. Some ask the question: “*Why then does God link the Sabbath to creation*” (Ex. 20:8-11)? Answer: “...*He is identifying Himself to Israel as the true and living Creator God. He is separate and apart from all of the other gods of Egypt and of the Gentile world.*” [Martin, p.6]
14. **MANY SDA’S STATE THAT WE MUST OBSERVE THE SABBATH TODAY, BECAUSE JESUS SAID, “THE SABBATH WAS MADE FOR MAN” (Mk. 2:27).** Unfortunately, most SDA leaders only read part of that verse instead of the whole verse-which is a classic way to misinterpret Scripture. And rarely do they bother to read the verses surrounding it, or the synoptic accounts (Mt. 12:1-14 & Lk. 6:1-11). If they did, they would discover the following facts:

- This verse in Mark was not given to all mankind (notice it says, man, not mankind). “When the Scripture is meant to be inclusive of all mankind (that) is clear. See Mt. 28:19; Jn. 3:16; Acts 2:17; I Tim. 2:4; Titus 2:11. These verses clearly indicate that when God offers something to all mankind He clearly offers it to all... **The Sabbath was not offered to all the nations. It was given only to the nation of Israel!**” (see pt. # 15 below).
 - When Jesus said, “*The Sabbath was made for man, not man for the Sabbath*”, Jesus was simply saying that the Sabbath was to be man’s servant, not his master, and that man was above the Sabbath, not vice-versa.
 - Jesus at this time also declared that He was the lord (i.e. boss) of the Sabbath (Mt. 12:8). **That is, He was above the Sabbath and could not be bound by it!** Unfortunately, not only do the Seventh-day Adventists misinterpret that verse. They also incorrectly try to connect it with Rev. 1:10 (“I was in the Spirit on the Lord’s Day”) in order to try to say that the Sabbath is the “*Lord’s day.*” **Nothing could be further from the truth. The “*Lord’s Day*” is Sunday**, as can be discovered by reading history and the writings of virtually any of the early church fathers from 107 A.D. onward!
15. **GOD GAVE THE O.T. LAW TO ISRAEL ALONE!** Ex. 31:12-17; 20:2; Dt. 5:1-15; Neh. 9:10-14 (esp. vv. 13-14); Ps. 147:19-20; Ezek. 20:12! This fact is undeniable if one simply reads the Bible references listed here!
16. **SEVENTH-DAY ADVENTISTS DON’T KEEP THE SABBATH ANYWAY!** God made it clear what things could and couldn’t be done on the Sabbath. And if you don’t follow all of these OT laws, you’ve broken the Sabbath! Some of those laws included the following:
- You must observe the Sabbath from sunset to sunset-Lev. 23:32. **It is worth pointing out here that Ellen G. White and the rest of the early SDA’s apparently broke this Sabbath law during the first nine years of the church’s existence (c. 1846-1855).** You see Mrs. White had told the Adventists in the early days that they were to observe the Sabbath from 6pm to 6pm. In reality the OT says the Sabbath must be observed from sunset to sunset, and the sun does not set at those times for much of the year in my home town of Battle Creek, Michigan where Mrs. White and the early followers of Seventh-day Adventism were living at the time! In fact during the summertime it can stay light until 8-9pm, while in the winter it gets dark by 5:00-5:30pm! Consequently, Mrs. Ellen G. White herself apparently broke the Sabbath for nine years, until she got a new “revelation” that changed their practice.
 - You cannot carry cargo on the Sabbath-Jer. 17:21. If anyone has carried cargo on the Sabbath, he has broken the Sabbath.
 - You cannot build a fire in your house on the Sabbath-Ex. 35:3. If any Seventh-day Adventist has ever built a fire to warm his house, cook food, get rid of mosquitoes, etc, then he has broken the Sabbath!
 - You cannot cook food on the Sabbath-Ex. 16:23. Anyone who has ever done so, has broken the Sabbath! By the way, the penalty for breaking the Sabbath under the Old Testament law was death-Num. 15:29-36!
17. **THERE IS NO INDICATION IN SCRIPTURE THAT THERE ARE TWO “KINDS” OF LAWS IN THE O.T. i.e. “MORAL” LAW vs. “CEREMONIAL” LAW!** SDA followers try to get around the Sabbath laws (above) and other laws they are breaking, by saying that “God’s Ten Commandment Law” is forever, but that the other 603 laws were only temporary “ceremonial” laws that we don’t have to obey anymore. **But you cannot find any biblical support for such an artificial division.** Passages such as Col. 2:16-17 which clearly apply to the ENTIRE law, SDA’s often say apply only to what they term the “*ceremonial*” laws. That is bogus. It is ALL or NOTHING! (By the way, many Seventh-day Adventists ask, “*If the law has been fulfilled in Christ, and we are no longer under it, why do you still obey the other nine commandments?*” Answer: You find the other nine commandments repeated in the NT over and over, so they are part of the New Covenant (the period of grace). However, you do NOT find the Sabbath commandment repeated.
18. **MANY SDA’S BELIEVE THE SABBATH IS THE “SEAL OF GOD.” THAT IS ABSOLUTELY FALSE! THE SEAL OF GOD IN THE NEW TESTAMENT ERA IS THE HOLY SPIRIT INDWELLING OF THE BELIEVER**-Eph. 1:13; 4:30; II Cor. 1:21-22. The Bible is crystal clear about this. In the Old Testament God said the seal of His relationship with Israel was the Sabbath. But that is not his seal for believers today!
19. **“IS A SABBATH-KEEPING CHURCH THE ‘REMNANT CHURCH’ OR ‘COMMANDMENT KEEPING CHURCH’ THAT IS SPOKEN OF IN REVELATION 12:17?”** [Martin, p.8] It can be demonstrated that the word “*commandments*” found in Rev. 12:17 does not refer to the 10 commandments at all! You see there is more than one word for “*law*” or “*commandments*” in Greek, the language of the New Testament. One word “*nomos*” is typically translated in our English Bibles as “*law*.” Another word “*entole*” is typically translated “*commandment.*” **In fact in the entire New Testament, the word “*entole*” (i.e. *commandment*) with only one exception (Lk. 23:56), never refers to the Sabbath. And much more significantly, in all of the apostle John’s writings (i.e. John, I, II, III John & Revelation), which is where SDA’s are almost always quoting their verses from, it NEVER refers to the Ten Commandments at all! Interestingly, several times John defines what the *commandments* are, and what it means to obey them: *To believe in Christ and love others, including believers (e.g. Jn. 13:34; 15:12; 1 Jn. 3:23; 4:21; II Jn. 4-5).* Thus Seventh-day Adventists make the same mistake in regard to the New Testament, that they make in regard to the Old Testament, i.e. thinking erroneously that the word “*law*” or the word “*commandment,*” only refers to the Ten Commandments. That is a gross error, with disastrous consequences. Let me give some Scriptures to answer this SDA error:**
- Seventh-day Adventists delight to show you Jn. 14:15, 21, 23-24; 15:10; I Jn. 5:2-3. All of these verses talk about the need to “*keep His commandments.*” But the apostle John was not talking about the Ten Commandments! As noted above, the word translated “*commandments*” throughout all the writings of John (John, I, II, III John & Revelation) is the Greek word “*entole*” and in John’s writings that word NEVER refers to the Ten Commandments whenever it occurs! In fact *entole* only refers to the Ten Commandment Sabbath once in the entire NT! (Luke 23:56). John uses a different Greek word “*nomos*” every time he refers to the Ten Commandments, without exception! So the above verses penned by John under the inspiration of the Holy Spirit do not refer to the Old Testament Ten Commandments at all! So the next time a Seventh-day Adventist quotes the above verses to you, show him Jn. 13:34; 15:12; I Jn. 3:23; 4:21 & II Jn. 4-5 -all of which clearly teach & declare that to “*keep the commandments*” is to believe on Christ and love one another! That’s it!
 - Paul teaches the same idea in Romans 13:8-10. In this passage Paul even quotes four of the ten commandments and says that “*if there is any other commandment, it is summed up in this saying, ‘You shall love your neighbor as yourself.’*”

- **Jesus taught this same truth i.e. that “keeping the commandments” equals believing in God and loving others, in Mark 12:28-31.** There Jesus declared that the greatest commandment was to love God “...with all your heart, and with all your soul, and with all your mind, and with all your strength...” and added that the second greatest commandment is to “...love your neighbor as yourself.” (quoting from Dt. 6:5).
- The Bible unapologetically asserts that to *love your neighbor* fulfills the law!-Gal. 5:14 cf. Gal. 6:2 & James 2:8, 12.
- **Paul taught this same truth in Phil. 3:9.** There he declared that the path to true righteousness was not through the law, but by faith alone!
- **For those who wish to perform works or obey laws to attain heaven or retain their salvation, Jesus said some very profound words in John 6:28-29 concerning what works we must do to get to heaven: believe on Him for salvation!**

20. THE BIBLE CLEARLY DECLARES THAT WE ARE NOT UNDER THE LAW, PARTICULARLY THE SABBATH!

- **Gal. 4:8-11.** In this passage Paul rebuked the Galatian Christians for trying to go back under Old Testament regulations, saying: “*You observe days and months and seasons and years. I fear for you, that perhaps I have labored over you in vain.*” (vv.10-11) In modern English he was basically saying that he felt he may have wasted his time on them since they were trying to obey OT laws in order to please God.” In the passage Paul refers to “*days,*” “*months,*” “*seasons,*” & “*years*” which correspond to the “*festivals,*” “*new moons*” & “*Sabbath days*” of Colossians 2:16, and which clearly refer to OT laws & practices (cf. I Chron. 23:31 & Isa. 1:13-14). The point is crystal clear: New Testament believers are not under Old Testament laws and individuals who insist we are still under obligation to them destroy the gospel of grace.
- **Col. 2:16-17.** This passage begins with the word “*Therefore*”, which means “*because of*” or, “*in light of what I’ve just written.*” So we must ask, “*What important truths had Paul just presented earlier in this epistle?*” Two very important themes emerge in the verses prior to 2:16-17: 1) **Who Christ is** (i.e. He’s the creator & sustainer of the universe-1:16-17; He’s the source of all wisdom & knowledge-2:3; He’s God-2:9; He’s the sovereign over all angelic/spirit beings-2:10; He’s the conqueror of all other spirit beings-2:15), & 2) **What Christ has done for every believer** (i.e. He has made us complete-2:10; He has circumcised us spiritually-2:11; He has baptized us with the Holy Spirit-2:12; He has resurrected us up with Him positionally-2:12; He has made believers truly alive spiritually-2:13; He has forgiven us all our sins-2:13; He has canceled out our debt to God-2:14; & He has disarmed Satan & his hosts-2:15). *Therefore*, Paul says to believers... on the basis of who Christ is and what Christ has done for you, “*let no one act as your judge in regard to food or drink or in respect to a festival or a new moon or a Sabbath day—things which are a mere shadow of what is to come; but the substance (i.e. the reality) belongs to Christ*” (2:16-17-NASV).

In other words, believers are not under OT laws and regulations, INCLUDING WEEKLY SABBATH DAY

OBSERVANCE, because of who Christ is and what He has done for us! Praise God, we are no longer under the law, but under grace! Seventh-day Adventist leaders often try to avoid this problem by saying, “*This passage is only talking about the special Sabbaths, not the regular weekly Sabbath.*” But they are wrong, as will be seen by going back and reading Numbers 28-29. There you will find a listing of days nearly identical to the types of days mentioned in Galatians 4 and Colossians 2. And there in the book of Numbers, it lists the weekly Sabbath right along with all those other Jewish holy days (Num. 28:9 cf. 28:3, 11, 16, 26; 29:1, 12, etc)! Paul was clearly referring to the regular weekly Sabbaths in Colossians & Galatians!

Martin observes: “*An unbiased reading of Colossians 2:16 will show that this is talking about not just ‘ceremonial Sabbaths.’ The words ‘ton sabbaton’ or ‘sabbath days’; are the same words translated ‘Sabbath day’ in Exodus 20:8 in the Septuagint (the Jewish translation of the Old Testament into Greek). Look at Paul’s reasoning, ‘Let no one judge you regarding a festival - yearly Sabbaths, a new moon -monthly Sabbaths, or a Sabbath day -weekly Sabbaths (or if you wish, Sabbath days). Christ, he goes on to say, is the ‘Substance’, these things were shadows. When this passage is compared with Galatians 4:9 an obvious connection in Paul’s teaching is revealed... Verse 10 flatly states, ‘you observe...’, days (weekly Sabbaths, corresponding to ‘Sabbath days’ in Colossians 2), months (new moons, corresponding to ‘a new moon’ in Colossians 2), seasons (the 7 feasts, corresponding to ‘festivals’ in Colossians 2), and years (the sabbatical year and the 50th year of Jubilee). Obviously Paul is clearly speaking about the observance of all Jewish holy days, including the Sabbath.*” (Martin, pp. 12-13).

21. **SEVENTH-DAY ADVENTISTS CLAIM THAT THE ROMAN CATHOLIC CHURCH CHANGED THE DAY OF WORSHIP. THAT IS COMPLETELY FALSE!** Even a cursory examination of church history will prove that the Roman Catholic Church did not exist in anything even remotely resembling the Roman Catholic Church of today, until the period of time dating from 450-600 A.D! But the day of worship had been changed from Saturday to Sunday before 100 A.D. i.e. the times of the Apostles! (cf. Acts 20:7; I Cor. 16:2). And Seventh-day Adventists quoting of out of date Roman Catholic leaders does nothing to change that historical fact.
22. **MANY SEVENTH-DAY ADVENTISTS BOLDLY CHALLENGE SUNDAY WORSHIPPERS: “SHOW ME ONE VERSE IN THE BIBLE THAT COMMANDS SUNDAY WORSHIP!”** Read Leviticus 23:4-22, esp. vv. 11, 15, & 21. Verse eleven talks about the day after the Sabbath, which is Sunday. Then the Bible says to count seven weeks from that day (which would be another Sunday), and it says on that day “*you must meet to worship.*”(v.21). “That” day is called the “*Day of Pentecost.*” And God declares that everyone **MUST** meet to worship Him on that day (a SUNDAY!), EVERY year! If an SDA says that this was only a special day, have him go back and read verses 1-4. **You will notice there that this whole chapter, which discusses various worship days, begins with a discussion of the weekly Sabbath!** So the Sunday of the *Feast of First Fruits*, and the Sunday of the *Feast of Pentecost* were just as holy, just as important, and considered on par with the weekly Sabbath. Once again it is all or nothing. An SDA may reply: “*Yes, but this only applies to Israel.*” To which we would respond: **THAT’S THE POINT! “The Ten Commandment Covenant,—the Old Covenant, was made with Israel, and NOT with the Gentiles!!!** Look at Exodus 31:13, 16, and 17: “*But as for you, speak to the sons of Israel, saying, “You shall surely observe My Sabbaths; for this is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you”... 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...*” (Martin, p. 14)

-- “*Have I therefore become your enemy by telling you the truth?*” – Galatians 4:16 (NASV)