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# Sunset to Sunset: God's Sabbath Rest

*United Church of God*

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**Sunset to Sunset: God's Sabbath Rest** United Church of God
The publisher offers this ebook for free at ucg.org/bible-study-aid/sunset-sunset-gods-sabbath-rest/

Overwhelmed? Need a day off... a break? Maybe it's time to learn the truth about the Sabbath.

Everyone, it seems, lives his or her life at a breakneck pace, constantly rushing here and there to get everything done. Technological advances that once promised more leisure time now seem only to push us further behind, making it ever more difficult to catch up.

So we frantically scramble. We feel out of touch—out of touch with our spouse, out of touch with our families, out of touch with the world around us and, perhaps most of all, out of touch with God. Is there a way to get back in touch?

In the Bible, God gives us a solution written within the Ten Commandments. It's a commandment that gives us time for a welcome, refreshing rest from our weekly labors, a time during which we must no longer be absorbed in our ordinary daily cares and concerns—a time for spiritual rejuvenation.

Inside the ebook, "Sunset to Sunset: God's Sabbath Rest", you will read why God commanded a day of rest and the purpose for it. You will discover the answers to which day is the Sabbath, why the Sabbath is relevant for all of us today and why this day of rest makes sense in today's world. Join us for a journey through the Bible to discover the importance of God's Sabbath rest.

Chapters in this ebook:

-- The Sabbath: In the Beginning
-- When Is the Sabbath Day to Be Kept?
-- Which Day Is the Sabbath?
-- Names for Saturday in Many Languages Prove Which Day Is the True Sabbath
-- Jesus Christ and the Sabbath
-- Just What is Legalism?
-- Was the Sabbath Changed in the New Testament?
-- Was Sunday the New Testament Day of Worship?
-- Was God's Law Abolished in the New Testament?
-- Why is the Sabbath Commandment Not Repeated in the New Testament?
-- Surprising Admissions About the Sabbath and Sunday
-- "There Remains a Sabbath-Rest for the People of God"
-- A Sign of God's People
-- God's Sabbath in Today's World
-- The Sabbath in the Age to Come
-- What is True Worship?
-- Our Appointment With God
-- A Test for You?

Inside this Bible Study Aid ebook:

"God, Creator of the Sabbath, determines when the day begins and ends, and it was observed from sunset to sunset throughout the Bible. His Sabbath begins Friday evening at sunset and ends Saturday evening at sunset."

"Jesus Himself clearly denied that He intended to change or abolish the Sabbath or any part of God’s law. “Do not think that I came to destroy the Law or the Prophets,” He said. “I did not come to destroy but to fulfill” (Matthew 5:17)."

"Many who argue that the Sabbath was abolished in the New Testament point to the apostle Paul’s writings to justify their view. But is this opinion correct? They commonly cite three passages to support that claim—Romans 14:5-6, Colossians 2:16-17 and Galatians 4:9-10."

"Here we see God’s true intent for the Sabbath: It is part of a proper, loving relationship with Him. It is a matter of honoring God."

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**Angie Dean:**

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