

The Soviet Union's Failed Experiment

Joseph Stalin, dictator in Soviet Russia was in trouble. He needed to accomplish two things. Increase the economic productivity of his country, and remove all vestiges of God and the Bible from the hearts of his people. So he designed a notorious experiment. He put his entire nation into shift work, so that the factories would be running every day of the week. He didn't want people going to church and having a day off, that would be bad for productivity and besides religion was worse than worthless to him. So instead of a 7 day week, he designed a 5 day week. people were placed into 5 day shifts and their days off were staggered so that most families could never be off on the same day, machinery was always running, and group worship was impossible.

After a few years, the experiment wasn't working out so well. Productivity had not increased! So he increased the cycle to a 6 day week. That didn't work either. Finally after an 11 year trial, productivity had actually decreased so much that he relented and re-instituted the 7 day week. <https://www.history.com/news/soviet-union-stalin-weekend-labor-policy> <https://www.cabinetmagazine.org/issues/61/wood.php>

The French also attempted a 10 day week during the French Revolution, but after a 10 year trial, they also returned to the 7 day week. The question today is, why did these experiments fail so badly?

In the book "The Seven-day Rhythms of Life", Dr. G. Kenneth Greenaway, a physician who specialized in neurophysiology and research regarding the pineal gland, shows that seven day biological rhythms exist in many diverse plants and animals of the world including various species of algae, pole bean seeds, honey bees, pike fish, the springtail, the beach beetle, the face fly, lab mice, and human beings. (The Seven-day Rhythms of Life pp. 17-21)

Chronobiology International - The Journal of Biological and Medical Rhythm Research, published an article titled "Seven-day human biological rhythms: An expedition in search of their origin, synchronization, functional advantage, adaptive value and clinical relevance". It reported:

"Why do humans require 1 day off per 7 d span? Do 7 d rhythms bestow functional advantage to organisms? ... We hypothesize the 7 d time structure of human beings is endogenous [built in] in origin – a hypothesis that is affirmed by a wide array of evidence ...linked to the Saturday (Hebrews) or Sunday (Christian) holy day of rest. We also hypothesize they are representative, at least in part, of the biological requirement for rest and repair 1 d each 7 d, just as the circadian time structure is representative, in part, of the biological need for rest and repair each 24 h."

"With reference to the Creation, one of God's commandments conveyed through Moses is 6 d of work must be followed by 1 d of rest. "Remember the Sabbath day, to keep it holy" (Exodus 20:9). "6 days shalt thou labor, and do all thy work" (Exodus 20:10). "But the 7th day is the Sabbath of the Lord thy God: in it thou shalt not do any work. . . . For in 6 days the Lord made heaven and earth, the sea, and all that in them and rested the 7th day: wherefore the Lord blessed the Sabbath day, and hallowed it" (Exodus 20:11)."

"With the acceptance and growth of Christianity in Rome, the administrative center of the vast Roman Empire, the sanctioned day of rest was moved from Saturday to Sunday... Interestingly, nowadays some Christian communities, e.g. Seventh-day Adventists, recognize Saturday as God's day..."

Thus, a logical conclusion could be that God created you with an innate biological rhythm that necessitates one day in seven being a special day of rest and rejuvenation. One important question: does it matter which day out of seven you choose?

In the Bible, this rest day is more than merely a day for relaxation and rejuvenation. It's a day to get to know God. There is a special blessing on a certain day that God has placed there, allowing you to experience his presence and power, which you will not find in any other day of the week.

"Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended 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 NKJV)

“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.” (Exodus 20:8–11 NKJV)

“And he came to Nazareth, where he had been brought up. And as was his custom, he went to the synagogue on the Sabbath day, and he stood up to read.” (Luke 4:16 ESV)

“So when the Jews went out of the synagogue, the Gentiles begged that these words might be preached to them the next Sabbath. Now when the congregation had broken up, many of the Jews and devout proselytes followed Paul and Barnabas, who, speaking to them, persuaded them to continue in the grace of God. On the next Sabbath almost the whole city came together to hear the word of God.” (Acts 13:42–44 NKJV)

“There remains, then, a Sabbath-rest for the people of God” (Hebrews 4:9 NIV11-GK)

“For as the new heavens and the new earth Which I will make shall remain before Me,” says the LORD, “So shall your descendants and your name remain. And it shall come to pass That from one New Moon to another, And from one Sabbath to another, All flesh shall come to worship before Me,” says the LORD.” (Isaiah 66:22–23 NKJV)

I’m not “under the law”.

Quoted from article by Eugene Prewitt “A Short Essay on Christian Duty in Relation to the Old Testament Laws” at BibleDoc.com

“The Old Testament had several types of laws. These included the following primary categories:

Moral Laws	These defined right from wrong, defined righteousness and sin.
Ceremonial Laws	These illustrated truths, usually truths related to the gospel.
Civil Laws	These set limits that were to be enforced by human government.
Hygienic Laws	These curbed disease by imposing scientifically advanced restrictions on a society that was incapable of grasping germ theory, digestion, etc...”

“Civil and hygienic laws — were binding in Israel as long as Israel had its own sovereignty as a nation. Paul taught that we should obey the laws of the land. And when he taught this, Israel was still in subjection to a foreign power — Rome. And so Christians today are not obliged to honor the civil laws of a no-longer existing civil power. We obey the powers that “be” (Romans 13:1), not the powers that ‘were.’ “

“Ceremonial Laws - The entire ritual system of the Jews came to an end at the cross.”

“Moral Laws - But moral laws are always binding. Unselfishness is always good. Selfishness is always bad. Sin is defined, in scripture, as the transgression of law. Where there are no moral laws, there can be neither sin nor righteousness. Moral laws have always been the center around which all other laws revolve. The ceremonial system illustrated how a person could be forgiven. Forgiven for what? Forgiven for sin. But what is sin? It is the transgression of the Law. 1 John 3:4. The ceremonies were given to illustrate how men could be forgiven for their violations of the moral law. The moral laws are those that are summed up by the words “love God” and “love man.” Moral laws are as enduring as eternity. It will never be sinless to bear false witness. And moral laws are as ancient as sin. How did

Lucifer fall? He became a “liar” and a “murderer.” John 8:44. How did demons come into existence? Angels “sinned” and lost their first estate. 2Pe 2:4. They fell by disobeying the moral Law of God.”

A commonly misunderstood text is:

“Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross; And having spoiled principalities and powers, he made a shew of them openly, triumphing over them in it. Let no man therefore judge you in meat, or in drink, or in respect of an holy day, or of the new moon, or of the sabbath days: Which are a shadow of things to come; but the body is of Christ.” (Colossians 2:14–17 KJV)

Notice that the thing that is blotted out is the handwriting of “ordinances”. What were the “ordinances”?

“...so that they will take heed to do all that I have commanded them, according to the whole law and the statutes and the ordinances by the hand of Moses.” (2 Chronicles 33:8 KJV)

The ordinances were the laws of Moses regarding food offerings, drink offerings, sacrifices, and ceremonial sabbaths besides the 7th day Sabbath. These were ordinances that pointed forward to Jesus sacrifice. They were not the Ten Commandment laws of God! They became obsolete when Jesus died on the cross and what they had always pointed forward to was now complete!

Note that there are Sabbaths “Beside the sabbaths of the LORD” (Leviticus 23:38 KJV). The Bible here simply shows that the sacrificial system was blotted out, nailed to Jesus cross, when he died. This did not include the Ten Commandments and Seven Day Sabbath! The Ten Commandments were not ordinances (written by Moses), they did not point forward to Jesus’ sacrifice but rather back to Creation, and they were part of the Moral laws, not Ceremonial laws.

“Regarding being “under law,” Christians should agree that we are not “under law.” Ro 3:19; 6:14-15; Gal 3:10, 23; 4:21. But this phrase has been poorly understood. It means “under dependence on the law for righteousness.” If Christians are trying to earn their way to heaven, they are “under the law.” If they believe that their obedience today can atone for their disobedience yesterday, they are “under the law.” Since the law was given to show us sin and to condemn our sin, anyone who depends on the law for justification will be condemned by the law. In that sense, those that are “under the law” are condemned by the law. We obey because sin should not have dominion over us, because we are risen in newness of life. Our obedience is the best commemoration of Christ’s resurrection. But we do not expect any merit from our obedience.”

Does it really matter what day I keep?

1. “My covenant I will not break, Nor alter the word that has gone out of My lips.” (Psalm 89:34 NKJV)
2. “This people honors me with their lips, but their heart is far from me; in vain do they worship me, teaching as doctrines the commandments of men.” (Matthew 15:8–9 ESV)
3. “Now by this we know that we know Him, if we keep His commandments. He who says, “I know Him,” and does not keep His commandments, is a liar, and the truth is not in him.” (1 John 2:3–4 NKJV)
4. “If you love me, you will keep my commandments.” (John 14:15 ESV)
5. “Whoever breaks one commandment is guilty of breaking them all.” (James 2:10 TEV)
6. “But Peter and the other apostles answered and said: “We ought to obey God rather than men.” (Acts 5:29 NKJV)
7. “To the law and to the testimony! If they do not speak according to this word, it is because there is no light in them.” (Isaiah 8:20 NKJV)
8. “Blessed are those who do His commandments, that they may have the right to the tree of life, and may enter through the gates into the city.” (Revelation 22:14 NKJV)
9. ““Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished.” (Matthew 5:17–18 ESV)

10. "Do we then make void the law through faith? God forbid: yea, we establish the law." (Romans 3:31 KJV)
11. "Not the hearers of the law are just before God, but the doers of the law shall be justified." (Romans 2:13 KJV)

How do I keep the Sabbath?

"If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the LORD" (Isaiah 58:13–14 KJV)

"So it is lawful to do good on the sabbath." (Matthew 12:12 NRSV)

"And so it was, on the sixth day, that they gathered twice as much bread, two omers for each one. And all the rulers of the congregation came and told Moses. Then he said to them, "This is what the LORD has said: 'Tomorrow is a Sabbath rest, a holy Sabbath to the LORD. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.' " So they laid it up till morning, as Moses commanded; and it did not stink, nor were there any worms in it. Then Moses said, "Eat that today, for today is a Sabbath to the LORD; today you will not find it in the field. Six days you shall gather it, but on the seventh day, the Sabbath, there will be none." Now it happened that some of the people went out on the seventh day to gather, but they found none. And the LORD said to Moses, "How long do you refuse to keep My commandments and My laws?" (Exodus 16:22–28 NKJV)

Baptist Testimony

"There was and is a command to keep holy the Sabbath day, but that Sabbath day was not Sunday... There is no scriptural evidence of the change of the Sabbath institution from the seventh to the first day of the week." —Dr. E. T. Hiscox, author of the 'Baptist Manual'.

Lutheran Testimony

"The observance of the Lord's Day (Sunday) is founded not on any command of God, but on the authority of the Church." Augsburg Confession of Faith.

Methodist Testimony

"The reason we observe the first day instead of the seventh is based on no positive command. One will search the Scriptures in vain for authority for changing from the seventh day to the first..." —CLOVIS G. CHAPPELL, Ten Rules for Living, page 61.

Presbyterian Testimony

"A further argument for the perpetuity of the Sabbath we have in Matthew 24:20, Pray ye that your flight be not in the winter neither on the Sabbath day. But the final destruction of Jerusalem was after the Christian dispensation was fully set up (AD 70). Yet it is plainly implied in these words of the Lord that even then Christians were bound to strict observation of the Sabbath." —Works of Jonathon Edwards, (Presby.) Vol. 4, p. 621.

Catholic Testimony

"Question: Which is the Sabbath day? Answer: Saturday is the Sabbath day."
Rev. Peter Geiermann C.S.S.R., The Convert's Catechism of Catholic Doctrine, p. 50 (1946).

"The Protestant claiming the Bible to be the only guide of faith, has no warrant for observing Sunday. In this matter the Seventh-day Adventist is the only consistent Protestant." —The Catholic Universe Bulletin, August 14, 1942, p. 4.

"People who think that the Scriptures should be the sole authority, should logically become 7th Day Adventists, and keep Saturday holy." —Sentinel, Pastor's page, Saint Catherine Catholic Church, Algonac, Michigan, May 21, 1995

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