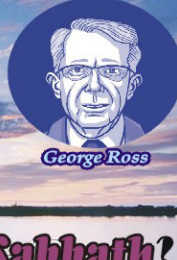




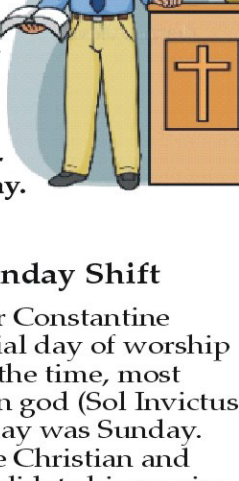
TRUTH THAT NEVER CHANGES



Catholic Sunday or Biblical Sabbath?

A brief introduction to a profound topic

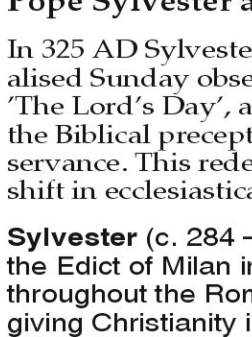
Have you ever paused to wonder why most churches – both Catholic and Protestant – gather for worship on Sunday, while the Bible actually calls us to observe the Sabbath on **Saturday**? Interestingly, some communities, like the Seventh Day Adventists, continue to honour the Sabbath as originally commanded by God.



- So I compiled this tract to give you some background to the matter, and I trust it will help you understand why the Protestant churches keep the Sabbath on a Sunday.

Historical Context of the Sabbath-to-Sunday Shift

After embracing Christianity, Emperor Constantine declared Sunday the official day of worship on 7th March 321 AD. At the time, most Romans worshipped a sun god (Sol Invictus or Mithras), whose holy day was Sunday. Constantine combined the Christian and Roman holy days to consolidate his empire.



Emperor Constantine lived from AD 280 to AD 337. After he embraced it, Christianity was decriminalised and ultimately became the accepted religion within the Roman Empire.

Pope Sylvester and Sunday Worship

In 325 AD Sylvester, 33rd Bishop of Rome, formalised Sunday observance. He renamed the day 'The Lord's Day', a significant departure from the Biblical precept of seventh-day Sabbath observance. This redefinition represented a clear shift in ecclesiastical authority and practice.

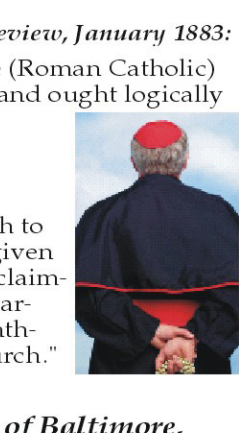


Sylvester (c. 284 – 335) became Bishop of Rome shortly after the Edict of Milan in 313 AD established religious tolerance throughout the Roman Empire, ending an era of persecution and giving Christianity imperial favour and institutional influence.

So, let's have a look at a few quotes from Catholic sources!

Catholic Press, Sydney, Australia, August 1900:

"Sunday is a Catholic institution, and its claim to observance can be defended only on Catholic principles. From beginning to end of Scripture there is not a single passage that warrants the transfer of weekly public worship from the last day of the week to the first."



John Gilmary Shea, American Catholic Quarterly Review, January 1883:

"Protestantism, in disregarding the authority of the (Roman Catholic) Church, has no good reason for its Sunday theory, and ought logically to keep Saturday as the Sabbath."

The Catholic Universe Bulletin, August 14, 1942:

"The Church changed the observance of the Sabbath to Sunday by right of the divine, infallible authority given to her by her founder, Jesus Christ. 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 church."



Albert Smith, Chancellor of the Archdiocese of Baltimore, replying for the Cardinal, in a letter dated 10 February 1920:

"If Protestants would follow the Bible, they should worship God on the Sabbath Day. In keeping the Sunday they are following a law of the Catholic Church."

Many affirm the enduring relevance of the Ten Commandments – yet the fourth, which calls us to honour the Sabbath as a day of rest, is often overlooked or quietly set aside. So what do the Protestant Churches have to say about all of this? Let's have a look at a few quotes...



Baptist: "There was and is a command to keep holy the Sabbath Day, but that Sabbath Day was not Sunday. It will however be readily said, and with some show of triumph, that the Sabbath was transferred from the seventh to the first day of the week, with all its duties, privileges and sanctions. Earnestly desiring information on this subject, which I have studied for many years, I ask, where can the record of such a transaction be found? Not in the New Testament – absolutely not. There is no Scriptural evidence of the change of the Sabbath institution from the seventh to the first day of the week."

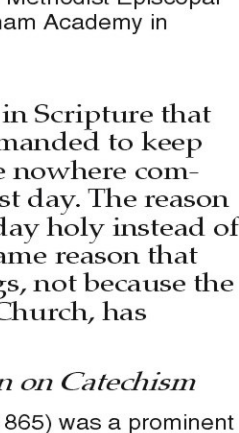


Dr E T Hiscox (1814-1901), author of *The Baptist Manual*

Congregationalist: "It is quite clear that however rigidly or devotedly we may spend Sunday, we are not keeping the Sabbath. The Sabbath was founded on a specific Divine Command. We can plead no such demand for the observance of Sunday. (...) There is not a single line in the New Testament to suggest that we incur any penalty by violating the supposed sanctity of Sunday."

Dr R W Dale: *The Ten Commandments*

Robert William Dale (1829-1895) was an English Congregational Church leader based in Birmingham



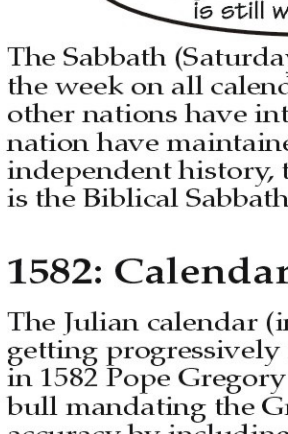
Methodist: "It is true that there is no positive command for infant baptism. Nor is there any for keeping holy the first day of the week. Many believe that Christ changed the Sabbath. But, from His own words, we see that He came for no such purpose. Those that believe that Jesus changed the Sabbath, base it only on supposition."



Amos Binney: *Theological Compendium*

Amos Binney (1802-1878) was a Methodist Episcopal minister and a teacher at Wilbraham Academy in Wilbraham, Massachusetts

Oxford University: "Where are we told in Scripture that we are to keep the first day at all? We are commanded to keep the Seventh; but we are nowhere commanded to keep the first day. The reason why we keep the first day holy instead of the seventh is for the same reason that we observe many things, not because the Bible, but because the Church, has enjoined them."



Rev. I Williams: *Sermon on Catechism*

Rev. Isaac Williams (1802–1865) was a prominent member of the Oxford Movement, the Tractarians

Southern Baptist: "The sacred name of the seventh day is Sabbath. This fact is too clear to require argument (Exodus 20:10 quoted). On this point the plain teaching of the Word has been admitted in all ages. Not once did the disciples apply the Sabbath law to the first day of the week – that folly was left for a later age, nor did they pretend that the first day supplanted the seventh."



Joseph Judson Taylor (1855–1930)

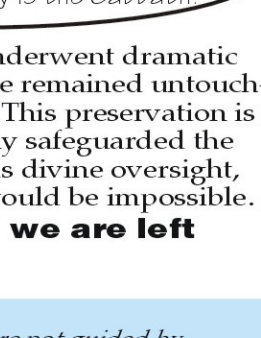
Rev. Joseph Judson Taylor: *The Sabbatic Question*

Questions Questions Questions

That's all very interesting, Pastor, but if the Sabbath is so important, how do we **really** know that it is the correct day? We are talking a few **thousand** years of history here!

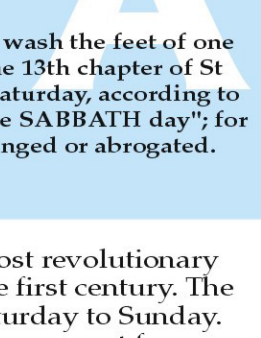


Good question! There is no Biblical evidence of changes in the days of the week from Creation until the time of Moses, as the Sabbath was already known to the Hebrews when God gave him the Ten Commandments.



From that time down to the present there have always been Jews to testify to the true Sabbath!

Amazing! The seventh day of our week – the very Sabbath Jesus observed – is still with us today.



The Sabbath (Saturday) is the same day of the week on all calendars. As you know, all other nations have intermingled, yet the Jewish nation have maintained their identity. Through their long independent history, they testify to the fact that the seventh day is the Biblical Sabbath! **Historians affirm this continuity.**

1582: Calendar Reform

The Julian calendar (instituted by Julius Caesar in 45BC) was getting progressively more out of sync with the solar cycle, and in 1582 Pope Gregory XIII at the Council of Trent issued a papal bull mandating the Gregorian calendar, providing for greater accuracy by including leap years. This reform led to a dramatic change: October of that year was shortened to just 21 days, as ten days were omitted to realign the calendar with the solar year. Thursday the 4th was followed by Friday the 15th!

- This way the sacrosanct order of the days of the week was maintained.

JULIAN OCTOBER 1582 GREGORIAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



God divinely protected the weekly cycle down through the ages, leaving us with no excuse not to follow suit!

Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations for a perpetual covenant.

Exodus 31:16



All calendars agree: The seventh day is the Sabbath. Sunday is the first day. Saturday is the Sabbath

Though the calendar underwent dramatic changes, the weekly cycle remained untouched – seven days, rockfast. This preservation is no accident. God has faithfully safeguarded the weekly cycle throughout history. Without His divine oversight, honouring the Sabbath as He commanded would be impossible. **But because He has preserved it, we are left without any excuse.**

Have you any other proofs that they (Protestants) are not guided by Scripture?

Yes; so many, that we cannot admit more than a mere specimen into this small work. They reject much that is clearly contained in Scripture, and profess more that is nowhere discoverable in that Divine Book.

Give some examples of both.

They should, if the Scripture were their only rule, wash the feet of one another, according to the command of Christ, in the 13th chapter of St John – they should keep not the Sunday, but the Saturday, according to the commandment, "Remember thou keep holy the SABBATH day"; for this commandment has not, in Scripture, been changed or abrogated.

Rev. Stephen Keenan: *A Doctrinal Catechism* (1857)

Perhaps the boldest thing, the most revolutionary change the Church ever did, happened in the first century. The holy day, the Sabbath, was changed from Saturday to Sunday. 'The Day of the Lord' (*dies Dominica*) was chosen, not from any directions noted in the Scriptures, but from the Church's sense of its own power. The day of resurrection, the day of Pentecost, fifty days later, came on the first day of the week. So this would be the new Sabbath. People who think that the Scriptures should be the sole authority, should logically become Seventh-Day Adventists, and keep Saturday holy.

From the *Sentinel*, *Pastor's Page*, Saint Catherine Catholic Church, Algonac, Michigan, May 21, 1995

For the Christian there can be only one authority.

So, in practical terms, how does this matter of the Sabbath relate to the born-again Christian? And what is our perspective on obeying the Sabbath?

There is only one answer:

The Bible and the Bible alone!

Let's listen to the Word about all this:

For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. **Matthew 5:18**

There is only One who is good. If you want to enter life, keep the commandments. **Matthew 19:17**

Then He said to them, "The Sabbath was made for man, not man for the Sabbath." **Mark 2:27**

Peter and the other apostles replied: "We must obey God rather than human beings!" **Acts 5:29**

Whoever says, "I know Him", but does not do what He commands, is a liar, and the truth is not in that person." **1 John 2:4**

In summary and for perspective, we must remind ourselves that *if we obey the Sabbath without the calling of Jesus, it is dead works*. This emphasises the importance of faith in Jesus Christ as the foundation for genuine obedience to God's commands, and reminds us that outward actions, or "works" performed without a connection to Jesus' calling, are **ultimately lifeless, has no spiritual significance and is ineffective for salvation**.

He is the Righteousness of the disciples. By receiving His call He has made them partakers of His Righteousness.

- Man's obedience to the law is imperfect, yet the Christian's righteousness is already there: the righteousness of Jesus, which submits to the Cross, because that is what the Law demands.

Friend, this tract is about proclaiming the

Blessed Hope...

Hope, not fear! Yet this Hope becomes alive only as we hear God's voice and submit ourselves to His Word and His Will. We can do that only if we embrace God's future as a mystery that awaits its full disclosure when Christ comes.

If you'd like to know more:

Web: www.bibletraks.com

Facebook: [Blessed Hope Tracts](https://www.facebook.com/BlessedHopeTracts)