

TSIYON NEWS

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ELIYAHU BEN DAVID ANSWERS:

The SABBATH NATURALLY

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From Eliyahu

When was the last time you walked through a field, reached down and took a handful of grain and just ate it? No package to open, no preparation to be made, just food there for the taking, as you walk along. That even gets better when you think of happily walking in the fresh air and sunshine, talking and laughing with your friends. It's really an idyllic picture.

One day Yeshua and His disciples were enjoying just such a relaxing and joyous time on the Sabbath. When His religious enemies saw it they criticized Him for it, because it was the Sabbath and He wasn't following their religious rules. No surprise there. They were really big on man-made rules.

Yeshua kindly responded, demonstrating that their interpretation of the Sabbath went beyond the demands of Scripture, resulting in injustice. Finally, He said to them, *“The Sabbath was made for man, not man for the Sabbath. Therefore the Son of Man is lord even of the Sabbath.”* (Matthew 12, Mark 2)

There is a lot that could be said about this profound statement. The Son of God is Lord of the Sabbath and He created it for humanity. Realize that the Creator did not just pick a random date and say ‘I declare this date the Sabbath.’ Oh no, not at all. The Sabbath was created as an integral part of the larger Creation. *“God said, Let there be **lights in the expanse** of sky to divide the day from the night; and let them be for signs, and for seasons, and for days and years.”* (Genesis 1:14)

Does that sound like the calendar to you? Did you know the word *calendar* is not in the Bible, not even once? Something most of us take for granted as a daily part of our lives is not even mentioned in Scripture! That’s because our Heavenly Father sees time completely differently than we do. There are about 200 different calendars that have been or are being used by mankind. However, no man-made calendar can accurately represent an eternity of ‘seasons, days and years.’ Yet, all of those ‘seasons, days and years’ are complete in the mind of God. All of them and each of them have been ordered by Him to fulfill His purposes. If we want to move with Him in His time, we can do so, using the “lights in the expanse” as “Signs”, as they mark out the “seasons” (lit. appointments) and “days and years.”

Here’s a bit more about that word; *seasons*. Bible translators have, unfortunately, used this very general word instead of the much more specific word indicated in the original Hebrew text. This is Strong’s word H4150, and Strong’s Hebrew Dictionary says this about it:

mo-ade', mo-ade', mo-aw-daw' - properly an **appointment**

When we make this needed correction to the verse it reads:

*“God said, Let there be **lights in the expanse** of sky to divide the day from the night; and let them be for signs for appointments, and for days and years.”* (Genesis 1:14)

What the verse is saying is that the “lights in the sky” provide “signs” of the Creator’s “appointments” with His people. Notice that these “appointments” are not set according to any of the 200 calendars created by man. His appointments with us are set according to the “signs” the Creator put in the heavens to indicate His appointed days to meet with His people. This, of course, includes the Sabbath.

Think of this: the Sabbaths are literally written into the Creation itself as appointed days set to meet with us by our Creator! Showing up for any appointment on the right day is crucial. If you have an appointment with your doctor on one day but you show up a day later you have missed your appointment. Suppose your doctor made the appointment with you using the Gregorian calendar, but you thought, since he was Chinese, he must have been using the Chinese calendar. In that case, are you going to have the right appointment day? Sadly, many sincere believers are missing the appointment with the Lord of the Sabbath for exactly this same reason.

This is no small issue, since keeping Sabbath is the Fourth of Ten Commandments:

“Remember the Sabbath day, to keep it holy. You shall labor six days, and do all your work, but the seventh day is a Sabbath to YHWH your God. You shall not do any work in it, you, nor your son, nor your daughter, your male servant, nor your female servant, nor your livestock, nor your stranger who is within your gates; for in six days YHWH made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore YHWH blessed the Sabbath day, and made it holy.” (Exodus 20:8-11)

We are commanded to keep the “seventh day” holy. The seventh day of what? Clearly, we need to keep this appointment according to the “Sign” the Creator put in Heaven to mark that appointment! Appointment days are set in Scripture according to the Moon.

*YHWH spoke to Moses and Aaron in the land of Egypt, saying; “This **month** shall be to you the beginning of **months**. It shall be the first **month** of the year to you.” (Exodus 12:1-2)*

The word *month* here is not talking about a calendar month. It is talking about Moon cycles. Why do I say that? Notice the original Hebrew meaning of the word translated from English:

Strong's: H2320 - chôdesh - the new moon; by implication a month

AHLB: New moon: The first crescent of the moon as the renewal of the moon, the first day of the month.

BDB Definition: chôdesh - 1) the new moon, month, monthly 1a) the first day of the month 1b) the lunar month

The word translated here as ‘month’ is the Hebrew word **chôdesh** and literally refers to the *renewal* of the moon cycle, beginning with the sighting of the first crescent of the moon as the “sign” in the sky as the start of the first day.



Typically, the moon goes through 4 visible phases of 7 days each. During the first 2 phases it keeps getting bigger until it achieves full moon. Thereafter it gets smaller until the darkness of the moon, 'renewing' the cycle. The darkness can last either 2 or 3 days, and cannot be definitely fixed in advance. That is to say the lunar month can last either 29 or 30 days. You can only know when the old moon is over and the new moon begins by sighting the new moon crescent in the sky. That's how a 'sign' works - you've got to look at it to 'read' it.

Whenever a day is referenced by number in Scripture it is generally referring to the corresponding day of the moon cycle. All of the ‘appointments’ are set by

YHWH according to the days of the actual lunar month, as set out in Leviticus 23 and many other places. So when the Scripture refers to the “seventh day” it is following this common means of determining days in Scripture, given to us by YHWH Himself. He has made all of His appointments with us in this way.

But why did YHWH specifically tie His appointments, and specifically the Sabbath, to the moon cycles?

The ancient Israelites who used this system had no need of calendars. They could just look up into the sky and know what day it was. In fact, we can too, so we don't have to guess when the Sabbath is.

Here is another reason often called the "lunar effect." This is the ancient knowledge that lunar cycles influence human physiology, behavior, and even mental health. This may be connected in some over-arching way with the rhythm connected with human sleep patterns called the circadian rhythm. This 24-hour cycle regulates sleep-wake patterns and other physiological processes. It's driven by an internal biological clock, primarily located in the suprachiasmatic nucleus (SCN) in the hypothalamus of the brain.

That internal biological clock may be part of a larger internal system. That is, an internal physiology rhythm that literally ties in with the movements of the heavenly bodies, especially the Moon. For example, menstrual cycles are generally close in length to lunar cycles and, some studies and anecdotal reports suggest that certain women experience menstrual onset around the full or new moon. A 2013 study in *Endocrine Regulations* of 74 women found some correlation between menstrual onset and lunar phases. This is only one example, but other lunar effects on human physiology, behavior, and mental health have also been commented on. Here are some examples:

"Research carried out by us has shown a correlation between violent incidents and full moons." – Spokeswoman for Sussex Police, as reported by BBC News, following research by Inspector Andy Parr in Brighton, UK. Inspector Andy Parr, Sussex Police (2007):

"From my experience of 19 years of being a police officer, undoubtedly on full moons we do seem to get people with sort of strange behavior – more fractious, argumentative." – Inspector Andy Parr, responsible for the Sussex Police study, as quoted by BBC News.

"Another study, published in 1998, discovered a rise in violent incidents among the 1,200 inmates at Armley Jail in Leeds during the days either side of a full moon." – As reported by the Daily Mail, referencing a three-month psychological study.

"The incidence of crimes committed on full moon days was much higher than on all other days." – From a study published in the British Medical Journal, analyzing crime reports from three police stations in rural, urban, and industrial towns.

The full moon link with human behavior is probably the most obvious, but other more subtle effects are also occurring throughout each of the days of the lunar cycle. I'm not talking here about some supernatural hocus-pocus. I'm talking about being a part of God's Creation in ways that are built into us, that we still do not fully understand. YHWH does understand these rhythms and how they tie into the days He has set for appointments with us. I think it is safe to assume that He has taken this into account in the days He has set in His Word for His appointments with us and in the “signs” in the sky, including the Sabbath.

Why does all of this sound so strange to people today? The answer is simple: The modern world has rejected the Creator's natural world and ways, and has largely cut modern people off from it. Instead of walking through a field and picking some wholesome natural grain to eat as we go along, on the Sabbath determined for us as a day of rest, yes, by the cycles of the Moon – Instead of that we eat genetically modified stuff that has been loaded with chemicals and packaged in chemically-altered petroleum, as we stay up night after night bathed in unnatural light long enough to completely burn out our circadian rhythm. Pretty much all day every day we are out of touch with the Creation as it was made for us, instead having been socialized into modern patterns of thinking and behavior so contrary to the ways of our Heavenly Father that modern life is literally killing us. Worst of all, that all feels natural to us somehow, while what is natural often feels foreign.

Living in that context, of course the Holy Time of YHWH sounds ridiculous to modern people, but remember this, our Creator says:

"For my thoughts are not your thoughts, neither are your ways my ways, says YHWH. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts." (Isaiah 55:8-9)

His Sabbath helps with this. It gives us His appointments to meet with Him, to get His thoughts, to learn to walk in His ways and to conform our lives to Him. The Sabbath was made for us, in more ways than we can possibly imagine. As I mentioned at the beginning of this newsletter, Yeshua and His disciples enjoyed keeping the Sabbath, and He was often opposed for it. His exchanges with His detractors brought a balance to the topic that is still helpful to us now. Tonight the Messiah's Mighty Men panel discussion will bring forward some of those valuable insights. This discussion will be streamed from our member website at Tsiyon.Net, at 8 PM Central, and on YouTube and other streaming platforms as well. We look forward to having you and your friends with us for this exciting discussion.

Eliyahu

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HOLY TIME
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Holy Time is set-apart time in harmony with the rest of His Creation. This Time belongs to Him but it is created for us, His holy people, so that we can meet Him and live our lives with Him in His time – Holy Time. Living in Holy Time will bless your life with a grasp of Yah's Appointed Times which He has set.

Eliyahu ben David

Audio:



Video:



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