

# SUNDAY LAWS



*They are Coming*

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**These DO NOT receive the mark of the beast:**

**“Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.”**

**Revelation 14:12**

**(See also Hebrews 4; Exodus 16 and 20.)**

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# Catholics Call for Eighth Day, Sunday

Back on April 19, 2022, *Crisis Magazine* [CM], a prominent Catholic conservative website, called for the restoration of Sunday in our “Christian culture.” They are looking at Sunday, the first day of the week, and depicting it as the “eighth day.” This is a reference they used to try to demonstrate to the world that Sabbath was changed from Saturday to Sunday.

Here is what they published in their magazine: “Reclaiming such ideas like the Eighth Day is no small part in the requisite work for the restoration of Christian culture. To that glorious end, we look to the Eighth Day—a poetic device that, like all true poetry, symbolically breaks the boundaries of the material world and expresses something intangible, yet essential. When the Good News of the Resurrection of Jesus Christ spread over the world, it came with a marvelous piece of poetry. Christians referred to Sunday, traditionally considered the first day of the week, as the Eighth Day.”<sup>[1]</sup>

This concept of an “eighth day” is based on Catholic tradition alone, but **is not supported by the Bible**. We are essentially being asked to **reject the Bible, the true Sabbath day (Saturday), and the seven-day week** in favor of their interpretation.

The article continues: “In ancient times, the Sabbath Day (Saturday) marked the seventh and last day of creation when the Lord rested from His good work. But after the Resurrection, when the Passover became the Pascha [Easter], Christians began referring ... to Sunday, the first day of the week and the day Christ rose from the crypt [tomb], as the Eighth Day. ...

“The Eighth Day hailed the Resurrected Christ as the beginning and end of time, and it also symbolized a mystical movement be-



yond the seven days. God created the world in seven days, and when His Son rose from the dead, a new creation was begun.”<sup>[1]</sup>

They claim that because Jesus was resurrected on Sunday, an “eighth day” was created, and God’s creative work extended beyond the seven-day week in some way, even though nothing new was created. Therefore, as already mentioned, they teach that Sunday became the new eighth day of God’s creation. This is a conclusion based solely on their speculation and assumption. There is no biblical evidence that God created something new or that Sunday became the eighth day or the Lord’s Day. However, they continue to promote **this grave doctrinal error** by claiming the following:

“If, however, the day after the Sabbath was the first day of the Jewish week, then the Sabbath must be the last day as well as the first, which introduces a growing understanding, bestowed by time and revelation, between the relation of the Sabbath Day and the Lord’s Day and the idea of giving Sunday a double significance. ...


“It is Jesus Christ, Who declares Himself the Alpha and Omega, Who is the firstborn of every creature, by Whom and for Whom all things were created and in Whom they hold together, Who is truly and preeminently the Eighth Day.”<sup>[1]</sup>

**Their confusing claim** that the “eighth day” is superior to all other days, including Saturday, **is unsubstantiated**. This is based on the false assumption that somehow, there are eight days in a week and God rested on the eighth day from all His labor. This is a weak attempt to establish Sunday-keeping based on a convoluted argument that claims

when Jesus was resurrected on Sunday, it ushered in a new creation, making Sunday the eighth day as well as the first day, and thus the most important day of the week. **Of course, no biblical evidence is provided; because there is none.**

**The truth is, Sunday is not a Sabbath, and a week does not have eight days. These assertions are based on Catholic tradition rather than on God's clear teachings in the Bible.** Many attempts have been made to argue that Sabbath has been changed and this alteration was made by divine appointment. **We agree that the Sabbath was altered, but not by divine decree. It was mankind that did it, not God.** If God made this change, it would have been in accordance with His will, and revealed in His Word: "Surely the Lord GOD will do nothing, but He revealeth His secret unto His servants the prophets" Amos 3:7.

The call to bring Sunday back into our culture has nothing to do with the gospel and everything to do with politics. When CM calls for Sunday to be reclaimed, it's more about mobilizing political action than about anything else. True social reforms cannot be achieved through political action or by enforcing Sunday as a day of rest through state power. Laws can limit people's actions but can't change their hearts. If churches want to impose Sunday by legislation, forcing people to rest, this means they have abandoned their gospel commission and become political lobbyists, relying on the state's strong arm to impose church doctrine on society.

Human traditions, church doctrines, people's opinions, and the politicization of the gospel through Sunday-rest legislation are all things we emphatically reject. It is our responsibility to cling to pure Bible truth. Only the gospel can bring righteousness. Our hope is we will all obey God's Word, which is the standard of righteousness by which we will be judged at the end of time. All false doctrines and oppressive dragon-like actions by governments will soon vanish. Our only hope is to rely on God's Word. 

[1] Sean Fitzpatrick, "Easter and the Eighth Day," Crisis Magazine, <https://www.crisismagazine.com/2022/easter-and-the-eighth-day>

"God will have a people upon the earth to maintain the Bible, and the Bible only, as the standard of all doctrines and the basis of all reforms. The opinions of learned men, the deductions of science, the creeds or decisions of ecclesiastical councils, as numerous and discordant as are the churches which they represent, the voice of the majority—not one nor all of these should be regarded as evidence for or against any point of religious faith. **Before accepting any doctrine or precept, we should demand a plain 'Thus saith the Lord' in its support**" (*The Great Controversy*, p. 595).





## **Catholics, protestants, and media are on track to advance the end-time counterfeit sabbath in 2024.**

When 2024 began, a clear scenario emerged concerning religious and cultural trends that are harmonizing the prophetic picture of the last days. The course of events now taking shape support the teachings in the Bible prophecies regarding the final movements in this world. Sunday will soon become the issue and the key point in the coming crisis. Let's examine just eight recent news stories from the past few weeks that support the prophetic message preached by many Christians for over a hundred and fifty years:

- Fox News: In a New Year, Pastor reveals how to get back to church every Sunday: 'A prayerful decision' [1]
- Lutherans: "Sabbath [Sunday] for this Year and Beyond" [2]
- Catholic News Agency: "The Sabbath [Sunday] or the Lord's Day" [3]
- Reformed Churches: "Why You Should Attend Church in Person This Sunday" [4]
- Evangelicals: "Sabbath [Sunday] for All Creation" [5]
- ChurchLeaders.com: "Finding Sabbath [Sunday] in the Storm" [6]

- MSN News: “Why Rest [Sunday] Should Be a Professional Priority” [7]
- Yahoo News: “The Dying American Rest Ethic” [8]

The Sunday movement is gaining momentum. Presently, efforts are underway to portray Sunday, the counterfeit Sabbath, as an essential good in our world. This will lead people away from the truth that God has for this time. False prophets are attempting to deceive the very elect (Matthew 24:24). Satan has transformed himself into an angel of light to push his idol Sabbath (2 Corinthians 11:14). And the entire world is wondering after the beast to worship him through Sunday rest, and soon they will be compelled to receive his mark (Revelation 13:3, 8, 16).

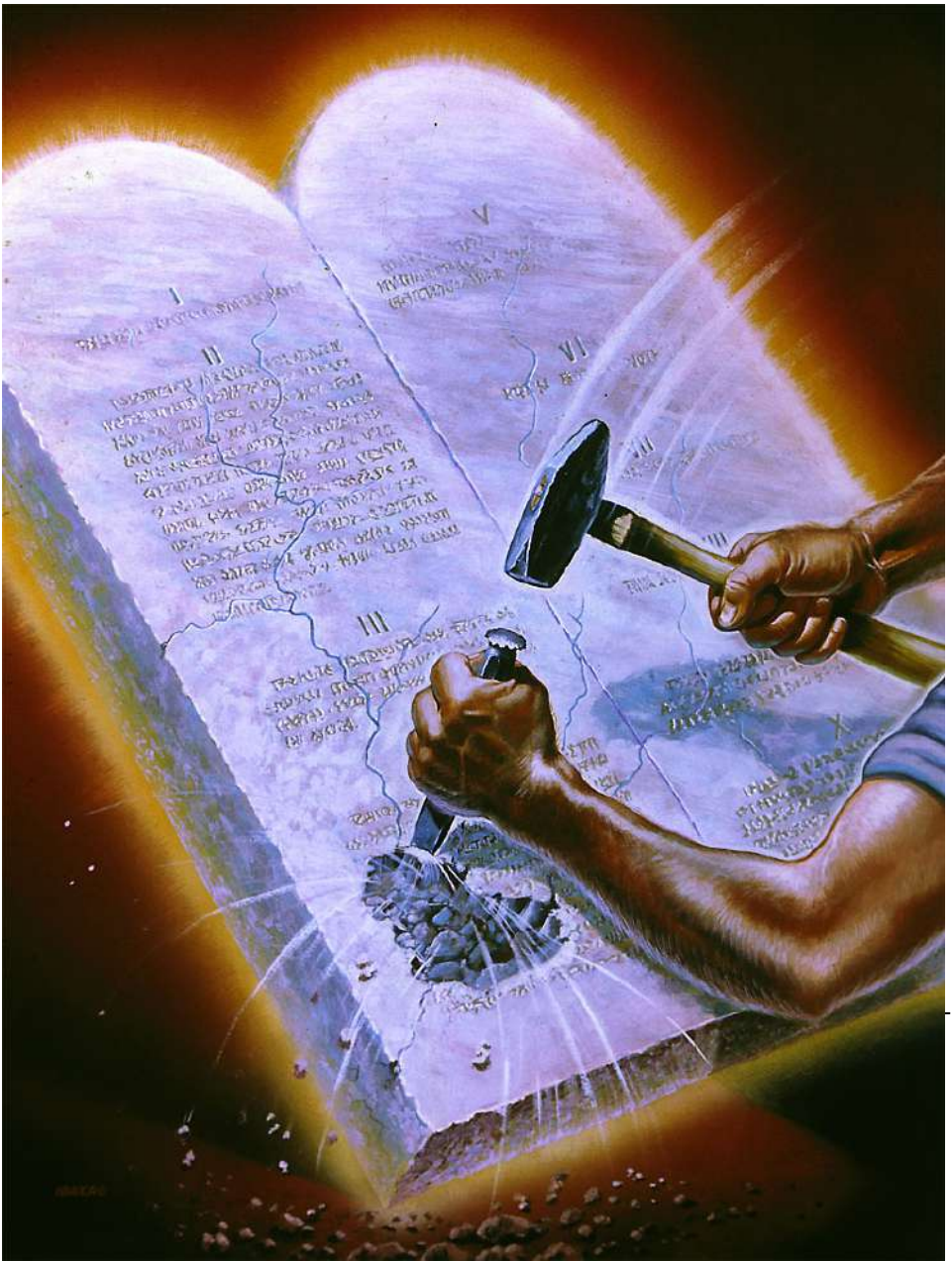
It is imperative for us, as Christians, to act and speak up against this counterfeit. Seventh-day Sabbath believers will soon be the target of persecution and scorn for rejecting “the mark,” so we cannot stand by and watch while Sunday is promoted. We will be counted as traitors for not joining in the counterfeit revival that promises to end the climate crisis, bring unity, and establish eternal peace on earth during “the mark of the beast crisis.”

“Papists, Protestants, and worldlings will alike accept the form of godliness without the power, and they will see in this union a grand movement for the conversion of the world, and the ushering in of the long-expected millennium. ... It will be declared that men are offending God by the violation of the Sunday sabbath; that this sin has brought calamities which will not cease until Sunday observance shall be strictly enforced; and that those who present the claims of the fourth commandment, thus destroying reverence for Sunday, are troublers of the people, preventing their restoration to divine favor and temporal prosperity” (*The Great Controversy*, pp. 588, 590).

While this work is going on, we must be getting ready to participate in true revival and godliness under the loud cry of the third angel’s message:

“The opposition of the enemies of truth will be restrained that the third angel’s message (Rev. 14:9-12) may do its work. When the final warning shall be given, it will arrest the attention of these leading men through whom the Lord is now working, and some of them will accept it, and will stand with the people of God through the time of trouble. The angel who unites in the proclamation of the third angel’s message is to lighten the whole earth with his glory. A work of world-wide extent and unwonted power is here foretold” (*The Great Controversy*, p. 610).

Yes, world events and religious trends are combining to bring about just such a situation, as God has revealed to His people. Sunday is being exalted as a special day for rest, worship, family, and community. How necessary it is that we, as faithful workers, be firm in our convic-



tions and unwavering in our beliefs. What will be the next step? We don't have to guess. Legislators will get on board with calls to make Sunday a necessary good for the nation and the world:

“The dignitaries of church and State will unite to bribe, persuade, or compel all classes to honor the Sunday” (*The Great Controversy*, p. 592). NEOLX

[1] <https://www.foxnews.com/lifestyle/new-year-pastor-how-get-back-church-every-sunday-prayerful-decision.amp>

[2] <https://www.boldcafe.org/sabbath-for-this-year-and-beyond/>

[3] <https://www.catholicnewsagency.com/resource/55994/the-sabbath-or-the-lords-day>

[4] <https://www.thegospelcoalition.org/article/attend-church-sunday/>

[5] <https://saltandlight.sg/devotional/sabbath-for-all-creation/>

[6] <https://churchleaders.com/wellness/465315-finding-pastoral-sabbath-in-the-storm.html>

[7] <https://www.msn.com/en-us/money/other/why-rest-should-be-a-professional-priority/ar-AA1mPvNd>

[8] <https://news.yahoo.com/grace-day-dying-american-rest-032000573.html>

## My Own Way

For many first-day people know  
The Scriptures do most plainly show  
The seventh is the Sabbath day,  
Yet are not willing to obey.  
It goes so hard against the grain,  
They hope the Lord will not complain;  
At least He'll not send me to hell  
If I keep Sunday pretty well.  
I'll make it up some other way,  
But pray do let me keep first day;  
Who keep the seventh are so few  
It seems to me 'twill never do.  
I'll serve the Lord with all my might,  
Do anything besides what's right;  
I'll go exhort, I'll preach and pray,  
But only let me keep first day.  
I think I can do much more good  
Than otherwise I ever could,  
If God would let me disobey  
That law about the seventh day.  
It makes no odds, as I can see,  
If one is kept as it ought to be;  
And now the prospect looks so bright,  
I think I'll risk it, wrong or right.

"To obey is better than sacrifice"  
1 Samuel 15:22.





missed during the week: hearty breakfasts, grocery shopping, home-improvement projects, visiting friends, and maybe even a run.” [1]


- “In a similar way, ‘blue laws’ protected commercial workers by restricting retail sales and recreational activity on Sunday. So great was the benefit of such laws that the Supreme Court upheld them in *McGowan v. Maryland* (1961) despite the fact that they were originally linked to religious observance. Not only did the court find that they didn’t violate the establishment clause, they also viewed them as protecting workers by providing “a uniform day of rest for all citizens.” [1]
- “No, attending church is not just another activity. It’s a form of resistance in a culture that knows no bounds. It is a dam against the churning waters of productivity that would otherwise swallow up every available ounce of time, energy, and emotion.” [1]
- “Churches, therefore, must remember and reclaim the unique role they play as outposts of grace in an increasingly demanding world. They must guard Sunday morning as a place of refuge, wonder, and presence. A place where we might experience the miraculous because we’ve finally stopped long enough to open ourselves to it.” [1]
- “As the calendar turns and we consider the lives we want to live in 2024, let me invite you to join me and my begrudging son in the pew. Perhaps this is the year you carve out a space for a weekly dose of wonder, beauty, and grace. Perhaps this is the year you become more comfortable with sitting still and doing nothing. Or, if nothing else, perhaps this is the year you attend church as a simple, calculated (if not adolescent) way of sticking it to the man.” [1]

There should be little doubt about what is being said here. This is a call to designate Sunday as a day of rest in order to provide people with a collective pause from the demands of modern life. In an increasingly fast-paced secular world, so many people are saying we can somehow improve family cohesion, mental health, societal stability, leisure, and spirituality by setting aside Sunday for rest and worship. Although it may sound good on the surface, the Puritans used blue laws during the colonial era to impose tyranny and enforce the strict observance of Sunday.

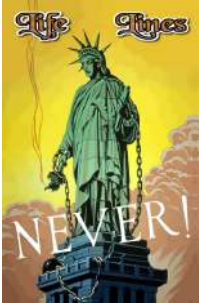
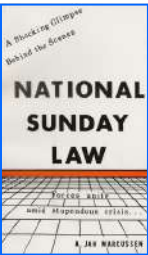


Because of their intense religious zeal, the colonists of early America interpreted Scripture to mandate Sunday rest by law, with penalties for noncompliance. They felt that enforcing blue laws was their religious obligation to protect our morals. Unfortunately, minority groups were subjected to public humiliation, persecution, and suppression as a result of the intolerance shown towards dissenting opinions. Sunday laws were enforced as a result of the merging of religious and civil authority,

which restricted the freedoms of individuals who held different beliefs.

AOL News is basically advocating for a return to the 1630s, when anyone who disagreed with those in spiritual authority on matters of faith risked legal repercussions. We must challenge any attempt to bind church and state by calling for the complete separation of civil and religious authorities. Religious freedom and tolerance are incompatible with theocratic forms of government. It is bad theology and even more dangerous politics when demands are made for the government to enforce church doctrine. When this happens, it will mark the end of our nation's long-standing practice of providing a safe haven for people fleeing religious persecution.

"I have been much burdened in regard to movements that are now in progress for the enforcement of Sunday observance. It has been shown to me that **Satan has been working earnestly to carry out his designs to restrict religious liberty.** Plans of serious import to the people of God are advancing in an underhanded manner among the clergymen of various denominations, and the object of this secret maneuvering is to win popular favor for **the enforcement of Sunday sacredness.** If the people can be led to favor a Sunday law, then **the clergy intend to exert their united influence to obtain a religious amendment to the Constitution, and compel the nation to keep Sunday**" (E.G. White, *The Review and Herald*, December 24, 1889). 

[1] <https://www.aol.com/news/church-resistance-074300968.html>

	<p>This magazine, <i>NEVER</i>, tells the history of the Sunday Law Crisis of 1888. We encourage you to request this magazine so you can get the facts of that era and learn why it never developed into the direction it is now headed today. This is amazing and very interesting history!</p>	
<p><b>A STUPENDOUS CRISIS AWAITS America.</b> You will be amazed. This book will give the details; it will take you behind the scenes and explore the shocking "who," "how," and "when."</p>		
<p>You will also learn how to <b>AVOID THE MARK OF THE BEAST.</b></p>		
<p><b>Rome's Challenge</b> tells the history of the change of the 7th day Sabbath to Sunday. Did it come from the Bible or was it by other means? Learn the real history of the change.</p>		
	<p><b>The Great Controversy</b>—a fascinating read. This history book outlines the survival of Christianity from the apostles to our day and beyond. It gives a summary of the Dark Ages, why Christians were persecuted for owning a Bible, and why the Bible was not available to the public. Will this organization have power to control again?</p>	



# SUNDAY REST AND WORSHIP

## According to Bible Society, Australia, Sundays are for church, family, and friends, and they should be used to challenge the 24/7 work schedule.

Bible Society Australia is a Christian organization that is part of the world-wide network of Bible societies and publishes a national Christian media platform in Australia called *Eternity News*. [1] On December 22, 2023, Eternity News published an article calling for the preservation of Sunday in order to restore and recover our church, family, and work relationships. The article states in part:

- “I think the implication was that when most people think of the Sabbath they think of it as a time to **recover and to be restored**. One day in seven we are supposed to stop what we routinely do, and pause for a day of worship, reflection and rest. It allows time for church, family and friends, and gives a perfect excuse to switch off from the often relentless demands of the workplace – and at a time when many workplaces want 24/7 availability, pushing back in this way is often important for our mental health and long-term wellbeing. The problem with the Sabbath is not that it fails to **restore**, but that many don’t take one day in seven off, and over the longer term suffer from their delusional conviction that their work could never get along without them.” [2]
- “Observing the Sabbath challenges the prevailing story most buy into – that we are indispensable and that our world couldn’t manage without



us for 24 hours. That's a false story, or at best, it's a poorly constructed story. It is also a story where we become a false god. It is a story where we earn our way into significance." [2]


- "For Christians, the first day of the week is **Sunday**, and most Christians consider this to be their Sabbath day. **Sunday** was chosen as it is resurrection day, and resurrection is at the heart of the Christian faith." [2]

Across the world, calls for Sunday rest are gaining traction. Advocates for Sunday are working hard and achieving their mission of bringing people back to rest on the first day of the week. The ultimate goal is to create a new world of lasting peace and security for all humanity by restricting all secular activities on Sunday in order to restore the church, families, and society at large. Our current social problems are paving the way for the fulfillment of the prophecies of Revelation 13. In the face of severe political and economic turmoil, wars, and natural disasters, religious, political, and economic leaders will seek to restore Sunday as the solution to humanity's problems.

"It will be declared that men are offending God by the violation of the Sunday sabbath; that this sin has brought calamities which will not cease until Sunday observance shall be strictly enforced; and that those who present the claims of the fourth commandment, thus destroying reverence for Sunday, are troublers of the people, preventing their restoration to divine favor and temporal prosperity" (*The Great Controversy*, p. 590).

This is just one more call, among many, to advance the concept that the world needs to rest on Sunday. **Church and state will eventually unite to impose the mark of the beast** during the national Sunday law crisis. To meet this challenge, God's faithful people must concentrate their efforts on allowing the gospel of Revelation 14:6–12 to expose the counterfeit Sunday rest. While the entire world follows the beast of Revelation and unites to embrace the common good (Sunday rest), God will have a people who will defend and keep His commandments (Revelation 12:17, 14:12, and 22:14), including the commandment that says, "But the seventh day is the Sabbath of the LORD thy God" (Exodus 20:10).

[1] <https://www.etsnews.com.au/about-etsnews/>

[2] <https://www.etsnews.com.au/spiritual-formation/sabbath-as-restoring-or-restoring/> 



# Car-Free Sunday Comes to New York City’s Iconic Fifth Avenue, Police will Enforce this Event

Fifth Avenue in New York City is considered iconic and renowned as one of the most prestigious and upscale streets in the world. Fifth Avenue runs through the heart of Manhattan and is home to some of the city’s most famous landmarks and high-end retail stores, including St. Patrick’s Cathedral, Rockefeller Center, Central Park, Trump Tower, the Empire State Building, Tiffany & Co., and many others. Fifth Avenue has become a symbol of luxury, wealth, architecture, and commercial significance.

However, on three Sundays in December 2023, for the first time in 50 years, cars were prohibited by law, according to a partnership between the New York City Department of Transportation, City Hall, the New York City Police Department, and the Fifth Avenue Association. NBC News reported the following on December 1, 2023:


- “On Dec. 3, 10, and 17, from noon until 6 p.m., a stretch of Fifth Avenue will only be open to pedestrians.” [1]
- “Through a partnership between the New York City Department of Transportation (DOT), NYPD, and the Fifth Avenue Association, the city will — **for the first time in half a century** — transform Fifth Avenue, from 48th Street to 57th Street, into an Open Street three **Sundays** in December.” [1]
- “The city announced that 12 city blocks will be open for pedestrians only, making it **the largest-ever holiday season-specific Open Streets program**. This year, the area will expand by 25%, opening Fifth Avenue up to pedestrians from 48th Street to 59th Street—reaching up to Central Park.” [1]
- “On Dec. 3, 10, and 17, from noon until 6 p.m., Fifth Avenue in that section of midtown will only be open to pedestrians, the city said. On these designated **Sundays**, these areas will also feature performances as well as food and drink vendors.” [1]
- “**The NYPD will help ensure that vehicle traffic does not enter those streets and barriers will be in place to prevent traffic flow.**” [1]

Manhattan, with its business and tourist districts, is known for having some of the most congested, and challenging traffic conditions in the world. In addition, it is one of the most densely populated cities and has an extensive public transportation system. And for city officials to shut

down all traffic on Sundays and designate this day as something special in one of the most influential cities, it takes a great deal of work, preparation, and cooperation.

As the famous motto says, “If I can make it there (New York City), I can make it anywhere,” this brings new life to the idea of car-free Sundays enforced by law. If they can make New York City car-free on Sundays, which is one of the hardest places to implement such a policy due to the disruption of so many people’s livelihoods, they can achieve car-free Sundays anywhere. **Very soon, people can and will be forced to rest on Sundays.**

With so much emphasis on reducing CO2 emissions to save the planet, it’s no wonder Car-Free Sunday is becoming increasingly popular. Restricting cars on Sundays is being used to bring the community together, promote a sense of well-being, save the environment, and encourage a shared day of rest for the community. Since the major churches already view Sunday as a day of rest and worship, there is no doubt that they will accept and support any and all restrictions on that day. However, what is even more concerning is seeing the NYPD impose these restrictions that directly force people to honor Sunday, a religious tradition.

“I have been much burdened in regard to movements that are now in progress for the enforcement of Sunday observance. It has been shown to me that Satan has been working earnestly to carry out his designs to restrict religious liberty. Plans of serious import to the people of God are advancing in an underhanded manner among the clergymen of various denominations, and the object of this secret maneuvering is to win popular favor for the enforcement of Sunday sacredness. If the people can be led to favor a Sunday law, then the clergy intend to exert their united influence to obtain a religious amendment to the Constitution, and compel the nation to keep Sunday” (E.G. White, *The Review and Herald*, December 24, 1889). 

[1] <https://www.nbcnewyork.com/news/local/iconic-5th-avenue-is-car-free-once-again-this-sunday-for-holiday-shopping/4911696/>



# Citibank's work week in the United Arab Emirates has changed to Monday through Saturday, with Sundays off.

Global banks are aligning themselves with the new economy, which



will acknowledge Sunday as a global day of rest. In the United Arab Emirates, JP Morgan Chase, Citibank, and other large financial institutions are transitioning to a Monday–Friday work week, rather than the present Sunday–Thursday schedule. Citibank,

on the other hand, has gone a step further by keeping its doors open every day except Sunday. Citibank has made the following decision, according to an internal memo:

“Citibank branches in the Sunni Muslim-ruled country will be open Monday through Saturday and remain closed on Sunday.”[1]

This is a significant shift for a Muslim country in which a major international bank will be open every day except Sunday. Pope Francis is the architect of this global plan to change the world by establishing a universal day of rest. The popes have been exerting pressure on our worldwide financial institutions for years, to enact major economic changes that are in accordance with Vatican policies that call for a **work-free Sunday rest day.**[2]


Here is how the Sunday-law movement will operate: “The Sunday movement is now making its way in darkness. The leaders are concealing the true issue, and many who unite in the movement do not themselves see whither the undercurrent is tending.”[3]

What we are witnessing in the United Arab Emirates is far more than simply avoiding work on Sundays. This is another subtle step to prepare the globe for a uniform day of worship during the coming, **mark of the beast crisis. All of the recent major events, from oppressive health mandates to the unification of the churches into one body and work-free Sundays, are clearly threatening our liberties as more and more people adopt Sunday as their day of rest.**

**We are in the midst of a crisis. We should be concerned for the**



**future of our civil and religious liberties** because there are financial, social, political, and religious forces at work on a global scale that want to bring disruptive changes to our world. As we see these changes approaching, we know that the scenes for the final act are being set.

**However, there is good news. There is a message of “heavenly origin” that must be communicated to everyone in the world, over and over again: The first, second, and third angels’ messages [see the box below] are to be shared all over the world!** 

[1] <https://www.reuters.com/business/citi-joins-jpmorgan-others-switching-mon-fri-work-week-uae-2021-12-20/>

[2] <https://www.cbc.ca/news/world/pope-francis-says-working-sunday-negatively-impacts-families-friendships-1.2697483>

[3] Ellen White, *Testimonies for the Church*, vol. 5, p. 452.

**1) And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.**

**2) And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication.**

**3) And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: and the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name.**

**[These only DO NOT receive the mark of the beast:]**

**Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus. Revelation 14:6-12**

**(See also Hebrews 4; Exodus 16 and 20:8-11.)**



## The 7<sup>th</sup> Day Beavers

**Larren Cole:** It all started when we moved out of the city. We moved way up to this remote area by the Modoc National Forest in Oregon. On Saturday afternoons I like going for hikes in nature. That is when I ran across a huge beaver dam. This discovery fascinated me, so I returned again and again, hoping to see the beavers and get some pictures. But I never saw them once on Saturdays and wondered why. I wondered if this group of beavers were just reclusive animals. Then I had a chance to go hiking there on a different day of the week and what a pleasant surprise. There the beavers were.

This creek in the national forest is only about 15 miles from our home, and over the years the beavers have built several dams, some down the creek and others up the creek. After coming to this particular



dam and visiting several times, I began to wonder, “Why am I not seeing them on Saturdays?” That’s when I remembered what Bill told me about the bees in Redlands, California.

**Bill:** Back when Larren and his family still lived in Redlands, I rented their garage apartment. The property was surrounded by orange groves



which means there were lots of bees. I noticed something very interesting about these bees. They flew in the same pattern every day. They would go zooming by my apartment every morning. But on Saturdays, it was quiet. No bees. They did not fly by on Saturday mornings like every other day of the week, so I told Larren about my observation. I thought it was very unusual.

**Larren:** What Bill told me was very interesting, but at the time I did not think much about it. But now it hit me. I remembered what he said about those bees. Then I thought, “Bees and beavers are similar. They both live in colonies, they work together in a highly organized manner, performing specific tasks.” My thoughts continued, “I wonder if these beavers are resting on Saturdays like the honey bees?”

I decided to observe the activity of the beavers on a routine, weekly basis over a period of time. Each weekday I would go at the same time and record what I observed. Of course, I would use my trusty video camera to help record the data.

Now, according to what I had heard about beavers, they are the most active early in the mornings, late in the evenings, and at night. That worked well with my schedule, since I work most weekdays. So my plan was to observe them early each morning before work, and late each evening after work. Then on Saturdays and Sundays I would be able to spend a little extra time observing.



This would be a fun project. I decided to pretend I am a Mutual of Omaha’s Wild Kingdom of Nature filmmaker. So I went to work each



day, making my observations and taking notes to keep track of the data.



### Week #1

It's Monday. There the beavers are, doing their thing. They're very active, swimming, carrying branches around, and eating. They seem to be most active in the evenings, more so than in the mornings. I'll make a note of this in my beaver log and mark it down.

So, I went to work writing and recording. I continued observing the next day. Sure enough, there they were, swimming, splashing, eating, doing all the normal beaver activities. And the next days—Tuesday, Wednesday—there they were, still busy. I also got a chance to see quite a variety of other wildlife. I even saw a baby black bear. Thursday,



just like the previous day, the beavers were still busy. On Friday, the same thing—swimming, splashing, eating. The beavers were consistently active Monday through Friday, at the same time each day. Now the next day was Saturday. What will I see when I come tomorrow?



Now, I have a question. I will ask some of my friends what they think about this.

**Question #1:** What's so special about Saturdays that would cause something in nature to recognize that day as a day of rest? Why would Saturday be different than any other weekday? Here I am in the forest watching beavers and wondering why they work six days a week, and then, stop to rest on this one particular day.



**Steve Wohlberg:** Saturday is the seventh day of the week. You can discover that by looking at any good dictionary or encyclopedia. It is also the original day that God rested on when He created this world. It says so in Genesis 2:3, "God blessed the seventh day, and sanctified it: because that in it He had rested from all His work which God created and made." If anything in nature still recognizes the significance of the Sabbath, it would be a remnant or a carry-over from the early days at the beginning of time.

**Jerry Bandy:** In the Bible after God finished creating the world in six literal days, He created one more day; He created a rest day. Genesis 2:1-3 tells us, on the seventh day God rested from His work which He had made, "and God blessed the seventh day and sanctified it." So, from the beginning of time we see the seventh day is special to the Creator of our earth. Then in Exodus 20:8-11 He commanded His people to remember it



by not working. You see in Isaiah 56:1-7 that God invited foreigners to join His people Israel in keeping the seventh-day Sabbath also.

**Question #2:** Does the Bible mention anything anywhere about an animal resting on the Sabbath? I'll ask more friends.

**Shelly Quinn:** What the Bible says is that the Sabbath was made for man, and when we think about it, He is saying, This is a day that God has given you as a gift. But in fact the fourth commandment does

mention animals being involved, because it says, “In it—on the Sabbath—you shall not do any work, not you, not your son, your daughter, your manservant, your maidservant, nor your cattle, nor the stranger that is within your gates.”



Dr. Neil Nedley  
Author, Health Educator

**Dr. Neil Nedley:** The cattle were to rest. These were normally working animals; not only cattle, but the strangers that were visiting—everyone on the property was to rest. No one was to work on the Sabbath day. The Bible also mentions loosing an ox to lead it to water on the Sabbath, which indicates it was resting from the work it normally would be doing for man on the Sabbath day.

### End of Week #1

**Larren:** Okay, it is Saturday, and this is amazing! There is nothing going on—absolutely no activity at the dam site. It is completely still. I’m here the same time as yesterday, when they were out and about, swimming and doing all kinds of things; but today, there is nothing happening. It is quiet. I know they are alive, because I can hear them inside their lodge. I guess they need a day off. But why did they pick Saturday? Do they even know it is Saturday? Maybe it’s just a coincidence. The only way to find out is to keep observing them through another week.



### Week #2

It’s Sunday, the beavers are out and very busy. They have obviously come out of their lodge. They look healthy. So I will keep watch-

ing and see what's on their schedule for this week.

Another week of observation, and the beavers were out every day, busy as usual. Sunday through Friday, at the same time every day. And then Saturday, just like the first week, all is quiet again.

This continued, week after week, month after month, summer, fall, winter; the same results.

**Madison Cole:** My dad has been watching these beavers for about sixteen years now. He's been getting to know beaver behavior so well he is becoming an expert—at least on this family of beavers.

**Kennedy Cole:** They seem like normal animals, except we've never once seen them out on Saturdays.

**Alexander Cole:** Sometimes when we come up here on Saturdays, we are a little worried. What if we see the beavers out? After all this time, that would really ruin our study! But no, every Saturday we come, everything is quiet here at the beaver dam.



**Larren Cole:** My children and I have noticed something interesting about beavers. You see how close their front arms and shoulders are to their head. It almost looks like their arms come out the side of their neck. [See picture on next page.] Now this makes them really good at handling things close to their mouth, but not so good at running. Also, in my studies I have noticed how fast

they submerge when they slap their tails. I used to think beavers slapped their tails to warn other beavers of danger; but after observing them for so long, I don't think that is the case. It looks to me like they are only trying to get under water more quickly. I don't think they are warning others, because sometimes they slap their tails when no others are around. Another observation is: if others are out and about they don't respond by running off when they hear the slap.



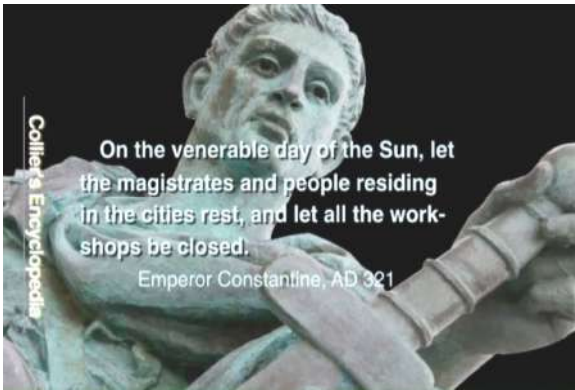


Beavers cannot see well. In fact, I have been able to film them within a few feet without them seeing me. They can smell and hear real well, but they have poor eyesight. So my conclusion is—their tail slaps are for submerging quickly in case danger is present or if they just want to dive out of sight. When they don't slap, it takes longer for them to submerge.

**Question #3:** If Saturday is God's Sabbath day, then why do Christians, all over the world, go to church on Sunday? I wonder why the honey bees and the beavers don't switch to keeping Sunday as well?

**Shelly Quinn:** Well, that's a really good question. There's nothing to validate the keeping of Sunday in the Bible. It's merely tradition. There are only eight verses that talk about the first day of the week in the whole Bible; none of them talk about transferring the worship of God—the day that God sanctified—from the seventh day to the first day, Sunday. Actually, the tradition dates all the way back to a few centuries af-





ter Christ when Constantine legalized Christianity and enacted the very first Sunday observance law. You can read about it in a lot of encyclopedias. *Colliers Encyclopedia* says, "On the venerable day of the Sun, let the magistrates and people residing in the cities rest, and let all workshops be closed."

(This edict was given by Emperor Constantine, AD 321.)

**Jerry Bandy:** Then in 364 AD, in the Counsel of Laodicea, they passed a law requiring that Christians must not Judaize by resting on Saturday. The religious leaders led by Bishop Eusebius stated that "all things whatsoever it was duty to do on the Sabbath, these have we transferred to the



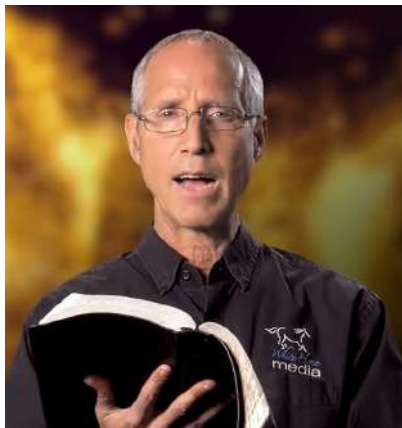
**'Lord's Day',**" which was a name men—not God, gave to Sunday. (Stated by Bishop Eusebius, Counsel of Laodicea, AD 364.)

**Steve Wohlberg:** In 70 AD, Roman armies conquered Jerusalem and burned the temple to the ground. Christian churches had been established throughout the empire, especially in the city of Rome. Because of the war against the Jews, it became very unpopular to be like them in any way, and since the Bible Sabbath looked Jewish, because the Jews kept that day, tremendous pressure was exerted upon the early Christian churches in Rome to move away from the Bible Sabbath. At the same time, Sunday was a day that was recognized throughout the Roman Empire as the Day of the Sun.

The Romans worshipped the sun on Sundays; and since the Christians were feeling pressure to get away from anything that looked Jewish, they started thinking, "You know what, since Jesus rose on Sunday, why not keep Sunday in honor of His resurrection?" That seemed like a very convenient and reasonable rationalization, so Sunday was adopted as their official day of worship.

You have heard the expression, "When in Rome, do as the Romans

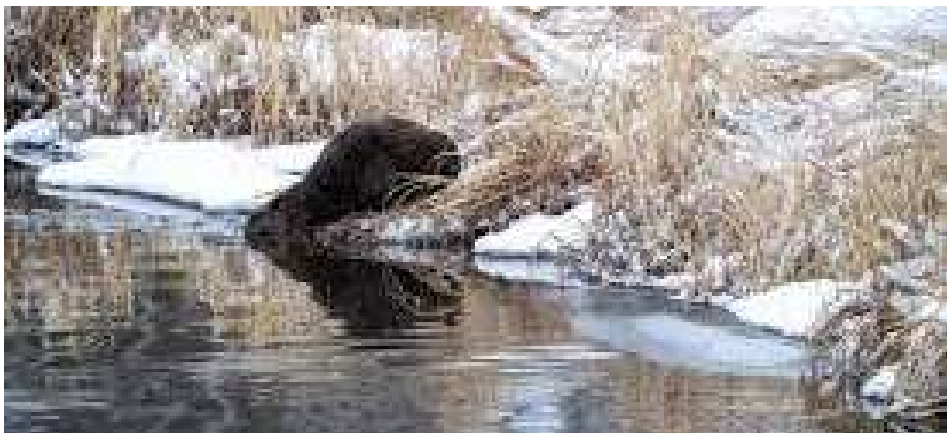
do.” That really originated over this issue. So the shift took place gradually, especially in Rome and in Alexandria, Egypt. As time went on, the Roman Catholic Church became a dominant advocate for Sunday observance as a replacement for the Bible Sabbath. Nevertheless, we know the Bible itself does not change (see Mal. 3:6 and Heb. 13:8), and the fourth commandment still says, “the seventh day is the Sabbath,” not of the Jews, but “of the Lord thy God” Exodus 20:10.



**Larren:** Well, as you can see, winter settled in at the beaver pond. But the beavers are still active and still coming out on Sunday through Friday. Not quite as much, but they’re still coming out. I just finished observing several more weeks, and still, no Saturday activity. Now it’s not that they just stopped working on Saturday. I haven’t seen them come out of their lodge on Saturday even once. It’s as if they go into their lodge on Friday night at sundown, then hibernate for 24 hours. I have been observing this now for over 10 years, and here is what I think. I think something is causing the beavers to rest on Saturday—something inherent, or something unseen. My hunch is this: The Designer who created the beavers must have programmed a rest period in their brains; that Designer has to be the God of the Bible because their resting occurs only and routinely on Saturdays, which is the Biblical day of rest, the same day in which God rested when He created the world. I am so impressed by this.

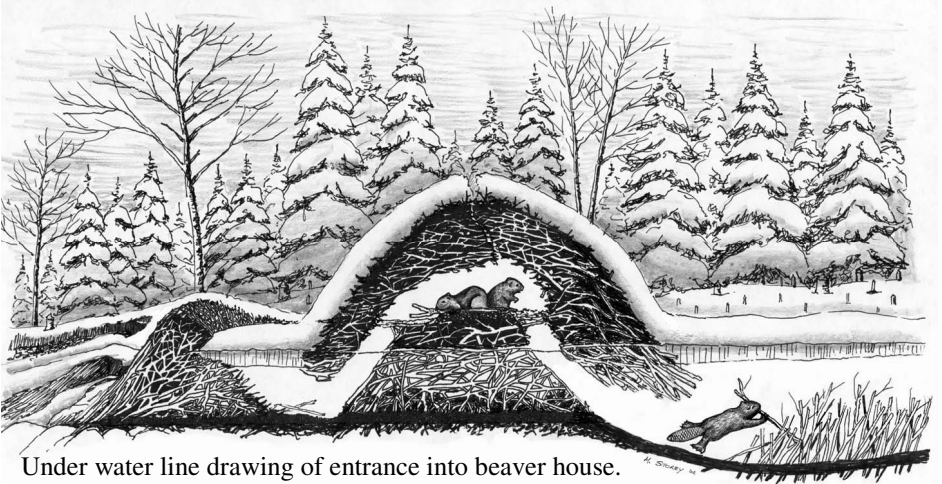
**Question #4:** Does taking a day of rest really increase health and longevity?

**Dr. Neil Nedley:** Have you ever heard of a blue zone? It is where





people live the longest and are the healthiest. They found that the longest living people on planet earth today are Sabbath keepers. One of the blue zones is in southern California. This was recently studied as a result of the blue zones. Was it the diet that was helping them, or was it Sabbath keeping, resting on the 7th day? The study found that yes, nutrition is important—what we put into our bodies has a direct bearing on physical health. But the study also showed that if we are keeping the Sabbath, we are more likely to exercise regularly and eat healthier. In addition, the study revealed that when we keep the Sabbath faithfully—in other words, we actually do not work, we don't listen



Under water line drawing of entrance into beaver house.

to secular music, we don't go shopping, the activities we do, like getting together to worship or study the Bible—all these things were independently associated with improved mental health. Now some people would have problems even though they were keeping the Sabbath. They might go through a divorce, or have other stresses. But we found that those who were keeping the Sabbath vs. Sunday were able to handle severe stressors in their lives better than those who do not. It appeared to be the result of Sabbath keeping on the 7th day of each week.

**Larren:** Today is Sunday, and one thing I've noticed about Sunday: it seems to be the busiest day of the week here at the beaver pond. I wonder why, but it's probably because they have rested the day before



and have more energy.

So in the beginning, God rested from His work (Genesis 2:1-3). And apparently, so do these animals. These beavers work so hard during the week, I think they need a rest.

They have very strong work ethics. They're efficient. They are well organized with their work. Plus, they really know how to make good use of a tree. I wonder if there's a lesson we could learn from this. There is no waste.

They have incredibly strong teeth and make use of them, not only to fell trees but to carry limbs for food and for building and repairing their dams.

**Questions from the audience:** Do you know of any other animals that rest on Saturday?

**Larren:** There have been other studies. There was a study in South America of a certain kind of honey bee that rests on Saturday down in those countries. A Korean doctor by name of Dr. Sang Lee visited several times and reports this in some of his lectures. As a doctor he gives health lectures and speaks on prophecy as well. He has often talked





about a family who are beekeepers in a remote area of Brazil. He tells how the bees go into their hives on Friday evening and don't come out again until Sunday morning.

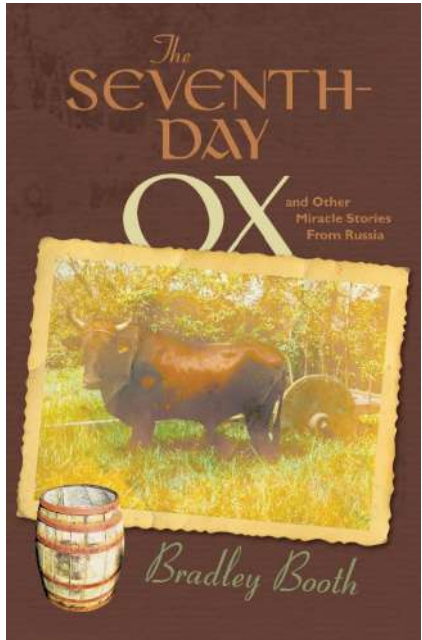


**New Life Mission** also observed beavers resting on Sabbath in Canada and honey bees resting near Stillwater, Oklahoma on the Sabbath.

**Question:** Have you heard about the seventh-day ox story?

**Larren Cole:** Yes, Nikolai Panchuk was a Christian pastor who got sentenced to a Siberian prison for hard labor. Nikolai was a faithful Sabbath keeper, which meant he would not work on Saturdays. This got him into all kinds of trouble at the prison camp. Each time he refused to work, he was confined inside a small wooden box for 10 days. Now this nearly killed him, yet he remained faithful to his convictions about the Sabbath. After being confined in the box several times, Nikolai was able to make a bargain with one of the wardens. Here's the deal he was offered: If he could get all his week's work done in six days, he could have Saturdays off. Unfortunately, he was given the job of hauling water for the camp.

He was to drive an ox with a cart all the way down to the spring to draw water, then haul it back to the camp. The problem was with the ox. The ox was stubbornly slow, and the more he tried to motivate the beast, the slower he would go. So Nikolai was constantly behind on his work all week and by Thursday he was so far behind schedule it looked impossible to get his 7 days worth of work done in only six. But when Friday came, something unusual happened. The ox could hardly wait to get to work. As soon as he was hitched to the cart, he started to run. To and from the spring he would run all day long, so that just before the sun set on Friday, Nikolai was able to have all the water hauled for the entire week. Then both he and the ox got Saturday off. This continued every single week. The



ox would be slow Sunday through Thursday, but would run on Friday. Even after Nikolai Panchuk was released from prison, the ox continued the same pattern every week with the new prison worker.

**Shelly Quinn:** Right from the beginning of time we see that the sev-



Pastor Panchuk and His Sabbath Keeping Ox

enth day was special to the Creator of the earth. *“Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made. And God blessed the seventh day, and sanctified it; because that in it he had rested from all His work which God created and made”* Genesis 2:1-3.

**Steve Wohlberg:** Reminder—the 4th commandment (Ex. 20:8-11) recognizes, not just humans are to rest on the seventh-day Sabbath, but animals should rest as well.

**NLM:** It is interesting to note how the only commandment that begins with **Remember** seems to be the commandment that has been forgotten or ignored by a majority in the world.

The Vatican admits to changing the Sabbath to Sunday. So, have all denominations who keep Sunday instead of Saturday become daughters of the Papacy? The answer is YES! See *Rome’s Challenge*.

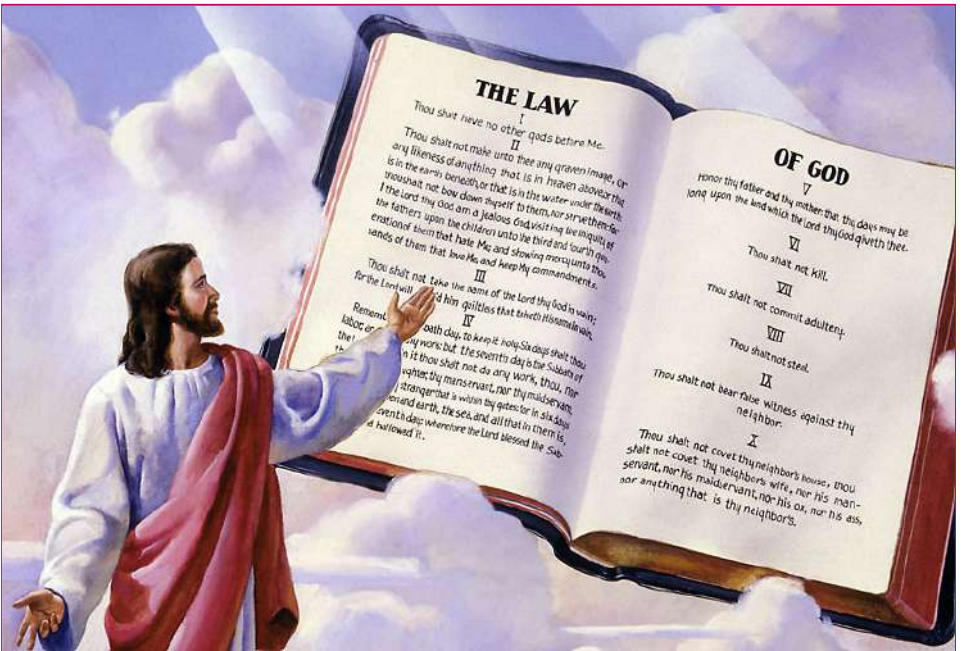
**Larren Cole:** Now, I don’t know if all beavers rest like this, but the next logical step would be to organize another study involving other families of beavers around the world. It would be interesting to know how long they live; if there are any beavers that work on Sabbath but keep Sunday, and if they live as long as the Sabbath-keeping beavers.

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## A Baby Beaver







## Holy Day, Jehovah's Rest

By F. E. Belden

Holy day, Jehovah's rest,  
 Of creation's week the best;  
 Last of all the chosen seventh,  
 Blessed of God, to man 'twas given.

First His six days' work was done,  
 Then the Sabbath was begun;  
 Thus He blessed the seventh day,  
 Thus in resting we obey.

Thousands have His plan reversed,  
 Resting now upon the first;  
 Search the Book and you shall know  
 There is no Scripture tells them so.

All who speak the truth must say  
 It was man who changed the day;  
 In God's Word no change appears  
 Through the whole six thousand years!

Thus I searched and when I saw  
 Only one great Sabbath law;  
 Then I hastened to obey,  
 Plainly 'twas the seventh day.