

There is a claim by the Seventh Day Adventists that the Roman Catholic Church changed the Sabbath to Sunday.



This claim is untrue.

God did away with the Sabbath when He gave us his New Covenant. At the same time God gave a new day for believers to come together to proclaim His Son's death.

There is no doubt that by the time the Roman Empire was completely immersed in Christianity - as they knew it - the first day of the week was observed by the existent church.

Emperor Theodosius II issued a Sunday law (published 438 AD) that specifically enforced "the Lord's day" as a Christian day of rest and worship.

"On the following occasions all amusements of the theaters and the circuses shall be denied throughout all cities to the people thereof, and the minds of Christians and of the faithful shall be wholly occupied in the worship of God: namely, on the Lord's day, which is the first day of the whole week, on the Natal Day and Epiphany of Christ, and on the day of Easter and of Pentecost, as long as the vestments that imitate the light of the celestial font attest to the new light of holy baptism; at the time also when the commemoration of the Apostolic Passion, the teacher of all Christianity, is duly celebrated by everyone."

(Law of Theodosius II, Feb. 1, 425, in THEODOSIAN CODE 15.5.5, p. 433. Copyright 1952

Ellen G. White, the founder of Seventh Day
Adventism, wrote -

“I saw that the Sabbath commandment was not
nailed to the cross. If it was, the other nine
commandments were; and we are at liberty to break
them all, as well as to break the fourth. I saw that
God had not changed the Sabbath, for He never
changes. But the pope had changed it from the
seventh to the first day of the week; for he was to
change times and laws [Daniel 7:25].”

Ellen White, *A word to the Little Flock*, page 18, paragraph 3, and *Early Writings*,
page 32, paragraph 3.

Let's take a look at what the early writers in the church said about the Sabbath.

Ignatius of Antioch, 107 AD: *let every friend of Christ keep the Lord's Day as a festival, the resurrection-day, the queen and chief of all the days of the week.*

- Epistle to the Magnesians, chp 9. Ante-Nicene Fathers , vol. 1, pg. 62-63.

The Epistle of Barnabas, 70-120 AD: *Wherefore we Christians keep the eighth day for joy, on which also Jesus arose from the dead and when he appeared ascended into heaven.*

- The Epistle of Barnabas, section 15, 100 AD, Ante-Nicene Fathers, vol. 1, pg. 147

Justin Martyr, 150 AD: *But Sunday is the day on which we hold our common assembly, because it is the first day of the week and Jesus our saviour on the same day rose from the dead.* - First apology of Justin, Ch 68

From these historical documents, we know what the church was doing within one generation of the death of the last apostle (by 120 AD and John died in 100 AD), but where does this decision come from, man or God?

In 55 AD, Paul writes to the Corinthians about the collection of funds for the saints in Jerusalem.

1 Cor 16:1 Now about the collection for God's people: Do what I told the Galatian churches to do.
2 On the first day of every week, each one of you should set aside a sum of money in keeping with his income, saving it up, so that when I come no collections will have to be made. NIV (emphasis added)

In 57 AD, Paul is on his way to Jerusalem to deliver funds collected for the needy saints and Luke records this account.

Acts 20:7 On the first day of the week we came together to break bread. Paul spoke to the people and, because he intended to leave the next day, kept on talking until midnight.

In these two verses we have a command from God (1 Cor 14.37 below) and an example of the church (Acts 20.7), that they assembled on the first day of the week.

1Co 14:37 If anyone thinks that he is a prophet, or spiritual, he should acknowledge that the things I am writing to you are a command of the Lord.

Ellen White, the 7th Day Adventist founder
claimed the replacement of the Sabbath
invalidated the other 9 of the 10
Commandments.

We need to ask if the apostles failed to
understand that they were to keep the 10
Commandments.

The answer is NO!

The church came together on the first day of the week – Sunday!

Why did the Corinthians not keep the 10 commandments?

Because the 10 Commandments had been done away.

Heb 8:13 When He said, "A new covenant,"
He has made the first obsolete. But whatever
is becoming obsolete and growing old is ready
to disappear.

This New Covenant did away with the
Covenant of Moses.

Heb 9:11 But when Christ appeared as a high priest of the good things to come, He entered through the greater and more perfect tabernacle, not made with hands, that is to say, not of this creation; 12 and not through the blood of goats and calves, but through His own blood, He entered the holy place once for all, having obtained eternal redemption.

Heb 9:15 And for this reason He is the mediator of a new covenant, in order that since a death has taken place for the redemption of the transgressions that were committed under the first covenant, those who have been called may receive the promise of the eternal inheritance. 16 For where a covenant is, there must of necessity be the death of the one who made it. 17 For a covenant is valid only when men are dead, for it is never in force while the one who made it lives.

What we have learned is that the Pope did not change the 10 commandments. God changed the 10 commandments. He did away with them, nailing them to the cross.

Circumcision was the sign of the covenant
with Abraham and of Moses.

Gen 17:14 But an uncircumcised male who is
not circumcised in the flesh of his foreskin,
that person shall be cut off from his people; he
has broken My covenant."

Col 2:11 and in Him you were also circumcised with a circumcision made without hands, in the removal of the body of the flesh by the circumcision of Christ; 12 having been buried with Him in baptism, in which you were also raised up with Him through faith in the working of God, who raised Him from the dead.

Baptism is the sign of the Covenant of Jesus.

Col 2:13 And when you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, 14 having canceled out the certificate of debt consisting of decrees against us and which was hostile to us; and He has taken it out of the way, having nailed it to the cross.

In the blood of Jesus Christ, all men may come
to God.

Now if the Law has been done away, what
about the other commandments that Ellen
White was worried about.

The first of the 10 is Ex 20:2 I am the LORD your God, who brought you out of Egypt, out of the land of slavery. 3 "You shall have no other gods before me.

The New Testament teaches us the same thing.

Rev 19:10 And I fell at his feet to worship him. And he said to me, "Do not do that; I am a fellow servant of yours and your brethren who hold the testimony of Jesus; worship God.

Ex 20:4 You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. 5 You shall not bow down to them or worship them;

The second Commandment is clearly violated by the Roman Catholic Church and for this reason it is omitted from the Baltimore Catechism (the handbook for Catholics to learn their doctrine)

We are taught not to make images of men in
the New Covenant.

Rom 1:22 Professing to be wise, they became
fools, 23 and exchanged the glory of the
incorruptible God for an image in the form of
corruptible man and of birds and four-footed
animals and crawling creatures.

The third Commandment

Ex 20:7 "You shall not take the name of the
LORD your God in vain,

Under the New Covenant, we are told -- James
5:12 But above all, my brethren, do not swear,
either by heaven or by earth or with any other
oath; but let your yes be yes, and your no, no; so
that you may not fall under judgment.

We find in the fourth Commandment
Exo 20:12 “Honor your father and your mother, that
your days may be long in the land that the LORD
your God is giving you.

We are directed to do the same at Eph 6:1 – but with
different consequences. God gave the Israelites the
land of Canaan, but we have no land promised to us.

Eph 6:3 "that it may go well with you and that you
may enjoy long life on the earth."

Jesus' law says Rom 13:9 "You shall not commit adultery (6th), You shall not murder (5th), You shall not steal (7th), You shall not covet (9th)

1Ti 1:10-11 the sexually immoral, men who practice homosexuality, enslavers, liars (8th), perjurers (8th), and whatever else is contrary to sound doctrine, (11) in accordance with the gospel of the glory of the blessed God with which I have been entrusted.

Thus, we find that Ellen White completely misled the 7th Day Adventists about the Roman Catholic Church changing the day of Worship from the Sabbath.

For the Christian, Sunday is not a day of rest in a land given by God, but one in which Christians are to gather together to proclaim the Lord's death until He comes again. (1Cor 11:26)

And that means that Emperor Theodosius missed the meaning of the day as well.

That's what happens when you don't look to God's Word for the answers.

We are to obey the other 9 Commandments in modified form, not because God gave them to the Jews, but because God gave them to us through His Son!

Heb 2:2 For if the message spoken by angels was binding, and every violation and disobedience received its just punishment, 3 how shall we escape if we ignore such a great salvation? This salvation, which was first announced by the Lord, was confirmed to us by those who heard him.

Do not be misled by the teachings of men but heed the words of His son.

Heb 2:2 For since the message declared by angels proved to be reliable, and every transgression or disobedience received a just retribution, (3) how shall we escape if we neglect such a great salvation?

Mat 28:19 Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, (20) teaching them to observe all that I have commanded you.