

What is the Sabbath?

by Michael Meszaros

This article summarizes the Bible verses about how to keep the Sabbath holy. The introduction answers some commonly asked questions about the Sabbath and the law. Personally, my "cup is overflowing" with tremendous blessings from keeping the Sabbath day holy and, in fact, everyone I know who keeps the Sabbath as described here has found the same. I hope you will find this article helpful and inspiring.

Who is the Sabbath for?

- The Sabbath is for everyone! Both "good works" and "sin" are defined by God's laws in the same way for *everyone* (the Jews do not have a different moral standard before God) (1 John 3:4, Rom.3:20). Also, every believer was created for good works! (Eph. 2:10)
- The Sabbath is named specifically for Gentile believers (Hebrews 4:10-11, Isaiah 56:6-7).
- The Sabbath is for everyone who follows Jesus. Jesus encouraged His followers to keep all TEN of the Ten Commandments, and He included the Sabbath which is the 4th Commandment (Luke 16:17, Mark 10:19, Luke 4:16, Luke 23:56).
- Christians throughout the Roman Empire were keeping the Sabbath on Saturday for at least 400 years after Christ.¹

What is the confusion about "being free from the law"?

- The laws that we are "freed from" are for "*obtaining*" salvation (Romans 10:4). It is by faith in Christ that we are saved, not by any of our works of the law (Eph 2:8-9). Even after being saved, our good works are never our salvation. Thus, being "not under the law" in Rom. 6:14 means "not under the system of the law to *obtain* salvation" (It does not mean "freedom from keeping the law", Rom.6:15).
- Once we "get saved", we are freed from service to sin (John 8:34; 1 John 3:4,8; Rom 6:15,18). So we become "servants of righteousness". Righteousness is obeying all of God's laws (1 Pet 2:24, Rev.19:7-8). We are now freed to keep God's laws in action and from our heart! And, God's ways are the best!
- The passage in Colossians 2:16-17 causes some people to be confused about the Sabbath. It says to "not judge with respect to the sabbath days". These verses, though, are about "animal sacrifice laws" on the Sabbaths, not about "keeping the Sabbath day holy". The key to realizing this is the word "drink". In the same verse, Col.2:16, Paul says, "Don't judge about drink"; however, Paul himself does judge about "drink" (1 Cor.6:10, Gal.5:21). So, to fit "not judging" together with "drink", one needs the Old Testament background that "drink" in this verse means "drink offerings". Paul grew up as a Pharisee (Acts 23:6), so he was intimately familiar with offering "drink offerings" and "grain offerings" (also called "meat offerings" or "food offerings") when one offered "animal sacrifices", as required by Numbers 28. In fact, the list in Col.2:16 mirrors the requirements in Numbers 28 (see Num.28:9-10 regarding the sacrificial requirements on the Sabbath). Because Christ is our sin offering (Col. 2:13,

¹ Socrates of Constantinople covered Greek Christian church history for the years 305-439 AD, Ecclesiastical History, verse 21 and 22 in a select library of Nicene and post-Nicene fathers, the second series, volume 22, page 132.

John 1:29, Hebrews 10:5), Paul says, don't let anyone judge you for not offering grain or drink offerings on any holy days, including on the Sabbath.

To further emphasize that Paul was only talking about sacrifices and their offerings, in the next verse, Colossians 2:17, Paul says these are a "shadow of things to come". Hebrews 10:1 explains that "a shadow of things to come" is referring only to animal sacrifices (not to any of the Ten Commandments). So, it was the animal sacrifice laws, and the animal sacrifices on the Sabbath, that were replaced by Christ's physical body (Hebrews 10:8-10), and not the holy rest of God's Sabbath (Heb.4:9-11, Is. 66:23) nor any of the Ten Commandments.

There is no Bible verse describing any fight from the Jewish believers against any teaching against the Sabbath. Thus, any speculation on removal of the Sabbath holy rest from Friday night to Saturday night is out of context.

Incidentally, Jesus' payment for sin was at the beginning of creation (Rev.13:8, 1 Peter 1:20), whereas Jesus gave the Sabbath holy rest to mankind at the end of creation (Jesus created the Sabbath, Col.1:16). So, Sabbath rest is in addition to forgiveness of sins by Christ.

Jesus said, "the Sabbath was made for man (all of mankind)" (Mark 2:27). Paul says, "the gifts from God are irrevocable" (Romans 11:29 NKJV). Thus, the Sabbath can not be taken back or replaced. In fact, Isaiah 66:23 says that the Sabbath will continue into heaven. Eph.2:19-20 says, "the Gentile Church was built on the foundation of the Apostles". The Apostle Peter kept the Sabbath and he was the first bishop of the Gentile church in Antioch (37 - 53 AD) (Antioch became the world centre for Christianity after Jerusalem was destroyed in 70 AD and hosted the first ten Church Councils from 252-380 AD). Apostle Paul also kept the Sabbath regularly (Acts 18:4).

- In fact, Jesus hates "freedom from the law" (lawlessness) (Hebrews 1:9 NKJV).

Are New Testament believers encouraged to keep God's laws?

- Yes! Apostle Paul encouraged every believing Gentile to keep God's laws (see how many Old Testament laws Paul names in Gal.5:19-21 – including the Sabbath Hebrews 4:11, Acts 18:4). Paul's term of "walking in the Spirit" actually means obeying God's laws (Gal.5:16). For example, the Spirit does not lead us into disobedience. The Spirit leads us into obedience to God's laws so that we will not be in judgement under God's law (Gal.5:18, 1 Cor.6:9, 1 Cor.3:12-13).
- The Ten Commandments are still in effect for New Testament believers. Look at all these verses: 1 Corinthians 6:9, Romans 13:9, Acts 13:42, James 2:8, 1 Peter 1:14-16. Jesus' words of "love God with all our heart" actually means "keep all of the Ten Commandments" (Mt.22:37 is a quote of Deut.6:5 which is referring to the Ten Commandments in Deut.5, including the Sabbath).

Is it bad or legalistic to obey God's laws?

- Jesus kept every commandment of God, every detail of the commandments, and kept them 100% of the time. Jesus was never legalistic. Therefore, keeping every detail of the "commandments of God" can *never* be legalism.
- Keeping God's laws is freedom! (John 8:32-34)
- 1 John 5:3 says God's commands are "not grievous or burdensome" (1 John 5:3, Psalm 19:7). In contrast, legalism *is* grievous and burdensome (Matthew 23:4). God's laws are truth (Psalm 119:142), a light for our path (Psalm 119:105) and a great blessing (Deut.17:19-20, Psalm 1:2).
- Jesus *commands* us to obey every detail of God's laws (Mt.5:19, Mt.12:36, Mt.23:23).
- *Keeping* God's laws from our heart is the New Covenant (Heb.8:10, Mt.15:6,8, Mt.5:27-28)
- Jesus did *everything* that pleased God (John 8:29). So, the goal of growing from glory to glory into the image of Christ (2 Cor. 3:18) is really to become

“radically obedient” to God’s commands like Jesus is (Luke 22:42, John 5:19, Mt.4:4).

So, what is “legalism”?

- Jesus defined legalism as “teaching for doctrines the commandments of men” (Mt.15:9). So “legalism” has nothing to do with keeping the laws that are from God!
- Legalism is “commandments of *men*”. So, finding “another angle” on God’s laws so as to not obey either the letter or the intent is legalism. Often mankind’s traditions (Matthew 16:23), fear of society’s perceptions (1 Samuel 15:24), or blindness to God’s circumstantial evidence (Acts 9:5) initiate or perpetuate “commandments of men”. In the Pharisees’ case, it was obeying some laws, but not all the laws (they missed mercy and justice). Legalism draws one away from obeying either the letter or the intent of God’s laws.

How can one avoid “legalism”?

The way to avoid legalism is to humbly obey both God’s laws and their intent, not just the law and not just the intent. God sees both our actions and our heart.

To illustrate “legalism” (man’s re-interpretations of the text) versus the simplicity of the Bible, here are some examples:

- “Rest” means “rest” (Ex.20:11). The word “Sabbath” means “to cease”. So, if one reinterpreted this to mean “restful”, or “restful activities”, this would reduce the amount of “ceasing” that one would get. In other words, changing the meaning reduces or lessens the commandment of God. That is legalism.
- On the other extreme, if “rest” meant “rest 100% of the time with no exceptions for emergencies”, that would miss God’s command for “mercy”. So, that would be lessening another commandment of God, namely, “mercy” (Mt.12:1-8). Lessening a commandment of God is legalism. So, exceptions from keeping the Sabbath for emergencies are ok (Luke 14:5).
- “No labour” (Ex.20:10) means “don’t work” and is within the context of resting and holiness. If one changed this to mean “no *paid* work”, one would be able to self-justify doing unpaid labour on the Sabbath. That would be out of context of the way God “rested” after creation. Heb.4:10 says that God is our example for how to keep the Sabbath, and God “ceased from labour” after creation. So, “unpaid labour” is legalism, since it is lessening the commandment of God.
- The context of “doing good on the Sabbath” (Mark 3:4) is “doing miraculous *healings* on the Sabbath” (Mark 3:5). There is no context for using the term “doing good” to allow for planned “unpaid *labour* for others” on the Sabbath (the exceptional emergencies are unplanned (Luke 14:5)).
- Actually, not keeping the Sabbath from Friday night to Saturday night is legalism, because it is a “commandment of men that lessens a commandment of God”. The claim that the Sabbath does not apply to the Gentiles, or that Sunday is the Sabbath instead of Saturday, is a “commandment of men”.

Bishop Ignatius of Antioch (70 - 107 AD) was the first known Christian writer to argue against resting on the Sabbath². In other words, no writer in the Bible argued against the Sabbath. Ignatius made other unbiblical claims as well, such as, “the bishop was in the place of God”³ (rather than Christ being our only mediator per 1 Tim.2:5). He also said that the bread and wine in Communion are the actual “flesh of our Savior Jesus Christ, flesh which suffered for our sins”⁴. This placed the bread of Communion, or Eucharist, as “God reincarnated” whereas God says to not create idols, Ex.20:4. Despite these non-Biblical teachings from some leaders such as Ignatius, the vast

² Ignatius to the *Magnesians* 8:1, 9:1-2, 10:3, Lightfoot translation

³ Letter to the *Magnesians* 2, 6:1

⁴ Letter to the *Smyrnaeans* 6:2-7:1

majority of Christians continued to keep the Sabbath on Saturday. Two historians during the 400 AD's record that "Christians throughout the whole Roman Empire were keeping the Sabbath on Saturday, except for only two cities, Rome and Alexandria". Thus, the Apostles taught the Gentile believers to keep God's Sabbath on Saturday. It was actually the political situation in the cities of Rome and Alexandria, and their growing influence over the rest of the Roman Empire after 500 AD's, that changed this. In 1566 AD, the Bishop of Rome formalized their "commandment of men" by changing the word "Sabbath" to "Lord's Day" when they taught the 10 Commandments (the Catholic catechism). The Bible however still says "Sabbath" in its list of the 10 Commandments (Ex.20 and Deut.5).

Ignatius' rationale in 107 AD for not keeping the Sabbath was to separate from the Jews; however, Jesus said, the Jews and the Gentiles are to be in one fold and under one Shepherd (John 10:16). For there to be one fold, not two, the whole flock needs to follow one set of laws. Similarly, Paul said, both the grafted-in branches (the Gentiles) and the natural branches (the Jews) are feeding from the same root, in other words, from the same root laws (Romans 11:17). Thus, all of God's laws apply to the whole fold. Hebrews 4:11 says to the Gentile believers, don't be unbelieving like the Israelites who stopped keeping the Sabbath in the wilderness, but rather, labour to enter into God's rest which is on the Sabbath. Thus, not keeping the Sabbath on Saturday is legalism because it is lessening the commandment of God.

The Bible is very clear and simple. So, how does one avoid legalism? Simply take the word of God at face value without losing any of its plain meaning.

What are some pitfalls that cause some people to miss the Sabbath?

- It is our responsibility to say "no" to doing other things on the Sabbath. Some people expect God to free up their Friday night and Saturday for them; however, Hebrews 4:11 commands us to "*labour to enter into God's 7th day rest*".
- Our duty is to *obey God* regardless of His rewards (Eccl.12:13, Job 1:21-22). The rewards will be evidence, or verification, that this commandment is from God, however, the rewards are not "owed" to us. God can take them away at any time to check that our heart is still searching after Him and His glory, and not idolizing the rewards higher than Him. Jesus said, "...when ye shall have done all those things which are commanded you, say, We are unprofitable servants: we have done that which was our duty to do." (Luke 17:10). So, for sure, God will reward us because He promised to (Isaiah 56:4-7, Deut.28:1-13). That is the totally exciting and life revolutionizing part! But, God wants us to love Him more than loving the rewards (Daniel 3:16-18). So, if there may be temporarily no rewards, keep obeying and continue keeping the Sabbath totally holy from your heart!

The following study is how the Bible describes how to keep the Sabbath. I recommend aiming to try it once, purely, without any compromise, and from your heart (1 Sam. 6:17, Luke 17:10). Then you will enter into God's rest, and you will be blessed! Try it!

**"Blessed are they which do hunger and thirst after righteousness:
for they shall be filled."** (Matthew 5:6)

(Note that keeping the Sabbath is part of Step 2 with God. Refer to www.whyitsreal.com for Step 1, to begin a relationship with God.)

The following Preparation Day section is an “advanced class” for people who are already keeping the Sabbath. If you have never tried the Sabbath before, please simply try **keeping points numbered 1 through 4 on the next page**, once, from your heart, and with all your might. God will respond to how your heart is reflected in your actions. Remember to “Labour to enter into God’s rest” (Heb.4:11) (the “labour” part is the work of saying “no” to doing other things).

Preparation Day (Matt.27:62)

Friday morning – a time for “work” in the same way as Monday through Thursday.

Friday noon – marks the beginning of the Preparation time (there is a spiritual change that occurs, marking a heading into the Sabbath). This is the time to stop working on one’s own projects. If any shopping is needed, only purchase items related to the Sabbath. Employer’s work seems to be ok, but avoid starting new projects, rather try to wrap up projects. (Note the “noon” time changes by an hour during daylight savings time, but I find it works to keep it simply at “noon” all year around.)

Friday, 2 hours before the Sabbath (Mark 15:42) – marks the beginning of individual or family Sabbath preparations, i.e., allow other families to prepare (don’t be contributing to their not preparing). So, no shopping. End your shift of work for an employer. Driving home during this time is ok. Switch to only Christian programs (videos, music, etc.). Do final preparations for the Sabbath. Hang out with your family (God values family, “your own flesh”, Isaiah 58:7), particularly fathers with their children (I recommend trying to do whatever your children would like you to do with them as opposed to what you would like to do with them, i.e., this gives them a pre-Sabbath reward of your time, attention, fun and respect by letting them choose). During this 2 hour period, avoid discussing future events that will happen after the Sabbath.

Sabbath (Exodus 20:8-11)

Sabbath starts on Friday evening at pitch black and continues until Saturday at pitch black.

- The “day” begins in the “evening”, when there is no light, Gen. 1:19; Gen. 1:1-5
- God rested on the 7th day, Gen.2:2-3;
- Jesus created the Sabbath on the 7th day, Colossians 1:16;
- Jesus kept the 7th day holy, Luke 4:16;
- Jesus rose on the 1st day of the week, Sunday, which shows that Friday evening to Saturday evening is the 7th day, Mark 16:9;
- Jesus’ disciples rested on the 7th day, Luke 23:56;
- The Apostle Paul kept the 7th day as the Sabbath long after Christ was crucified and the Gentiles kept it too, Acts 18:4, Acts 13:42;
- The Jews and Gentiles are in the same fold, John 10:16, 1 Cor.12:13;
- All “people of God” are encouraged to rest on the 7th day, Hebrews 4:4, 9-11 (per 1 Peter 2:10, “people of God” includes the Gentile Christians);
- The Sabbath on the 7th day continues forever, including in heaven, Isaiah 66:23;
- The Sabbath is God’s Sabbath as opposed to our Sabbath, and so is based on God’s 7th day of creation, not on our 7th day, or parts of every day: “My Sabbaths” Ezekiel 20:12 (We enter His rest, Hebrews 4:10-11).

Sabbath starts at pitch black (Genesis 1:1-5 defines "evening" to be when there was no light). In Israel, "sun down" and "pitch black" occur at almost the same time because Israel is near the equator (Proverbs 7:9); however, in Vancouver, there is about 1½ hours difference. As a testimony, God's holy rest comes at "pitch black".

The following summaries what to do on the Sabbath to keep it holy:

1. Rest (aim to "do nothing"): Exodus 20:10-11, Exodus 34:21
2. Don't buy anything: Nehemiah 13:15-22, Neh. 10:31, Jeremiah 17:21, Ex.16:22-26, Ex. 20:10
3. Don't cook anything (eat food already prepared): Ex.35:3, Ex.16:23-25, Num.15:32-36
4. Read the Bible (No other books, just what is holy, Rom 7:12, 2 Tim.3:16) (I find that reading 1 hour of the Bible every day is the most blessed amount of time): Nehemiah 8:1-3 and 18, Joshua 1:8, Deut. 17:18-19, Ps. 1:2, John 17:17

5. Go to church (I recommend trying the above 4 points first for at least 2 weeks before going to church. This helps one solidify the focus on the first emphasis of holiness in the commandment, which is, resting): Is. 66:23; Luke 4:16; Ez. 46:1-3, Lev.23:3 ("convocation" means sacred assembly)

The above is a summary of the verses in the Bible which describe how to keep the Sabbath. Below are additional principles to help one fully experience the simplicity of the above 5 points. In simple terms, "rest" means "rest", and not "restful activities".

Principle 1: aim to "do nothing" so that there is no distraction from God coming to you.

- **Applications:** no TV, no observing nature (note God did not "look back on nature and call it good" on the 7th day, Gen.2:3 compared to Gen.1:31; see also Exodus 16:29), no phone calls (I unplug my phone and answering machine, to help reduce interaction with others who may not respect "not speaking my own words" per Isaiah 58:13), nothing that distracts you from God's restful presence being with you (Heb.4:10). God is a jealous God (Exodus 20:5) and wants Himself to be your doorway to Him (John 10:7), not nature or anything else.
- **Applications:** planning or organizational meetings, creating the overheads or filling the pews with envelopes, would be "work and preparations", service that is preparing for the worship service rather than service that is part of the worship service. So, these should not be done on the Sabbath, but rather on the Preparation Day (or another day) (Exodus 20:9). An interesting note is that just because something is "for the Lord" does not make it holy (Lev.10:1-2). Since God Himself sanctifies what is holy, holiness is doing "exactly what the Lord asks one to do". Relative to the Sabbath, God's commandment is to rest (Exodus 35:2).
- **Applications:** "loving one's neighbour" (second greatest commandment) should not be placed higher than "loving God" (the first greatest commandment). For example, "hospital visitations" or other "activity" ministries outside the church should be planned for non-Sabbath days. For the Sabbath, choose to rest, which is what God commanded. Of course, unplanned events, i.e., "emergencies", are exceptions. Note that using one's Sabbath "day off" because that is "the only day one has free to do ministry" is placing one's weekday job at a higher importance than keeping God's commandment to rest on His Sabbath. God's commandment is to rest.
- **Applications:** Isaiah 58:13 says "If thou turn away thy foot ... from doing thy pleasure on my holy day; ... and honour Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words..." I have found that not "talking about the future" is a God-blessed boundary to avoid "speaking one's own words". I simply exchange contact information for later follow-up.

- Applications: driving a car and operating light switches seem to be ok on the Sabbath. The basis for some people not doing these things comes from **Exodus 35:3** which refers to not kindling a fire on the Sabbath. They have interpreted this to mean no ignition, and thus, no spark plugs igniting in a car engine and no sparks in a light switch. So far, God has not verified for me to avoid driving, light switch operation, or elevator switch operation. Rather, what is supported by other Bible verses is “no cooking”, as opposed to “no ignition”. Also, “not labouring” to create a fire by hand (**Numbers 15:32-36**).
- Applications: I recommend (upon your voluntary choice) to take a break from vitamin pills, medicine, wearing contact lens (restricts oxygen to the eyes), using chemicals in your hair, using a blow dryer (high radiation), and other unnatural supplements on the Sabbath. It gives your body a Sabbath break from them, reduces negative side effects in your body over time, and helps the supplements to not lose their effectiveness over time.

Principle 2: no buying.

- Applications: No buying would include not hiring a bus driver, airplane pilot, hotel cleaning lady, employee, cook, or any other servant to work for you on the Sabbath (resting in a hotel is ok) (**Exodus 20:10**). Note that paying them ahead of time is irrelevant. The command is for them not to work for your benefit on the Sabbath.

Principle 3: no cooking.

- Applications: Since God does not want us to cook on the Sabbath, I avoid anything that even appears like cooking, including microwave ovens (**1 Thess. 5:22**). Incidentally, not using a microwave oven also gives one’s body a Sabbath rest from the radiation (a 10 Watt microwave typically emits over 2,000 $\mu\text{W}/\text{m}^2$ at 14 ft away from it, whereas over 10 $\mu\text{W}/\text{m}^2$ is considered a “severe health concern”). (A rest from radiation is also a good reason to leave one’s cell phone powered off during the Sabbath too, as cell phones emit 600,000 $\mu\text{W}/\text{m}^2$.)
- Applications: I have found that going to a wedding right after the Sabbath is ok, but not to eat food that was prepared on the Sabbath, as any food prepared on the Sabbath is defiled.

Principle: keep the Sabbath holy

- washing oneself before going to church is Godly (**Exodus 30:17-21, Ezekiel 44:18**).
- sex within marriage would be appropriate only on non-Sabbath days as sex is not holy: **Lev.15:16-18, 1 Samuel 21:4-5**
- anything that God directly commands you to do is appropriate. For example, heal anyone who comes to you, just like God told Jesus to do (**John 5:20, John 14:10**). Note, anything that you perceive God commanding you to do should not be contrary to any other commandments God gives in the Bible, **Deut.13:3-4**.

Emergencies, or exceptions, are permitted by God, but one should check one’s heart if these become more frequent than very occasional (**Matt.12:1-4, Mark 2:27, Luke 6:1-5, Lev.21:1-3**).

At pitch black, the Sabbath ends.

After the Sabbath, one can start working but I have found it is not blessed to buy anything or pay for the services of others until after midnight. God doesn’t like “rushing for the Sabbath to be over” (**Amos 8:4-6**). Also, what is purchased after the Sabbath before midnight is not needed, and so is a waste and not blessed (**Mark 16:1 and 6**).

After midnight Saturday night, all Sabbath related items are over.

“Blessed is the man ...that keepeth the sabbath from polluting it” Isaiah 56:2

The following chart shows when the Sabbath starts in Vancouver, Canada. Simply interpolate between the dates.

Sabbaths: 1998-1999 (Daylight Savings Timing Included) for Vancouver, B.C.
 Genesis 1:1-5

Pitch Black Times (Timings are approx. to within about 5 min.

FRI. Saturday is 0 to 9 min. from Friday's time)

Sep-4	9:31 PM	1998
Sep-11	9:16 PM	
Sep-18	9:01 PM	
Sep-25	8:46 PM	
Oct-2	8:31 PM	
Oct-9	8:16 PM	
Oct-16	8:02 PM	
Oct-23	7:49 PM	
Oct-30	7:36 PM	
Nov-6	7:25 PM	
Nov-13	6:15 PM	
Nov-20	6:07 PM	
Nov-27	6:01 PM	
Dec-4	5:57 PM	
Dec-11	5:56 PM	
Dec-18	5:57 PM	
Dec-25	6:01 PM	
Jan-1	6:07 PM	1999
Jan-8	6:15 PM	
Jan-15	6:24 PM	
Jan-22	6:35 PM	
Jan-29	6:46 PM	
Feb-5	6:57 PM	
Feb-12	7:09 PM	
Feb-19	7:21 PM	
Feb-26	7:32 PM	
Mar-5	7:44 PM	
Mar-12	7:55 PM	
Mar-19	9:05 PM	
Mar-26	9:16 PM	
Apr-2	9:27 PM	
Apr-9	9:37 PM	
Apr-16	9:48 PM	
Apr-23	9:59 PM	
Apr-30	10:09 PM	
May-7	10:19 PM	
May-14	10:29 PM	
May-21	10:38 PM	
May-28	10:47 PM	
Jun-4	10:54 PM	
Jun-11	10:59 PM	
Jun-18	11:02 PM	
Jun-25	11:04 PM	
Jul-2	11:03 PM	
Jul-9	10:59 PM	
Jul-16	10:54 PM	
Jul-23	10:46 PM	
Jul-30	10:37 PM	
Aug-6	10:27 PM	
Aug-13	10:15 PM	
Aug-20	10:02 PM	
Aug-27	9:48 PM	
Sep-3	9:33 PM	
Sep-10	9:19 PM	
Sep-17	9:04 PM	
Sep-24	8:49 PM	

