The purpose of this book is to find out from the Scriptures, "Is there a forgotten commandment?" If there is, then these questions need to be asked, "Which one is it?" and "Should those of us who claim to be Christians be keeping this commandment?"
God gave Moses the Ten Commandments, yet most Christians today obey just nine. Why?
Let's first read the Ten Commandments from the King James Version of the Bible:

I am the Lord thy God, which have brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have no other gods before me.
Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. Thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; and showing mercy unto thousands of them that love me, and keep my commandments.
Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain.
Remember the sabbath day, to keep it holy. Six days shalt thou labour and do all thy work: but the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.
Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.
Thou shalt not kill.
Thou shalt not commit adultery.
Thou shalt not steal.
Thou shalt not bear false witness against thy neighbour.
Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor anything that is thy neighbour's (Exodus 20:3-17).
In examining these texts, we find that according to the fourth commandment, God set aside, or made holy, the seventh day of the week—the day we call Saturday. In fact, Genesis 2:2 says that at creation God “rested on the seventh day from all his work which he had made.” Now, from everything I’ve ever learned about God or even heard about Him, nothing even remotely suggests that He gets tired! He must have rested for a reason, as an example to us. We find right in the middle of the fourth commandment, God’s instruction to us to keep holy the seventh day of the week—to worship Him on that day and to rest from our regular work. The fourth commandment leaves no question about it—we are to obey Him in this matter just as much as we are to obey Him in the other nine commandments.

The big question we might have after reading the fourth commandment is: “Which day of the week is the seventh day?” Is Saturday really the seventh day of the week? How do we know? Maybe our calendars are all wrong. Maybe time has been lost or gained. I’ve heard that many calendars in Europe today say that Monday is the first day of the week, making Sunday the seventh day. Let’s examine these questions.

First of all, let’s see what the United States Naval Observatory in Washington, D.C. has to say about this matter of time being lost or gained. In a letter dated March 12, 1932, the director, James Robertson, stated:

We have had occasion to investigate the results of the works of specialists in chronology and we have never found one of them that has ever had the slightest doubt about the continuity of the weekly cycle since long before the Christian era. . . . There has been no change in our calendar in past centuries that has affected in any way the cycle of the week.

As you can see, according to this source, the weekly cycle is
still the same as it was 2,000 years ago when Christ walked the earth. Also, from Scripture we can see that Jesus had no trouble knowing which day of the week was the seventh day—the day for weekly worship. Luke 4:16 says, “As his custom was, he [Jesus]
is the seventh day Sabbath.

We have Bible evidence, too, that Saturday is the seventh day of the week, God’s holy Sabbath. Luke 23:54 says that the day Jesus died “was the preparation, and the sabbath drew on.” Then Luke 24:1 says that the day Jesus rose

Only the weekly cycle has no anchor in astronomical time. That traditional measurement of time can only be traced back to God’s creation when the seventh day was set aside as the Sabbath.

went into the synagogue on the sabbath day.” The whole Jewish world in Jesus’ day kept holy God’s seventh-day Sabbath. In fact, the Jews have continually kept the seventh-day Sabbath.

If we question whether Saturday is really the seventh day of the week, the Sabbath, we have to stretch our imaginations to decide that all the Jewish people around the world could have somehow gotten the days mixed up in the weekly cycle since Jesus was on earth. And if this were so, then Jews in different places around the world would probably be keeping any number of different days. Instead, we see them unified all over the earth on the matter of which day of the week from the grave was “the first day of the week.” So from the Bible we have this three-day sequence: the day before the Sabbath (the day Jesus died), the Sabbath, and the first day of the week (the day Jesus rose from the dead). All the world recognizes Good Friday as the day Jesus died. All the world recognizes Easter Sunday as the day He rose to life. And the day between Friday and Sunday is—which day? Saturday. And the New Testament calls this day “the sabbath” (Luke 23:54). I believe we have enough information available to us to know without a doubt that the Saturday of today is the same day that the Bible calls the seventh day of the week—God’s holy Sabbath.