

The Sabbath started in the Garden of Eden and it continued from there. When God gave Moses the 10 commandments, he specifically used remember to begin the 4th commandment. God told them to remember that day as a sign of creation. If you study the history of the Christian religion, you'll know that the Saturday worship was changed to Sunday by the Romans. Kindly give me biblical verses to back the Sunday worship.

In the garden Adam and Eve had one command: you must not eat from the tree of the knowledge of good and evil, for on the day you eat from it, you will certainly die (Ge 2:17). During the age of innocence, they could live as they pleased.

When God gave his law (an expression of his will [Rom. 7:2–9]), the age of law began.

The Sabbath had been instituted at creation (Gen. 2:2, 3) and observed before Sinai (Ex. 16:22–30); but, it was commanded at Sinai (Ex. 16:22–30).

God said:

Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it. Ex 20:8–11

The Sabbath was given for man's good (Mark 2:27). It is an appointed time to meet with God (Ex. 31:16, 17).

A proper observance of the Sabbath is given by the prophet Isaiah who wrote:

Blessed is the man who does this,
And the son of man who lays hold on it;
Who keeps from defiling the Sabbath,
And keeps his hand from doing any evil."

Do not let the son of the foreigner
Who has joined himself to the Lord
Speak, saying,
"The Lord has utterly separated me from His people";
Nor let the eunuch say,
"Here I am, a dry tree."
For thus says the Lord:
"To the eunuchs who keep My Sabbaths,
And choose what pleases Me,
And hold fast My covenant,
Even to them I will give in My house
And within My walls a place and a name
Better than that of sons and daughters;
I will give them an everlasting name
That shall not be cut off.

“Also the sons of the foreigner
Who join themselves to the Lord, to serve Him,
And to love the name of the Lord, to be His servants—
Everyone who keeps from defiling the Sabbath,
And holds fast My covenant—
Even them I will bring to My holy mountain,
And make them joyful in My house of prayer.
Their burnt offerings and their sacrifices
Will be accepted on My altar;
For My house shall be called a house of prayer for all nations.” Is 56:2–7

The apostle Paul said: One person esteems one day above another; another esteems every day alike.
Let each be fully convinced in his own mind (Ro 14:5).

We not only have a Sabbath day—we have a Sabbath *Lord*. Believers rest in him (Heb 4:11).