The word for “Sabbath” and the seventh day of the week are synonymous in a number of languages. Approximately 1.4 billion people—nearly 20 percent of the world’s population—uses the word for Sabbath and the seventh day of the week interchangeably.

For example, the Spanish word for the seventh day of the week, Saturday, is Sabado—the same word for “Sabbath.” In fact, in more than 100 ancient and modern languages the seventh day of the week was named “Sabbath” or its equivalent.

In contrast, there is no language where the word “Sabbath” means the first day of the week—Sunday. It’s clear this day never was considered the biblical Sabbath until later religious leaders tried to substitute Sunday for the true Sabbath day.