

WE WILL CONSIDER

- The Sabbath is a time of rest.
- The Sabbaths in the law of Moses were days of rest from work to spend time serving God.
- Since Christ came, there is no special day for serving God – every day is a day to serve Him. For this reason, followers of Christ do not need to keep the Sabbath.

The **B**iBLE EXHIBITION

THE TRUTH ABOUT

the Sabbath

What is the Sabbath?

The Sabbath is a time of rest. There were several days set apart as Sabbaths in the law of Moses, including every Saturday. They were days to rest from work and to spend time serving God. There is also a great time of rest coming when the Lord Jesus returns to set up God's Kingdom. In Christ there is no special day for serving God – every day is a day to serve Him. Those who follow Christ do not need to keep the Sabbath.

“On the seventh day you shall have a Sabbath of solemn rest, holy to the LORD”

Exodus 35:2

The word 'Sabbath' just means 'rest'. God commanded Israel to rest from their own work on the Sabbath, “not going your own ways, or seeking your own pleasure” (Isaiah 58:13).

What the Sabbath meant under the law of Moses

“On it you shall not do any work”

Exodus 20:10

Before Christ came, Israel was under the law of Moses. There was a Sabbath every seventh day, as well as on certain other days in the year (Leviticus 23:3,24,32,39). Days in Israel began and ended at sunset; the Sabbath was therefore kept from one evening to the next (Nehemiah 13:19; Luke 23:54). “From evening to evening shall you keep your Sabbath” (Leviticus 23:27,32).

Israel was commanded not to work on the Sabbath. There was to be no lighting fires or cooking and everyone was to stay in their place (Exodus 16:23,29, 20:10, 35:3). Whoever did any work on the Sabbath was to be put to death (Exodus 35:2).

Every seventh year was also a Sabbath – there was to be no sowing or harvesting and no pruning of vines or gathering of grapes all year (Leviticus 25:4-5).

What the Sabbath represents?

“Let no one pass judgment on you ... with regard to a festival or a new moon or a Sabbath. These are a shadow of the things to come, but the substance belongs to Christ.”

Colossians 2:16-17

True rest is given by Christ (Matthew 11:28), who has made us free from the law (Romans 8:2). The Sabbath and the rest of the law were only a shadow of the truth to come through Jesus Christ (John 1:17).

There is a great 'Sabbath rest' still to come when the Lord Jesus returns to set up God's Kingdom on earth (2 Thessalonians 1:7, Hebrews 4:9,11).

What the Sabbath means since Jesus Christ

“Whatever you do, do all to the glory of God”

1 Corinthians 10:31

No one can keep the law perfectly (Galatians 3:11). The law was really intended to bring Israel to Christ, who is the end of the law to everyone with faith (Romans 10:4). “The law was our guardian until Christ came, in order that we might be justified by faith. But now that faith has come, we are no longer under a guardian” (Galatians 3:24-25).

Jesus did God's work on the Sabbath (John 5:15-17) – the Sabbath law was meant to stop Israel doing their own pleasure so that they could do God's pleasure. It was not meant to prevent all activity. “It is lawful to do good on the Sabbath” (Matthew 12:10-13).

The Bible never talks about the Sabbath law except as part of the law of Moses for the nation of Israel. It was one of the Ten Commandments (Deuteronomy 4:13, 5:12). The law was good (Romans 7:11) and its principles still apply (see, for example, James 2:8); however, the law and the Ten Commandments themselves have now been brought to an end (2 Corinthians 3:7-8,11). We do not need to keep the detail of the Sabbath law today. Every day has to be given to the glory of God!

The New Testament never tells us to keep the Sabbath law or the set of Ten Commandments. Even at a time when believers were asked to keep parts of the law, in order not to offend the Jews, the Sabbath was not mentioned (Acts 15:5,28-29). For some people, like slaves, it would have been impossible to keep the Sabbath (Colossians 3:22)!

It is not wrong to choose to keep the Sabbath law, even though it is no longer necessary in Christ. “Each one should be fully convinced in his own mind” (Romans 14:5-6). The principle is to do good always, whether on the Sabbath or not.

More information,

For more information, please don't hesitate to contact:

THE TRUTH ABOUT

SUMMARY

God gave Israel Sabbath days and years in which work was not allowed.

God wanted them to serve Him, not themselves, on the Sabbath.

In Christ, we do not need to keep the Sabbath.

We should serve God, not ourselves, every day!

There will be a time of eternal rest in God's Kingdom when Jesus Christ returns.

the Sabbath

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