

# A Bible Study of the Sabbath

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## **Introduction**

The Sabbath is a Bible subject which needs to be understood by Christians, as God teaches some great lessons through this subject in both the Old and New Testaments.

We will learn lessons regarding Sabbath Observance from the Israelites who lived under the Law of Moses, and lessons God draws from His Sabbath theme for the Christian.

Importantly we will learn what is the Christian's Sabbath...an eternal rest with God in Heaven.

**Lesson 1**  
**Facts about the Sabbath (Part 1)**

**1. What does “Sabbath” Mean?**

The word Sabbath means “to cease, to desist” in the Greek<sup>1</sup>, or to “rest” in the Hebrew<sup>2</sup>. This is supported by contextual definitions, such as Exodus 23:12 “Six days thou shalt do thy work, and on the seventh day thou shalt rest.”

**2. What Day of the week is the Sabbath?**

The Sabbath came on the seventh day of the week. (Ex. 20:8-11). The concept of a “week” is solely God’s concept. A day is defined by a complete rotation of the earth. A month is defined by a complete revolution of the moon around the earth. A year is defined by a complete revolution of the earth around the sun. But a week is defined only by God.

**3. The Sabbath was given by God. (Ex. 31:12-18)**

- a. It was part of God’s covenant with Israel.
  - i. A covenant is an agreement. “The root idea to bind two parties together...in essence a covenant is an agreement, but an agreement of a solemn and binding force.”<sup>3</sup>
  - ii. God had numerous covenants: Noah to build an ark (Gen. 6:18), Abram to be circumcised (Gen. 17:9-13), etc.
  - iii. God’s covenant with Israel included the Sabbath. (Ex. 31:16)
- b. The Sabbath was blessed and hallowed for the Israelites, because God rested from creation on the seventh day, after creating the heavens and the earth on the first six days. (Exodus 20:11; cf. Gen. 2:2-3)
- c. The Sabbath, included in the Law for the Israelites, was given “because of transgressions, till the seed should come” (Exodus 16:4; Gal. 3:19)
- d. The Sabbath ordinance was written with the finger of God on tables of stone. (Ex. 31:12-18)

**4. When did Sabbath Observance Begin? (Exodus 16)**

- a. There is no mention of the “Sabbath” until about 1445 B.C. This is 2500 years after the Garden of Eden, over halfway through the time-span covered in the Bible, about 4,100 years. The first occurrence is found in Exodus 16:23. A few days following, it was included in the Ten Commandments given at Mt. Sinai (Ex. 20:8-11).
- b. There is no mention of Adam and Eve observing the Sabbath, or Noah, Abraham, or Jacob.
- c. Some think that the Sabbath was required from the beginning because of Genesis 2:2-3.
  - i. The focus at creation is not the duty of man, but it is on God’s work, and on God’s rest, and on God sanctifying **that** single day because of it.
  - ii. The seventh day is not called the Sabbath here.
  - iii. Genesis was written by Moses, 1400-1500 BC, as were the first five books of the Bible. This volume was recorded around 2500 years after the facts occurred. **If** this written statement commanded Sabbath Observance, it could not have been used until the time of Moses. Before the time of Moses there is no command given or any example of someone keeping the Sabbath.

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<sup>1</sup> Vine’s Expository Dictionary of New Testament Words

<sup>2</sup> “Sabbath,” International Bible Standard Encyclopedia, 1939 (I.S.B.E.)

<sup>3</sup> I.S.B.E.

*Facts about the Sabbath (Part 1)*

- iv. God used the precedent of His “rest from creating” as the basis for Sabbath Observance, but He did not use it until Mt. Sinai.
- v. Some would tie Mark 2:27 to this. “The sabbath was made for man...” This will be studied among other Sabbatarian arguments later. But for now, note that this passage does not say when Sabbath Observance was first required.
- d. The Bible later refers to the Sabbath’s origination as being at Mt. Sinai, where the Israelites were brought out of Egypt. (Deut. 5:15; Neh. 9:13-14; Ezek. 20:10-12) This is consistent, because this is where the Sabbath ordinance was given, and recorded by God (Exodus 31:12-18). The prophets Moses, Nehemiah, Ezra, and Ezekiel all agree!

**Answer the following.**

1. What does “Sabbath” mean? \_\_\_\_\_
2. Upon what day of the week did the Sabbath occur? \_\_\_\_\_
3. What does “Covenant” mean? \_\_\_\_\_
4. What passage tells us God’s covenant with the Israelites included the Sabbath?  
\_\_\_\_\_
5. Who commanded Sabbath Observance? \_\_\_\_\_
6. How did the Sabbath relate to creation? \_\_\_\_\_
7. God added the Law, “because of \_\_\_\_\_, till the \_\_\_\_\_ should come” (Gal. 3:19)
8. Where and how was the sabbath written by God? \_\_\_\_\_
9. Approximately how many years went by in Biblical history before the word “Sabbath” is mentioned? \_\_\_\_\_
10. Did God mention the Sabbath before the time of Moses? \_\_\_\_\_
11. Did Adam, Noah, Abraham, or Jacob mention the Sabbath? \_\_\_\_\_
12. Did man observe the Sabbath in Gen. 2:2-3? \_\_\_\_\_ Is man mentioned in this passage? \_\_\_\_\_
13. When did God first mention the Gen. 2:2-3 “day of rest,” in respect to man’s responsibility?  
\_\_\_\_\_
14. When Jesus said, “the sabbath was made for man,” did Jesus say when Sabbath Observance was first required? \_\_\_\_\_
15. Which prophets wrote of the Sabbath, saying the Israelites were commanded when they were brought out of Egypt to Mt. Sinai? \_\_\_\_\_ Did any prophet ever refer to the Sabbath going back before this time? \_\_\_\_\_
16. When did the command for Sabbath Observance begin? \_\_\_\_\_

**Lesson 2**

**Facts about the Sabbath (Part 2)**

**1. What was required with Sabbath Observance?**

- a. In Ex. 31:12-18 it should be noted that “knowing” and “remembering” God is the focus of the Sabbath. The primary focus is not rituals or prohibitions; it is God and His covenant with Israel.
- b. Burnt offerings. Num. 28:9-10 Keep it holy, sanctified, as it is a sign that the Lord sanctified you. Ex. 12:31:13; Deut. 5:12
- c. Rest. Ex. 20:8-11; 35:1-3; Deut. 5:13
- d. Remember the Lord brought you out of slavery. Deut. 5:14
- e. No fire was to be kindled. Ex. 35:3
- f. No baking or boiling allowed. Ex. 16:23
- g. No burdens to be carried. Jer. 17:21-22
- h. A penalty of death for violators. Ex. 35:2; Num. 15:32-36.

**2. Who was Sabbath Observance for?**

- a. The Ten Commandments, in including the Sabbath, were given to those whom God brought out of the Land of Egypt. These were the Israelites. (Ex. 20:2, 8; Deut. 5:12-15)
- b. It sanctified Israel apart from other peoples. (Ex. 31:13)
- c. It was for the Israelites and their generations following. (Ex. 31:16)
- d. It provided the Israelites rest from their own labor. (Deut. 5:12-15)
- e. It reminded Israel they were delivered from bondage in Egypt. (Deut. 5:12-15)
- f. It reminded Israel they were delivered by God. (Deut. 5:12-15)
- g. The only people outside of the Israelites who were required to keep the Sabbath, were strangers who came within their gates. (Ex. 20:10) Notice the strangers (Gentiles) were not required to keep the Sabbath before or after their presence among the Israelites.
- h. Sabbath Observance was purposed for Israelites.

**3. For How Long Would Sabbath Observance be in Force?**

- a. “Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a perpetual covenant.” (Ex. 31:16-17) This means it would be kept among the Israelites as long as their nation existed.
  - i. Jesus predicted the end of Israel as a nation, calling the nation of Israel “desolate” as He walked on the earth. Matt. 23:37-38; Matt. 24:15.
  - ii. Jews could no longer boast nationality, or blood relationship to Abraham or Jacob after the Gospel began. (1<sup>st</sup> Tim. 1:4)
  - iii. 2<sup>nd</sup> Cor. 3:7-11 says the “ministration of death, WRITTEN AND ENGRAVEN IN STONES, was glorious...was to be Done Away...” and, “...IS DONE AWAY.” This could only have reference to the commands of God given at Mt. Sinai. (Ex. 31:18) They were “DONE AWAY IN CHRIST.”
- b. God said “it (*the Sabbath*) is a sign between me and the children of Israel forever” (Ex. 31:17) We must know that “forever” means “an entire period, or a purposed time or completion of events.” “Forever” does not necessary mean eternally, as we can see from these passages.
  - i. The land of Canaan was given for an everlasting covenant of the seed of Abraham (Gen. 17:8), yet they lost possession. (2<sup>nd</sup> Kings 25:11)
  - ii. Physical circumcision was said to be an “everlasting covenant”(Gen. 17:13), yet it ceased (Gal. 5:2; 6:15).
  - iii. The Passover was “forever.” (Ex. 12:14), yet it is not observed in the N.T.

*Facts about the Sabbath (Part 2)*

- iv. Tabernacle worship was to be “forever.” (Ex. 27:21)
- v. The Levitical Priests were to be “perpetual” and “forever.” Ex. 29:9, 26-28, but where are they today? We have a new priesthood, with Christ as the high priest. (Heb. 5:1-10)
- vi. Jonah was in the belly of the whale “forever.” (Jonah 2:6) This was only three days!
- c. Sabbath Observance was not required after the Cross of Christ. Col. 2:14 says the Ordinances and the offenses of the Law were taken away at the cross, and those who are in Christ cannot be judged according to those ordinances. The sabbath days are specifically mentioned as being one of those ordinances. Some might realize the Sabbath was still observed after Jesus death. But remember that many Jews would not believe that Christ had fulfilled the Law of Moses, which included “Remembering the Sabbath.” Also, Sabbath Observance was still within the civil law of Jewish societies. Christians were required to keep civil law as long as it did not require them to disobey God, as we might compare it to the 4<sup>th</sup> of July or New Year’s Day in our society. (1<sup>st</sup> Pet. 3:13-17)
- d. Thus, that ordinance of Sabbath Observance was in force only until the death of Jesus on the cross.

**Conclusion**

The Sabbath was the seventh day of the week, given by God for the Israelites to observe. It was day of rest, and it sanctified Israel from other peoples of the earth. It was in force as long as God kept Israel under the Law of Moses.

**Answer the following.**

1. List six things required with Sabbath Observance.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Which nation was required to keep the Sabbath? \_\_\_\_\_
3. When were Gentiles required to keep the Sabbath? \_\_\_\_\_
4. List three things the Sabbath was to do for Israel.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. How long were the Israelites told they would keep the Sabbath? \_\_\_\_\_
6. Who said the nation of Israel had become “desolate?” \_\_\_\_\_
7. When did God quit recognizing the generations of physical Israel?  
\_\_\_\_\_
8. What happened to the “ministration... written and engraved in stones?”  
\_\_\_\_\_
9. List some things which God said were to last “forever,” which are not around anymore?  
\_\_\_\_\_
10. What did it mean when God said the Sabbath would be forever? \_\_\_\_\_
11. When was the Sabbath ordinance abolished by God? \_\_\_\_\_
12. At what point could one not be judged for forsaking the Sabbath? \_\_\_\_\_
13. In which case could Sabbath observance be allowed? \_\_\_\_\_
14. Is Sabbath observance required by God today? \_\_\_\_\_

**Lesson 3**

**The Sabbath Commandment is in the Law of Moses**

The Law given to the Israelites by Moses included the command, “Remember the sabbath day, to keep it holy” (Exodus 20:8-11). This is important to establish because the Law of Moses was taken away, hence making no one today under its dominion.

Moses did not have his own law for the Israelites, outside of the Ten Commandments. Then why is a law called, “The Law of Moses?” It’s because Moses was God’s spokesman to the Israelites. (Ex. 4:10-16; 20:19)

Modern Sabbatarians teach that the Law of Moses was taken away, but the commandment to keep the Sabbath day holy is not part of the Law of Moses. It is purported that the Ten Commandments were God’s moral law, in force since the beginning of time, and still in force. Conversely, The Law of Moses was a ceremonial law, which began at Mt. Sinai, and ended at the cross of Jesus. Sabbatarians make statements and assumptions not found in the Bible.

<b>The Bible Does Not Divide God’s Law for the Israelites into two categories of Law.</b>	
<b><u>Moral Law</u></b> Given by the Lord The Ten Commandments  Never ending	<b><u>Ceremonial Law</u></b> Given by Moses Laws of diet and sacrifice, etc. Expired at Cross

We can learn from scriptures that no such distinction is given between the Ten Commandments and the Law of Moses. In scriptures, the opposite is true. They are spoken of as being all-inclusive in the Law of Moses. The Ten Commandments are never called God’s moral law, and the Law of Moses is never distinguished from the Ten Commandments.

1. **The “Ten Commandments” contain the Sabbath command.**  
(Ex. 20:1-17; 34:28; Deut. 4:13; 10:4)
2. **The “Ten Commandments” are never listed as an all-inclusive law, excluding all other laws.** No one was ever told in scripture, “Just follow the Ten Commandments, and you’ll do all that God wants you to do.”
3. **The “Ten Commandments” are never completely listed (all ten) outside of the time frame of the Dispensation of the Law of Moses.** This would indicate that the Ten Commandments were not a self-contained covenant, which continued as a collection of commandments beyond the abolishment of the Law of Moses.
  - a. Let’s concern ourselves specifically with the Israelites time-frame in Biblical History. God had other laws for other times, such as laws for Adam and Noah. But here, we must study the Bible to see if God had the Israelites under two sets of laws at the same time, or if the every law Moses gave, including the Ten Commandments, was in the same law (or covenant).
  - b. Some lists of commandments are given outside of the time-frame of Israel.
    - i. A list of commandments in Matt. 19:18-19 (Actually speaking of those living in the Mosaical Dispensation even though it is in the N.T.)

- ii. A list of commandments in Rom. 13:9 (Christ's Dispensation).
- iii. It must be noticed that these lists of commandments do not include some of the Ten Commandments, and specifically they do not include the Sabbath. Also, other commandments, which were spoken by Moses outside of the Ten Commandments include, "Thou shalt love the Lord thy God..." (Deut. 6:4-5), and "thou shalt love thy neighbor as thyself." (Lev. 19:18)

**4. The Israelites were under the Law of the Lord, which was called the Law of Moses and vice-a-versa.**

- a. The Law of God and the Law of Moses are all used interchangeably. Ezra 7:6, 12 Ezra was a scribe of "the law of Moses," and a scribe of "the law of God."
- b. Everything the Lord commanded Israel was their law, and not just the Ten Commandments. Notice in Neh. 8:1,8,9,14 the "law which the Lord commanded" included the feast of booths (Neh. 8:14). This is a "Law of God"(Neh. 8:8), but it is not one of the Ten Commandments, thus the Law of God did not include the Ten Commandments only.
- c. What did Moses speak when he spoke the Law of the Lord? When the book of the Law was found in the days of Josiah, King of Judah, the book was said to be "the Law of the Lord," and it was spoken by Moses, and it instructed Passover observance. (2<sup>nd</sup> Chron. 34:14; 35:6). The Passover was not in the Ten Commandments, yet it is said to be in the Law of the Lord.
- d. Jesus does not make a distinction between the "Law of God," and the "Law of Moses." He said, "Honor thy father and thy mother..." (Mark 7:9-10). Jesus said it was commandment of God, and it was spoken by Moses! Why did Jesus mention Moses here if this was not Moses law? Sabbatarians would say that God gave the commandment, "Honor thy Father..." in His law, the Ten Commandments, and Moses gave the penalty in his law. But Jesus said Moses said both! Jesus does not make a distinction between the "Law of God," and the "Law of Moses."
- e. Luke quotes Exodus 13:2 in Luke 2:22-23. The Law of Moses and the Law of the Lord are used interchangeably, and furthermore the subject matter said to be in the Law of the Lord is not found in the Ten Commandments.
- f. The Law of the Lord for the Israelites and the Law of Moses for the Israelites are one and the same.

**5. Hebrews 8 speaks of one covenant which the Israelites were under, which was replaced by a second.**

- a. If the Israelites were under two covenants, the Ten Commandments AND the Law of Moses, this passage would not make sense. There would be those two old covenants and then a new one, which makes three total! The passage never speaks of two old covenants.
- b. "One" covenant was replaced by another "one." Never did two exist at the same time.
  - i. The first covenant left those under it in sin, and none were "faultless" (Heb. 8:7) This covenant began when Israel was led out of the land of Egypt. (Heb. 8:9) This covenant included the Ten Commandments, including Sabbath Observing.(Deut. 5:12). This covenant had to be replaced with a second one.
  - ii. The second covenant would be made "Not according to the covenant that I made with their fathers in the day when I took them by the hand to lead them out of Egypt." In the new covenant God says, "I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more."(Heb. 8:9, 12) This new covenant was not the Ten Commandments, for the Ten Commandments say nothing about forgiveness.



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- iii. The Ten Commandments would not be NEW in Christ, for they had been around for 1500 years!

**6. If the Ten Commandments are a separate law from the Law of Moses, then which priesthood serves the Ten Commandments? (Hebrews 7)**

- a. Melchisedec served Abraham. (Heb. 7:1-4)
- b. The Levites served under the “Law” of Moses for the Israelites. (Heb. 7:11)
- c. Christ serves as high priest under the NEW covenant. (Heb. 7:21-22)
- d. The priesthood changed from the Levites to Christ, and it demanded that the Law change. Heb. 7:12. If we still have the Ten Commandments as a law, the law did not change.
- e. Who would serve as priest under the Ten Commandments today? The Bible never says. Therefore the covenant including the Ten Commandments does not exist today.

**Conclusion**

The Sabbath command is one of the Ten Commandments. These commandments are contained in the Law of the Lord, but they are also called the Law of Moses, which is God’s first covenant, which the Levitical priesthood served. The Sabbath or the Ten Commandments were not a separate Law from the Law of Moses. The Sabbath Commandment is in the Law of Moses.

**Answer the Following.**

1. If Moses did not make his own law, why is the law for the Israelites called the “Law of Moses.” \_\_\_\_\_
2. Is there any passage in the Bible which designates the Ten Commandments as God’s moral law? \_\_\_\_\_
3. Is there any passage in the Bible which designates the Law of Moses as God’s ceremonial law? \_\_\_\_\_
4. Is there any passage in the Bible which separates the Ten Commandments and the Law of Moses as being distinct from each other? \_\_\_\_\_
5. Is the command, “Remember the Sabbath...” contained in the Ten commandments? \_\_\_\_\_
6. Are the Ten Commandments contained in the Law of Moses? \_\_\_\_\_
7. Is the command, “Remember the Sabbath...” contained in the Law of Moses? \_\_\_\_\_
8. Are the Ten Commandments ever listed in total outside of the Mosaical Dispensation? \_\_\_\_\_
9. Does Jesus or the apostles teach anyone to keep a law called, “The Ten Commandments?” \_\_\_\_\_
10. If the Law of the Lord is only the Ten Commandments, then what else is included in the Law of the Lord in 2<sup>nd</sup> Chron. 35:6? \_\_\_\_\_ Does the Law of the Lord only include the Ten Commandments? \_\_\_\_\_
11. “Every male that opens the womb shall be called holy to the Lord” (Luke 2:22-23). Was this found in the law of Moses (Exodus 13:2)? \_\_\_\_\_ Was it found in the Law of the Lord? \_\_\_\_\_ Was it found in the Ten Commandments? \_\_\_\_\_ Are the Law of the Lord and the Law of Moses one and the same? \_\_\_\_\_
12. What is man guilty of if he serves God by following two laws at the same time? \_\_\_\_\_
13. When was the “first covenant” made? \_\_\_\_\_
14. How many “first covenants” were there? \_\_\_\_\_
15. How many new covenants were there? \_\_\_\_\_
16. How many total covenants did God say He had made in Heb. 7? \_\_\_\_\_
17. Why couldn’t the Ten Commandments be “new?” \_\_\_\_\_
18. Why couldn’t Christ serve as a priest under the Ten Commandments? \_\_\_\_\_

#### **Lesson 4**

### **The Christian's Sabbath is a Promised Rest, Which is Not a Day of the Week (Hebrews 3:1—4:13)**

The concept of "Sabbath" is established in the Old Testament as the eternal theme of "rest." God demonstrates that He is in the "rest" business and He has a track record of delivering "rest." God provided Himself a "rest" after His works of creation. God provided a "rest" for the Israelites every 7<sup>th</sup> day of the week (Ex. 20:8-11). God provided a "rest" for the Israelites who entered the Promised Land (Josh. 22:4).

In Hebrews chapters 3-4 we see how God applies this theme of "rest" to all who are faithful in Jesus Christ. It is summed up in the declaration, "So there remains a Sabbath rest for the people of God" (Heb. 4:9). The expression "Sabbath rest" is translated from the Greek, "sabbatismos." This word is derived from the same word from which the weekly Sabbath comes. This passage makes an application with this same word so we can know that God's "Sabbath rest" has an ultimate meaning: A home with God in Heaven.

Hebrews 3:6 leads into the "rest" theme by saying we are Christ's house "if we hold fast the confidence and the rejoicing of the hope firm to the end." If we are not firm to the end, God says, "They shall not enter My rest." (Heb. 3:6-11; Psa. 95:7-11)

The "Sabbath rest" offered for God's people in Hebrews 4:9 is specifically resting with the Lord in Heaven. The Hebrews writer points out that this "rest" is not a weekly rest (7<sup>th</sup> day) or entry in the Promised Land, because in both of those instances they had to return to their works. The pattern of God's "rest" is set by Himself. He finished His works of creation, and did not return to them (Heb. 4:3-4). God's "rest" for us is the same. "For he who has entered His rest has himself also ceased from his works as God did from His" (Heb. 4:10). This "rest" must be when we get to Heaven!

These admonitions regarding "rest" trace back to when the Holy Spirit inspired King David to warn his contemporaries and all people thereafter not to test the Lord with their rebellion and unbelief; thereby forfeiting their "rest." David referenced the time when many Israelites endured the wrath of God during the journey from Egypt to the Promised Land. They were all led by the promise of God (Ex. 3:8), but they did not all respond with belief. The unbelievers died in the wilderness, failing to enter a "rest" God had for them; the Promised Land. "So we see that they could not enter in because of unbelief" (Heb. 3:16-19). It should wake up Christians, both Jews and Gentiles, when God is seen striking His own covenant people in the wilderness.

All people should focus on Heaven, which is God's "rest." This is the ultimate "rest" which God wanted the O.T. Israelites to have. The "Today" mentioned by David is always contemporary, beginning with David's era and extending to the end of time (Heb. 3:7,13,15; 4:7). It was the "gospel" for David's era and the "gospel" for the Christian era (Heb. 4:2). An additional lesson taken from the word "Today" is that God's "rest" has always been and shall always be accomplished through the same provision: Jesus Christ.

Entering God's "rest" is dependent upon our belief. All souls who inherit the "rest" are "partakers of Christ." All must "hold the beginning of our confidence steadfast to the end" (Heb. 3:14). We can be strengthened in our faith by God's word which "is living and powerful, and sharper than any two-edged sword..." (Heb. 4:12)

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If we fall short we will be like the rebellious Israelites who did not enter the Promised Land. We will “fall according to the same example of disobedience” (Heb. 4:11). Stern warnings, admonitions, and a history of failure is interwoven throughout the text.

- “Do not harden your hearts”
- “So I swore in My wrath, They shall not enter My rest”
- They “saw my works forty years”
- “Beware...lest there be in any of you an evil heart of unbelief in departing from the living God”
- “Exhort one another daily...”
- “...Lest any of you be hardened through the deceitfulness of sin”
- “Whose corpses fell in the wilderness”
- “Let us fear lest any of you seem to have come short of it”
- “Let us therefore be diligent to enter that rest”

This portion of Hebrews ends declaring God’s accuracy in identifying the spiritual heirs of Abraham, whether Jew or Gentile. “There is not creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account” (Heb. 4:13)

**Conclusion**

The Christian’s Sabbath is a promised rest, in which one will not return to his or her works, entered only by those faithful in Jesus Christ. This Sabbath rest is in Heaven with the Lord. It is not the 7<sup>th</sup> day of the week or any other day of the week.

**Answer the following.**

1. Name three instances in which God demonstrates that He is in the “rest” business.  
\_\_\_\_\_  
\_\_\_\_\_
2. What remains for the people of God? \_\_\_\_\_
3. What will one not return to in God’s “rest?” \_\_\_\_\_ How is this different from the “rest” found in either the 7<sup>th</sup> day Sabbath observance or the entry into the Promised Land? \_\_\_\_\_
4. What periods are represented by the word, “Today.” \_\_\_\_\_
5. Through whom is the gospel of David’s era and the gospel of the Christian era accomplished? \_\_\_\_\_
6. What qualifies one to enter God’s “rest?” \_\_\_\_\_
7. What did God swear in His wrath? \_\_\_\_\_
8. What could happen to our hearts which would cause us to fail to enter God’s “rest?” \_\_\_\_\_
9. How often should we “exhort one another” regarding God’s “rest?” \_\_\_\_\_
10. What strengthens our belief and obedience? \_\_\_\_\_
11. What is the Christian’s Sabbath? \_\_\_\_\_
12. How accurately can God identify who is faithful in Christ? \_\_\_\_\_

## Lesson 5

### The Sabbath Observance Command is Taken Away

The command for Sabbath Observance was dramatically taken away when Jesus died on the cross. Since the Sabbath command was part of the Law of Moses, and the Law of Moses was taken away, it proves that the command to observe the Sabbath is no longer binding.

1. **The Law of Moses had a specific purpose. “It was added because of transgressions.” It was to prevent sin. Gal. 3:19**
2. **The Law of Moses had a limited duration, “Till the seed (Christ) would come.” Gal. 3:16, 19**
3. **The Law of Moses did not meet man’s need for redemption.**
  - a. The Law of Moses was unto death and condemnation. 2<sup>nd</sup> Cor. 3:7-18
  - b. The Law of Moses left man in sin and shame, to such a point that the Israelites could not look upon Moses’ unveiled face as he spoke it (Exodus. 34:29-35).
  - c. Those who would consider the Old Testament and the Law of Moses abolished, and look to Christ, can hear Moses Law read without shame. 2<sup>nd</sup> Cor. 3:13-16
  - d. The Law of Moses would leave sinful man condemned until God replaced the Law with a new covenant (Heb. 8:7-8).
4. **The Law of Moses would not end until it was fulfilled. Matt. 5:17-18**
5. **Jesus fulfilled the Law of Moses. Rom. 10:4**
  - a. Jesus was the “end of the law for righteousness.” This means that the goal of the law of Moses was to bring ones to righteousness. The goal was reached by Jesus (John 8:46). Sinners can only attain righteousness through Jesus.
  - b. Jesus did “fulfill” the Law. When the Law was “filled full” there was no need for it anymore. Therefore, it was finished in purpose and in duration. Jesus superseded the fulfilled Law, which was a “shadow of good things to come,” with a “new and living way.” (Heb. 10:1, 19)
6. **The Law of Moses was abolished. (2<sup>nd</sup> Cor. 3)**
  - a. It was abolished. (Eph. 2:15)
  - b. It was “done away.” (2<sup>nd</sup> Cor. 3:7, 11, 14) Notice what was done away was that which was “engraved in stones,” and it included the Sabbath command. (cf. Exodus 31:12-18)
  - c. It vanished. (Heb. 8:13)
  - d. It was taken away. (Heb. 10:9)
  - e. The Israelites had Moses wear a veil when he came to them after speaking with God. They feared the glory of God which shone in Moses’ face (Ex. 34:29-35). Only in Christ could they remove the veil when they read the law of Moses.
7. **The Law of Moses is no longer binding, and what we need is found not in the Law, but in Christ. (Col. 2:10-17)**
  - a. In Christ we are complete. V. 10
  - b. In Christ we are forgiven. V. 13
  - c. In Christ the Jews would be forgiven for offenses they committed under the Law of Moses. V. 14

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- d. Christ died on the cross to pay the debt of sin incurred under the law of Moses. Figuratively the debts were posted on the cross and publicly marked, "PAID." V. 14
- e. The death which came by the Law of Moses could no longer rule over a person, because the law and the sins were triumphed by Jesus Christ. V. 15
- f. The law, including the Sabbath Days is no longer binding after Jesus death on the cross. V. 16-17.

**8. The Law of Moses was a yoke of bondage. (Gal. 4:21 – Gal. 5:26)**

- a. Serving under the Law of Moses is related to Mt. Sinai and to the child, Ishmael, born to the bondservant Hagar.
- b. Serving under Christ is related to Jerusalem and to the child, Isaac, born to the freewoman Sarah.
- c. Keeping the Ten Commandments or any part of the law would relegate one under bondage.

**9. Christians were forbidden to bind the Law of Moses in the New Testament. (Col. 2:14-17)** Sabbaths are specifically mentioned, "Let no one judge you..."

**10. Christians were never commanded to keep the Law of Moses or the Ten Commandments or the law of Sabbath Observance in the New Testament.**

**Conclusion**

The Law of Moses lasted only from the time of Moses until the death of Jesus Christ. After the cross, the New Testament of Jesus Christ replaced the Law of Moses. The New Testament of Christ does not command Sabbath Observance.

**Answer the following.**

- 1. What was the purpose of the Law of Moses? \_\_\_\_\_
- 2. What would the duration of the Law of Moses be? \_\_\_\_\_
- 3. Who was the promised seed, which would end the Law of Moses? \_\_\_\_\_
- 4. Where did the Law of Moses leave a man who sinned against it? \_\_\_\_\_
- 5. Why couldn't the Israelites look upon Moses' face as he spoke the Law?  
\_\_\_\_\_
- 6. Who could hear the Law of Moses read, and listen without shame? \_\_\_\_\_
- 7. Did Jesus come to destroy the Law of Moses? \_\_\_\_\_ What did He come to do rather than destroy it? \_\_\_\_\_
- 8. How long did Jesus live by the Law of Moses? \_\_\_\_\_
- 9. How well did Jesus live by the Law of Moses? \_\_\_\_\_
- 10. Regarding the Law, what does Rom. 10:4 say Jesus was? \_\_\_\_\_
- 11. What did Jesus replace the Law of Moses with (Heb. 10:19) \_\_\_\_\_
- 12. Was the Law of Moses "done away?" \_\_\_\_\_
- 13. Was the Law of Moses "taken away?" \_\_\_\_\_
- 14. Did the Law of Moses "Vanish?" \_\_\_\_\_
- 15. Are sinners complete under the Law of Moses? \_\_\_\_\_
- 16. Are sinners complete in Christ? \_\_\_\_\_
- 17. Are sinners forgiven under the Law of Moses? \_\_\_\_\_
- 18. Are sinners forgiven in Christ? \_\_\_\_\_
- 19. Where did Jesus figuratively post a "PAID" notice for those who sinned under the Law?  
\_\_\_\_\_

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20. What laws were specifically not binding after Jesus died on the cross? \_\_\_\_\_  
\_\_\_\_\_
21. When was the Law of Moses fulfilled? \_\_\_\_\_
22. When was the Law of Moses taken away? \_\_\_\_\_
23. What replaced the Law of Moses? \_\_\_\_\_
24. What of those who try to be justified by the Law of Moses? \_\_\_\_\_
25. Where in the New Testament are Christians told to keep the Law of Moses? \_\_\_\_\_
26. Where in the New Testament are Christians told to keep the Ten Commandments?  
\_\_\_\_\_
27. Where in the New Testament are Christians told to keep the Sabbath command? \_\_\_\_\_

**Lesson 6**  
**The Covenants Contrasted**

In the last two lessons we have learned two important things regarding the Sabbath. First, Sabbath Observance was a part of the Law of Moses. Second, the Law of Moses was taken away at the cross of Jesus Christ.

Still some would try to make Sabbath Observance, or observance of the Law of Moses binding ordinances for Christians.

God has given us sharp contrasts between the Old Covenant (Law of Moses), and the New Covenant (Grace in Jesus Christ). The Sabbath is included in these contrasts. As Christians we must appreciate and trust the values placed on the New Covenant in Christ, and understand we are not to employ the Old Covenant, which the New Covenant supersedes.

It sounds bad to say, “We don’t believe in keeping The Ten Commandments.” Here’s something we must appreciate. We have not stepped-down morally by not keeping The Ten Commandments. We have stepped-up if we keep the doctrine of Christ. Some might conclude that because we don’t keep The Ten Commandments, we reject the moral code of God. However, the moral code of The Ten Commandments is not only the wrong covenant for us to keep, it is, according to Jesus, an inferior level of responsibility. For instance, The Ten Commandments require, “Thou shalt not steal.” The New Testament of Jesus Christ says, “Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need.”(Ex. 20:15; Eph. 4:28). The New Testament commandment which Jesus gives, places far more responsibility on a person than simply, “Thou shalt not steal.” The same is true with Jesus’ commands concerning murder (Matt. 5:21-22), and adultery (Matt. 5:27-28). Jesus is teaching that The Ten Commandments are not equal to the standard of which He requires. The point is that Jesus never taught, “keep The Ten Commandments.” In contrast, Jesus always taught a code that was distinctively greater than The Ten Commandments.”

**Two Covenants Contrasted**

**The Law of Moses**

**The Grace in Christ**

- |  |  |
|--|--|
| 1. Written on stones (2 <sup>nd</sup> Cor. 3:3, 7) .....         | Written on the heart                               |
| 2. Shadow of good things to come (Heb. 10:1) .....               | Christ gives us the true figure (Heb. 9:24)        |
| 3. Old, decays (2 <sup>nd</sup> Cor. 3:6, 14, Heb. 8:13) .....   | New  |
| 4. Glorious (2 <sup>nd</sup> Cor. 3: 7-8) .....                  | More Glorious                                      |
| 5. Kills (2 <sup>nd</sup> Cor. 3:6).....                         | Gives life   |
| 6. Ministration of condemnation (2 <sup>nd</sup> Cor. 3:9) ..... | Ministration of righteousness                      |
| 7. Blinds one with veil (2 <sup>nd</sup> Cor. 3:14-18) .....     | Removes veil to see glory of the Lord              |
| 8. Given to Israel (Ex. 31:17-18).....                           | Given to all (Gal. 3:26-29)                        |
| 9. First (Heb. 10:9) .....                                       | Second   |
| 10. Taken away (Heb. 10:9) .....                                 | Establish after the old is taken away              |
| 11. Given through Moses (John 1:17) .....                        | Given through Christ (Heb. 10:1-2)                 |
| 12. Animal sacrifice required (Heb. 10:1-10) .....               | Jesus is only sacrifice required                   |
| 13. Blood of animals required (Heb. 10:1-4) .....                | Blood of Christ                                    |
| 14. Remembrance of sins (Heb. 8:7-12; 10:3) .....                | Sins remembered no more                            |
| 15. Yearly sacrifices (Heb. 10:3, 10-12) .....                   | One sacrifice forever (Christ)                     |
| 16. Fleshly circumcision (Lev. 12:3).....                        | Spiritual circumcision of heart (Rom.2:29)         |
| 17. Levitical priesthood (Heb. 7:11) .....                       | Each Christian a priest (1 <sup>st</sup> Pet. 2:9) |

*The Covenants Contrasted*

- 18. High priest from tribe of Levi (Heb. 5:4)..... Jesus is high priest (Heb. 7:25-28)
- 19. School Master to bring unto faith (Gal. 3:23-25)..... Brings faith to replace schoolmaster
- 20. Tabernacle built by men (Heb. 8:5)..... True tabernacle made by God without hands
- 21. Physical Temple (1<sup>st</sup> Kings 6-8)..... Christians are temple (1<sup>st</sup> Cor. 6:18-19)
- 22. Sabbath (7<sup>th</sup> day) gave temporary rest (Heb. 4:1-11) ..... Sabbath in Christ (Heaven) gives eternal rest

**Conclusion**

Notice that Sabbath Observance never falls under the column to the right, which is the New Covenant found in Christ. It dishonors the New Covenant found in the grace of Christ if we try to bind observance of the Sabbath or observance of the Law of Moses for Christians.



**Lesson 7**  
**Jesus and the Sabbath**

Christians must examine what is taught in the New Testament in respect to Jesus and the Sabbath. If Jesus taught Christians to observe the Sabbath we must. If Jesus did not teach it for Christians, then we must not require it.

**Look at the passages which associate Jesus with the Sabbath.**

1. Mark 2:23-28 Jesus was accused for plucking corn on the Sabbath. They had forsaken their jobs to follow Jesus. They were hungry.
  - a) Jesus and the disciples did not sin on the Sabbath. Jesus did not deny that His disciples plucked and ate corn on the Sabbath. But Jesus did not bind the traditions of the Pharisees upon His disciples. If a hungry man ate, it was not a violation of the Sabbath.
  - b) Jesus pointed out the hypocrisy of the Pharisees. King David ate bread from the temple, reserved only for the priests (1<sup>st</sup> Sam. 21:1-6). David had an “emergency,” as King Saul sought to kill him. David violated the Law of Moses. The Jews had not condemned David, now why did they condemn Jesus and His disciples?
  - c) The “Sabbath was made for man, and not man for the Sabbath.” Note this does not tell who all the Sabbath is for. It merely tells, comparatively, that man is greater than the Sabbath. The Sabbath was made to give man relief, not a burden.
  - d) The Law was merciful to a starving man.
  - e) Jesus knew the law of the Sabbath, for He was “Lord also of the Sabbath.” If anyone knew what was allowed on the Sabbath it would be Jesus.
  
2. Mark 3:1-6 Jesus healed a withered hand on the Sabbath.
  - a) Some wanted to accuse Jesus of sinning because He healed a man on the Sabbath.
  - b) Jesus boldly healed so all could see. If it was wrong, Jesus certainly did not hide it! However, Jesus merely spoke the command to “stretch forth thine hand.” Jesus did no work, yet His accusers still condemned him.
  - c) Jesus asked, “Is it lawful to do good on the sabbath days, or to do evil? To save life, or to kill?” Jesus knew His enemies would do evil, and they would kill on the Sabbath. If they had no problem with their evil, they should not have any problems with His good.
  
3. Luke 4:16 “...As His custom was, he went into the synagogue on the sabbath day.”
  - a) It was the custom of Jesus because He lived under the law of Moses, which required Sabbath Observance. Gal. 4:4
  - b) Jesus also did everything else the law of Moses commanded.
    - i) He was circumcised, and He had animals sacrificed for him. (Luke 2:21-24)
    - ii) He observed feast days, including the Passover. (Luke 2:41ff; Matt. 26:17ff)
    - iii) He defended the physical temple. (John 2:13-17)
    - iv) He taught others to observe Moses law, but to beware of hypocrites! (Matt. 23:2-4)
    - v) He taught that He would fulfill the law of Moses. (Luke 24:44)
  - c) Yes, Jesus kept the Sabbath, just as He did the whole Law. How shall we follow His example? His example to keep the Law of Moses was superseded by the fact that He fulfilled it. If we are going to follow the example of Jesus, we must regard the Law of Moses as being fulfilled.
  
4. Luke 13:10-17 The woman with a spirit of infirmity was healed on Sabbath.
  - a) Jesus said they valued an ox or a donkey more than this woman.
  - b) Jesus valued the woman more, and set her free from Satan.

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5. Luke 14:1-6 Man with dropsy was healed on Sabbath.
  - a) These people would pull an ox or a donkey from a pit on the Sabbath, but they would not allow a lame man to be lifted up.
  
6. John 5:1-30 Jesus told a healed man to carry his bed on the Sabbath.
  - a) The man was healed and told to “sin no more.” If carrying his bed was a sin, then Jesus contradicted Himself.
  - b) Work for good was not a violation of the Sabbath, for Jesus said, “My Father worketh hitherto, and I work.” Jesus raised up the cripple on the Sabbath, whereas God would raise up those who are spiritual dead (with the Gospel) on any day of the week, and God would raise all the physical dead on any day He chooses! It is not a sin for the Father or the Son to raise people up on the Sabbath!
  - c) Jesus did not violate the Sabbath. The Jews had expanded Moses’ brief ordinance of Sabbath Observance to “39 classes of prohibited actions with regard to the Sabbath, and there is much hair-splitting in working out the details.” (I.S.B.E.) Jesus would not allow their traditions to condemn him.
  
7. Matthew 24:19-20 Those escaping the destruction of Jerusalem were warned about the Sabbath.
  - a) Jesus was warning those who would be Christians during the Roman siege of Jerusalem, which occurred AD 70. The warning was warranted. The destruction was massive.
  - b) They were told to beware of things beyond their control, such as winter. This would also include the Sabbath, because the city was inhabited by Jews, who Jesus knew would still enforce the Sabbath at this time. By their custom, the gates of the city would be closed on the Sabbath (Neh. 13:19-22).
  - c) This did not mean that Jesus was binding Sabbath Observance. If it did it would mean that He was causing Christians to be killed because of the Sabbath. Jesus valued man’s life more than the Sabbath (cf. Mark. 2:27; Matt.12:11, 12). This is not a passage requiring Christians to observe the Sabbath.

**Observations about Jesus and the Sabbath.**

1. Jesus kept the Sabbath until His death, because He lived obediently under the law of Moses. He never required anyone outside of the Law of Moses to keep the Sabbath.
2. Jesus rebuked those who kept the Sabbath hypocritically. Ironically, those whom He rebuked thought He was sinning against the Sabbath. Although Jews condemned Jesus, He kept healing people on the Sabbath, yet He was without sin. (1<sup>st</sup> Pet. 2:22)
3. Jesus taught that doing good, healing the sick, saving life, and even man himself were more valuable than the Sabbath.
4. Jesus never taught that Sabbath Observance would be part of His new covenant.
5. Jesus taught that He would fulfill the Law of Moses, and therefore Sabbath Observance would be taken away with it. (Luke 24:44; Acts 13:29)

**Answer the following.**

1. Why did Jesus’ disciples pluck corn on the Sabbath? \_\_\_\_\_
2. Why did David eat bread in the Temple on the Sabbath? \_\_\_\_\_
3. Did Jesus’ enemies condemn David for his actions on the Sabbath? \_\_\_\_\_
4. Did Jesus’ enemies condemn Jesus’ disciples for plucking corn on the Sabbath? \_\_\_\_\_
5. Were the enemies of Jesus consistent? \_\_\_\_\_
6. Which of these two is true? \_\_\_\_\_

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- a. Man was made for the Sabbath.
  - b. The Sabbath was made for man.
7. Who is Lord of the Sabbath? \_\_\_\_\_
  8. Does Jesus know what is allowed on the Sabbath? \_\_\_\_\_
  9. Did Jesus hide miraculous healings on the Sabbath after He first “got caught” do so?  
\_\_\_\_\_ Why not? \_\_\_\_\_
  10. Which is lawful to do on the Sabbath? Good \_\_\_\_\_, Evil \_\_\_\_\_, Save \_\_\_\_\_, Kill \_\_\_\_\_
  11. Why did Jesus keep the Sabbath? \_\_\_\_\_
  12. How much of the Law of Moses did Jesus keep? \_\_\_\_\_
  13. Must we follow the example of Jesus? \_\_\_\_\_
  14. Did Jesus fulfill the Law of Moses? \_\_\_\_\_
  15. Should we keep the Law of Moses if we follow the example of Jesus? \_\_\_\_\_ Why?  
\_\_\_\_\_
  16. What did Jesus’ enemies consider more valuable than a diseased woman? \_\_\_\_\_
  17. Jesus’ enemies condemned Jesus for lifting up a lame man on the Sabbath, but what would they lift up on the Sabbath? \_\_\_\_\_
  18. Why would the Sabbath be a hard time for Christians to escape Jerusalem?  
\_\_\_\_\_
  19. Besides the Sabbath, what else did Jesus say could hinder a Christian’s escape from Jerusalem. \_\_\_\_\_
  20. Did Jesus teach Sabbath observance in Matt. 24? \_\_\_\_\_
  21. Jesus was condemned for violating the Sabbath. Did he? \_\_\_\_\_ Actually who had violated the Sabbath with their traditions? \_\_\_\_\_
  22. Did Jesus ever teach that Christians should keep the Sabbath? \_\_\_\_\_

**Lesson 8**  
**The Apostles, Christianity, and the Sabbath**

At the beginning of Christianity, and throughout the rest of the New Testament, the Bible mentions the Sabbath. We must determine if Christians are taught to keep the Sabbath in any of these passages.

**1. A “Sabbath day’s journey.” Acts 1:12**

- a) This was the distance from Jerusalem to the Mount of Olives, about 1000 to 1200 yards (I.S.B.E.).
- b) The restriction of journey on the Sabbath was a Jewish custom, of uncertain origin.(I.S.B.E.)
- c) The passage in no way teaches Sabbath Observance. It merely uses a custom as a reference for measuring a distance.

**2. The Sabbath as a Jewish custom. Acts 13:27; Acts 15:21**

- a) The events of these passages took place probably more than twenty years after the New Covenant in Christ began at Pentecost.
- b) Yes, some Jews continued to keep the Sabbath after Christianity began. They also required physical circumcision, and the keeping of the Law of Moses. (Acts 15:21-24) It is no different than the many Jews who still teach and practice the same today. Does this make it God’s will? Not at all? It is not God’s will for Christians unless God teaches it in the New Testament of Christ.
- c) Was this a custom of the Jews, or a law of the Jews, or a practice of Christians? The Jews lived in a theocracy. Their law of both religious and civil. Even if a Jew was converted to Christ, He may still keep the Sabbath, because it continued to serve as his civil law.
- d) Notice what was being taught by the Jews who kept the Sabbath. They were teaching of Moses and the prophets. While they read of Christ in Moses and the Prophets, they were not declaring Jesus as the Christ. They were following Jewish custom. They were not practicing Christianity in any fashion. They rejected Christ up to this point.
- e) Paul taught Christ, but he makes no mention of Sabbath Observance. (Acts 17:2-3)
- f) Just because Jews continued keeping the Sabbath after Christianity began, it does not make it God’s will for Christians.

**3. The Sabbath was used as an opportunity, and method to preach Christ. (Acts 13:14, 42, 44; Acts 16:13; Acts 17:2-3; Acts 18:4)**

- a) The Gospel was to be taken to the Jews first (Rom. 1:16). The synagogue on the Sabbath was the best place to find large numbers of Jews (Acts 17:17).
- b) Paul also met with idolatrous philosophers and devout persons at Athens (Acts 17:17-19). Did this mean he endorsed pagan holy days? He did not.
- c) Paul was not at the synagogue to keep the Sabbath, he was there to preach Christ, and not every Jew there received him well. (Acts 17:3-5ff)
- d) Paul entered synagogues on the Sabbath to convert Jews to Christ, not to conform to the Jewish religion.
- e) If we were to attend a Sabbath worship service, it would not prove we are Sabbatarians. We could be there to observe, or to teach, as was Paul.

**4. Sabbath Observance could not be required according to Paul’s letter to the Colossians. (Col. 2:14-17).**

- a) In this mention of Sabbath Observance, it is not bound, and neither can Christians bind it upon others.

- b) "Let no man judge you in respect of ...the Sabbath days."
- c) Christians are not taught to keep the Sabbath, rather the opposite it taught.
- d) Christians could observe the Sabbath, and they could practice circumcision. But it would be a matter of conscience or opinion, and not a matter of something bound.
- e) Paul may have observed the Sabbath the rest of his life, but that would not prove that Christians must. We must take all of what the Holy Spirit taught through Paul. Paul said, "Let no man judge you..."

**5. Christians are to strive for a Sabbath, a "rest" which does not return them to any work. (Heb. 4:1-11)**

- a) In the only actual teaching of the "Sabbath" for Christians, it refers to reaching Heaven through Jesus Christ, because only there will Christians not return to work. In this sense, the Sabbath of the Israelites was a shadow of the true Sabbath we have in Christ.
- b) Christians should believe in the Sabbath (rest), which is found in Christ.
- c) The Christian Sabbath is not found in a day, but in Christ.

**Conclusion**

Christians are never taught to keep the Sabbath (7<sup>th</sup> day), from the beginning of Christianity, throughout the rest of the New Testament.

**Answer the following.**

- 1. How far is a Sabbath day's journey according to Acts 1:12? \_\_\_\_\_
- 2. Where did this expression, "Sabbath day's journey," come from?
- 3. If one uses the expression "Sabbath day's journey" does it mean they are teaching or practicing the Sabbath? \_\_\_\_\_
- 4. Did Jews keep the Sabbath after Christianity began? \_\_\_\_\_ Why? \_\_\_\_\_
- 5. Does this make Sabbath keeping the will of God? \_\_\_\_\_
- 6. What else, besides the Sabbath, did the Jews do religiously? \_\_\_\_\_
- 7. What did the Jews teach on the Sabbath? \_\_\_\_\_
- 8. What did Paul teach on the Sabbath? \_\_\_\_\_
- 9. Why did Paul enter the synagogue on the Sabbath? \_\_\_\_\_
- 10. Did Paul teach Sabbath keeping in the New Testament? \_\_\_\_\_
- 11. To whom did God first take the Gospel? \_\_\_\_\_
- 12. Where was the best place to find Jews? \_\_\_\_\_
- 13. Did it mean that Paul kept the Sabbath, just because he entered the synagogue on the Sabbath? \_\_\_\_\_
- 14. Where else did Paul find opportunities to teach? \_\_\_\_\_
- 15. Did Paul endorse pagan worship and idolatry? \_\_\_\_\_
- 16. What does Col. 2:14-17 say about keeping the Sabbath? \_\_\_\_\_
- 17. Which Sabbath does Heb. 4:1-11 say the Christian is to strive for? \_\_\_\_\_
- 18. The Christian Sabbath is not found in a day, it is found in \_\_\_\_\_.

**Lesson 9**  
**Same Laws – Different Covenants**

Look at the following chart. Notice that the Ten Commandments are all found in the Old Testament. Nine of the Ten Commandments are taught for Christians in the New Testament. The only missing commandment in the New Testament is “Remember the Sabbath, to keep it holy....”

<u>Commandment</u>	<u>Old Testament</u>	<u>New Testament</u>
1. No other gods .....	Exodus 20:3 .....	Acts 14:15
2. No graven images.....	Exodus 20:4-5.....	1 <sup>st</sup> John 5:21
3. Taking the Lord’s name in vain ..	Exodus 20:7 .....	James 5:12
4. Keep the Sabbath holy .....	Exodus 20:8.....	<b>No Passage</b>
5. Honor father and mother .....	Exodus 20:12 .....	Ephesians 6:1-3
6. Shall not kill .....	Exodus 20:13 .....	Romans 13:9
7. Shall not commit adultery .....	Exodus 20:14 .....	1 <sup>st</sup> Corinthians 6:9-10
8. Shall not steal .....	Exodus 20:15 .....	Ephesians 4:28
9. Shall not bear false witness .....	Exodus 20:16 .....	Colossians 3:9
10. Shall not covet.....	Exodus 20:17 .....	Colossians 3:5

**Question #1.** “If some of the Ten Commandments are found in the New Testament, then why not assume that all the Ten Commandments are intended by God for Christians to keep?”

Answer.

1. The Bible never tells us to assume anything. If God wants us to know something it is written in His word. Christians are told to act on “faith,” which comes from God word (Rom. 10:17). Christians are told to “Prove all things”(1<sup>st</sup> Thess. 5:21). Christians are not told to assume anything.
2. The New Testament has other commands outside of the Ten Commandments, which are also found in the Old Testament. “Abstain from blood” (Lev. 17:14), is found in Acts 15:29. Should we assume then that we should keep all commands of the Old Testament because this Old Testament command is found in the New Testament? No.
3. Christians can only use the Old Testament commands if they are taught to Christians in the New Testament.

**Question #2.** “If Christians keep a new covenant, and a new Law in Christ, then how can it be called new if it uses some of the same old commands, such as many of the Ten Commandments?”

Answer.

1. The Jews who rejected Jesus would not dare say that these were the same laws, first under Moses, and next under Jesus.
2. Just because two laws, the Old Testament and the New Testament, have some of the same ordinances or commands, it does not mean they are both the same law.

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- a) The United States and England both have ordinances against murder, but the United States is not under the law of England, and England is not under the Law of the United States. The two nations may have some of the same laws (ordinances), but the laws are under a different sovereignty and administration.
- b) Some of the Ten Commandments are used as common laws (moral code) today for people who do not believe the Law of Moses or the law of Christ. What may appear as the same laws, are different because they are in different belief systems.
- c) Rom. 7:1-4. Those who are in Christ are under His law, but not under the Law of Moses.
- 3. The New Testament contains some of the same ordinances, but they are different and new in the following ways.
  - a) The N.T. commands are new because they have a new administrator, Jesus. Heb. 1:1-3
  - b) The N.T. commands are new because they have a new mediator, Jesus. Heb. 9:14-15
  - c) The N.T. commands are new because they address the heart and spirit of a man, and not just the deeds of the flesh. (Matt. 5:27-28; Rom. 7:6; Heb. 10:16; 1<sup>st</sup> John 3:15)
  - d) If someone keeps the Ten Commandments they have not reached God’s standard of righteousness found by faith. (Gal. 3:11-12; Rom. 3:31-22)
  - e) The N.T. commands are new because Jesus said not to fit the new to the old. (Matt. 9:16-17) The new laws are not modified or polished, they are “new”!
  - f) The N.T. commands are new because they have a new promise, redemption and life. 2<sup>nd</sup> Cor. 3:6; Heb. 10:16-17
  - g) The N.T. commands are new because they are given to a new people of God, Jews and Gentiles in Christ. Rom. 1:16
  - h) The N.T. commands are new because they are ratified by a new sacrifice, the body of Christ. Heb. 9:16-18

**Conclusion**

The Old and New Testaments contain some of the same commandments, but they are separate laws, the first under Moses, and the second under Christ. Only if we find a law under Christ is it binding for us today.

**Answer the following.**

- 1. Which of the Ten Commandments is not found taught for Christians in N.T., ? \_\_\_\_\_
- 2. Why shouldn’t Christians assume the command to keep the Sabbath is in the N.T.?  
\_\_\_\_\_
- 3. Does the N.T. contain any O.T. commands, other than the nine found in the Ten Commandments? \_\_\_\_\_ Name one. \_\_\_\_\_
- 4. How can two countries have some of the same ordinances, but be under different laws?  
\_\_\_\_\_
- 5. Name six ways commands found in the O.T. are used in the N.T., yet they are NEW!  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Lesson 10**  
**Sabbatarian Arguments Answered**

Sabbatarians pose arguments which seem to justify Sabbath Observance for Christians. Let's examine some.

1. **Argument.** It is the only command which begins with “remember” (Ex. 20:8), therefore the Sabbath must always be remembered.  
**Response.** It is the only recurring command related to time. Did one need to remember the other commands? Yes, but unlike the Sabbath, they did not have days on which they were NOT observed. Israelites under the Law of Moses were commanded to “Remember the Sabbath,” but Christians in the New Testament are never told to “remember the Sabbath.”
2. **Argument.** Isa. 56:6-7. Everyone, including strangers will observe the Sabbath.  
**Response.** Isaiah speaks of “all people” having the opportunity to joyfully serve and worship God. Those who keep the Sabbath would also bring burnt offerings and sacrifices. In Isaiah’s figurative statements we do not see where the Sabbath is bound upon Christians, unless he also binds burnt offerings.
3. **Argument.** Isa. 66:22-23. The Sabbath would be observed in the new heaven and in the new earth, which represent the Christian era.  
**Response.** Isaiah uses figurative language here to speak of a new dispensation for “all flesh.” The Sabbath is spoken of, but so is the new moon! The new moon is not one of the Ten Commandments, and its observance is ruled out in the N.T., along with the Sabbaths. (Col. 2:16). Isa. 66:23 does not bind the Sabbath for Christians.
4. **Argument.** Rom. 3:31 We must “establish” (“hold up,” *Strong’s*) the Law (Moral), by faith. Therefore we must keep the Sabbath.  
**Response.** Nowhere does Rom. 3:31 use the expression “Moral” law, or say it refers to the Ten Commandments. In fact, quotes from the law in Romans 3:9-20 do not include the Ten Commandments. By accepting Christ “by faith” they would establish that the Law of Moses had served its proper purpose. Establishing the law does not mean they would keep the law, but rather they would certify its meaningfulness.
5. **Argument.** James 1:25. The Ten Commandments are the “Law of Liberty.”  
**Response.** Actually Gal. 4:1-5, 24 and 5:1 shows that bondage began at Mt. Sinai, and liberty began at the cross of Christ! So actually the Ten Commandments are not the Law of Liberty, they are just the opposite. Those who continue to bind them, continue in bondage themselves!
6. **Argument.** James 2:8-11. We must keep the Royal Law, for if we offend in one point, we are guilty of all.  
**Response.** The royal law begins in James 2:8 with, “Thou shalt love thy neighbor as thyself.” This is not in the Ten Commandments. James was not binding the Ten Commandments. He was saying that if one intends to follow God, he must follow all of what God commands him. If one attended worship, but then showed no mercy upon the poor, that one was a transgressor. (Jas. 2:1-13)
7. **Argument.** There were two laws for the Israelites, a “Moral Law,” and a “Ceremonial Law.” The moral law was the Ten Commandments. The ceremonial law was all the other customs observed by the Israelites, such as fleshly circumcision, dietary laws, monthly and annual holidays, and sacrificial laws.



**Response.** The Bible never uses the terms “Moral Law” and “Ceremonial Law,” nor does it make such a distinction.

8. **Argument.** The “Moral Law” is everlasting, for all people, whereas the “Ceremonial Law” is what ended at the cross of Christ.

**Response.** Again the Bible makes no such distinction. The Bible speaks of two covenants, one which Israel had through Moses, and one which Christians have through Christ. (Heb. 8-10) The first covenant ended at the cross. (Heb. 10:7-9)

9. **Argument.** God and Christ do not change. (Heb. 13:8)

**Response.** Correct! The plan God has for men today has never changed. He never purposed for Christians to keep the Law of Moses, or to keep the Sabbath command. God has never changed. The plan for Sabbath Observance was always only intended for Israelites under the Law of Moses. God stayed true to His word.

10. **Argument.** The Sabbaths of Col. 2:16, which were abolished, were not weekly Sabbaths. The only ones which were abolished were the “seven weeks,” or the “seven years” type of Sabbaths, contained in the “ceremonial law.” Additionally, since “Sabbaths” is plural, it means Sabbaths other than the weekly Sabbath, which was singular in the Exodus 20:8 command.

**Response.** Yes, there were Sabbaths of weeks, and Sabbaths of years. But Colossians 2:16 makes no such distinction. In fact, the trend in the verse for holidays is “yearly, monthly, daily,” as they were typically listed to include all holidays, including the weekly Sabbath (cf. 1<sup>st</sup> Chron. 23:30-31; 2<sup>nd</sup> Chron. 2:4; 8:13; 31:3; and Neh. 10:33). Col. 2:16 includes all holidays, and all Sabbaths! And because the word in Col. 2:14 is plural, does not mean it excludes the weekly Sabbath, rather it means it includes it! The Sabbaths (plural) referred to the weekly observance in Ex. 31:12-13.

11. **Argument.** Mark 2:27. The Sabbath was made for man, ....all men.

**Response.** Yes, the Sabbath was made for man, and not man for the Sabbath, just as Jesus said. But this does not say which men it was made for. After all, all commands by God were made for some man somewhere! Jesus was teaching that the Sabbath was not more important than man.

12. **Argument.** Sunday is never mentioned during the life of Jesus, therefore it cannot be included in His will.

**Response.** “Saturday” is never mention in the Bible either. Jesus will was not revealed unto the Apostles and Prophets until the Holy Spirit was sent to them after His death, burial, resurrection, and ascension. (John 16:13) Plus, it must be noted that Sunday is not a replacement of the Sabbath. We do not observe Sunday as a “Christian Sabbath.” There is no scriptural reference in the New Testament to a weekly Christian Sabbath.

13. **Argument.** The Ten Commandments have more significance than other commands of the Bible because they were personally spoken by God, and they were written by the finger of God.

**Response.** Where does the Bible say that commands which are spoken personally by God, or commands which are written by His finger carry more weight than other commands?. All of God’s word is true, and all of God’s word must be believed. “All scripture is given by inspiration...”(2<sup>nd</sup> Tim. 3:16-17). There is a distinction of greater commands, but it reverses the argument. That which was spoken through Christ supersedes and holds more weight than that which God spoke through Moses and the prophets (2<sup>nd</sup> Cor. 3:7-11; Heb. 1:1-2; 2:1-5). It is only the N.T. through Christ which Christians are going to be judged by. (Rom. 2:16) The Ten Commandments were great, but that spoken through Christ is greater!

14. **Argument.** Jesus kept the Sabbath. We are to follow Jesus.

**Response.** Jesus also practiced circumcision, observed annual feasts, and all the law of Moses. Then He fulfilled the law (Matt. 5:17-18). Following Jesus means concluding the Sabbath as Jesus concluded it.

**Answer the following.**

1. Why doesn't "remember the Sabbath" mean that everyone today must keep it?  
\_\_\_\_\_
2. Isa. 56:6-7 says everyone, including strangers will keep the Sabbath. Why doesn't that include us today? \_\_\_\_\_
3. If the Sabbath is observed in the "new heaven and the new moon," which is a new era, then why aren't Christians observing it? (Isa. 66:22-23) \_\_\_\_\_
4. How could Jews use their faith in Christ to establish the law of Moses? (Rom. 3:31) \_\_\_\_\_, Does this mean they would keep the law? \_\_\_\_\_ Why? \_\_\_\_\_
5. What is the "law of liberty?" (Jas. 1:25)? \_\_\_\_\_ How is this so? \_\_\_\_\_
6. Does James 2 teach one to keep the Ten Commandments? \_\_\_\_\_ What is James' point about "offending in one point?" \_\_\_\_\_
7. Where does the Bible use the terms "Moral Law," and "Ceremonial Law?" \_\_\_\_\_, Where does the Bible say that two such laws must be distinguished from each other?  
\_\_\_\_\_
8. What are the two covenants which the Bible does distinguish? \_\_\_\_\_ When did one end and the other begin?  
\_\_\_\_\_
9. If God and Christ do not change, how could they take away the Ten Commandments?  
\_\_\_\_\_
10. Does Colossians 2:16 say that weekly Sabbaths are not binding to Christians? \_\_\_\_\_ How do we know this includes weekly Sabbaths? \_\_\_\_\_
11. Just because the Sabbath was made for man (Mark 2:27), does this prove the Sabbath must be kept by Christians? \_\_\_\_\_, Why? \_\_\_\_\_
12. How can Christ require worship on Sunday if He never taught it while He lived on earth?  
\_\_\_\_\_
13. Do the Ten Commandments carry more weight than other commands in the Bible? \_\_\_\_\_ Which part of the Bible does carry more weight in comparison to other parts? \_\_\_\_\_

**Lesson 11**  
**Related Matters to Modern Sabbath Observance**

This lesson addresses some topics which relate to responsibilities and dangers concerning modern Sabbath Observance.

1. The Sabbath is an important topic of God.
  - a) Teachings regarding Sabbath Observance are not to be disrespected. Neither do we disrespect the Passover, animal sacrifices, or fleshly circumcision. Even Jesus showed respect unto all things within the Law of Moses, as they were in the context of serving God's purpose. (Matt. 5:17-18)
  - b) The same was true concerning the ark which Noah built (Gen. 6-7). It had a respectful purpose, and its purpose is fulfilled. Christians are not required to build an ark. The purpose of the Jewish Sabbath is fulfilled. Christians are not required to keep the Sabbath.
  - c) Just because a matter has Biblical importance does not mean that it is binding for Christians.
  
2. Sunday is not the "Christian's Sabbath."
  - a) Some teach that we keep the Sabbath as Christians by worshipping on Sunday.
  - b) The Bible never says Sunday is the Christian's Sabbath. The Sabbath was the seventh day of the week (Exodus 20:10). Sunday is the first day of the week.
  - c) The first day never becomes the seventh day or vice-a-versa.
  - d) Sunday is not the Sabbath, and Sunday is not a Sabbath substitute for Christians.
  - e) Whatever the day the Bible teaches Sabbath Observance, it is never taught for Christians to observe. Sabbath Observance was for Israelites before the cross of Christ. (Col. 2:14-17)
  - f) Christians do not worship on Sunday as opposed to the seventh day. One day does not replace the other. A Christian's worship on Sunday is unrelated to an Israelite's observance of the Sabbath.
  
3. Sunday is not the Christian's "Holy day."
  - a) Sabbath Observance was an observance of an entire day, the seventh day.
  - b) Just because Christians worship on Sunday, it does not make Sunday a "Holy day."
  - c) Sunday is never distinguished from other days as a "holy day" in the Bible. In the N.T. the "keeping of a day," or "remembering a day," or an "observance of a day is not found for Christians." Christians should make no claim that Sunday is designated by God as such a day.
  - d) On Sunday, items of worship were practiced by Christians (Acts 20:7; 1<sup>st</sup> Cor. 16:1-2). This gives the day scriptural distinction, but it does not make it a "holy day," as was the Sabbath.
  - e) The N.T. never tells Christians they have a specific "Holy day", including the Sabbath.
  
4. Must we have a holy day?
  - a) God does not say Christians have a holy day.
  - b) God does, however, teach Christians to be holy every day. Rom. 12:1
  
5. The Catholic church is not why we worship on Sunday, as opposed to the Sabbath.
  - a) Sabbatarians have blamed the Catholic Church for changing the Sabbath from the seventh day of the week to the first. The book, "What Seventh Day Adventist Believe...", says, "The church of Rome, largely made up of Gentile believers (Rom. 11:13), led in the trend toward Sunday worship."

*Related Matters to Modern Sabbath Observance*

- b) As noted in the previous point, the first day of the week cannot be changed into the seventh day. Even if the Catholic church campaigned to change the day of Sabbath Observance, it would not change what God's word teaches.
  - c) Christians worship on Sunday, not because of the tradition of the Catholic Church, but because of the teachings of the N.T. of Christ (Acts 20:7; 1<sup>st</sup> Cor. 16:1-2)
6. If the Sabbath is binding today, how would we keep it?
- a) The Israelites who kept the Sabbath had to rest (Ex. 20:8-11), sacrifice burnt offerings (Num. 28:9-10), kindle no fire (Ex. 35:3), no baking or boiling (Ex. 16:23), carry no burdens (Jer. 17:21-22), limit travel (Acts 1:12), and put to death violators (Ex. 35:2; Num. 15:32-36).
  - b) Sabbatarians say the following is what Christians must do to keep the Sabbath.
    - i) Remember it. Think about it all week. Ex. 20:8
    - ii) Rest. Ex. 20:10; Luke 23:56
    - iii) "Avoid" all work done to earn a living. Neh. 13:15-22
    - iv) Honor God, "Not doing your own ways, nor finding your own pleasure...(Isa. 58:13)
    - v) Fellowship others, and receive religious instructions. Mark 1:21; 3:1-4
    - vi) Spend time outdoors. Mark 2:23; Acts 16:12-13 "Enjoy the beauties of nature."
    - vii) Help the sick and afflicted, and do good. (Matt. 12:10-14; Mark 3:1-4)
  - c) We can see a vast difference of what the Israelites did on the Sabbath and what the Sabbatarians say Christians should do, in fact they contradict one another. Modern Sabbatarians violate the Old Testament's Sabbath ordinances, especially with their failure to offer sacrifices and failure to use the death penalty for violators.
  - d) Most of what Sabbatarians say is for the weekly Sabbath is for *everyday* of a Christian's life. Why reserve these things for the Sabbath?
  - e) In none of the passages cited do we see where Christians were observing, or being taught to observe the Sabbath in a modified "Christian way."
7. 7<sup>th</sup> day of the week (Saturday) activities can be a matter of conscience. Rom. 14:5-6
- a) If a Christian wants to set apart time unto the Lord for certain activities, he may.
  - b) In no instance can a Christian bind upon others to keep the same.
  - c) Others should not despise or condemn him. "Let no man judge... in respect of an holy day, ...or of the Sabbath days." (Col. 2:16)
8. Dangers of binding the Sabbath.
- a) One is accursed because they teach what the Gospel does not. (Gal. 1:6-10)
  - b) One is entangled with the yoke of bondage (Gal. 5:1-4). Binding the Sabbath actually causes one to be enslaved by a sin from which Christ set people free.
  - c) Christ profits you nothing (Gal. 5:1-4)
9. The Sabbath, which is for Christians, is entered, not observed. (Heb. 4:1-11)
- a) The Sabbath which awaits the faithful is Heaven. (Rev. 14:13)
  - b) This Sabbath is a promise, it is not a command.
10. "The \$200 Text."
- a) In 1949 a man named David F. Smith published an offer in the Law Vegas Review- Journal. He offered \$200 to anyone who could provide one Biblical "text that states, when, where, and by whom the weekly Sabbath was abolished."
  - b) Mr. Smith made an emotional plea, "How can a law, spoken by God, amid heaven's thunder and smoke, written by the finger of God, be done away, or how could a better law with better promises be given?"

- c) Gene Frost, responded with 2<sup>nd</sup> Cor. 3, saying that the text fulfills the offer, and the \$200 should be paid. The Sabbath was abolished by Christ at the cross. Mr. Smith refused to pay, and failed to complete a written debate defending his position.
  - d) The answer to the offer, is that at the cross Jesus abolished the weekly Sabbath.
  - e) The answer to the emotional plea is, "Through the son of God!" (Heb. 1:1-2; 2:1-4; 7:22; 12:18-25). Yes, the law at Mt. Sinai was glorious! But that which came through Christ was more glorious! It was hard for some to believe that God could top the Law of Moses and the Ten Commandments, but He did! Jews in N.T. times had a hard time believing this, and sadly many do today.
  - f) A counter offer could be posed. Where does the N.T. ever say that Christians are to keep the Sabbath?
11. What is the day of rest for Christians?
- a) Rest is permitted by the Lord (Prov. 6:10), but no day or time is specified.
  - b) Christians are not bound to a certain day of rest in the N.T., but Christians must prioritize to serve God in all they do. (Rom. 12:1-2)

### Conclusion

Christians should believe everything the Bible teaches about the Sabbath. It is error to bind modern Sabbath Observance. The Sabbath for which Christians should live is the eternal rest found in Heaven.

### Answer the following

1. How important is God's teaching on the Sabbath? \_\_\_\_\_
2. Which day of the week, if any, is the Christian's Sabbath? \_\_\_\_\_
3. Does God bind a "holy day" for Christians? \_\_\_\_\_
4. What does God tell Christians to keep holy? \_\_\_\_\_
5. Is there a "Christian way" to keep the Sabbath? \_\_\_\_\_
6. Why should Christians worship on Sunday? \_\_\_\_\_ Do we do this because of the changes created by the Catholic Church? \_\_\_\_\_
7. What is wrong with the way Sabbatarians keep the Sabbath today? \_\_\_\_\_  
\_\_\_\_\_
8. May one keep the Sabbath as a matter of personal conscience? \_\_\_\_\_
9. May one bind the Sabbath upon another? \_\_\_\_\_, Why? \_\_\_\_\_
10. What dangers are there in binding the Sabbath? \_\_\_\_\_  
\_\_\_\_\_
11. Is there anything which Sabbatarians say is to be done on the Sabbath which should not be done on other days? \_\_\_\_\_
12. God's Sabbath for Christians is which of the following: a command or, a promise?
13. What will a Christian not return to when he reaches God's Sabbath? \_\_\_\_\_
14. Where does the Bible state when, where, and by whom the weekly Sabbath was abolished? \_\_\_\_\_  
\_\_\_\_\_
15. How could better promises be given than found anywhere in the O.T., including the Ten Commandments? \_\_\_\_\_  
\_\_\_\_\_
16. What is more glorious than the Ten Commandments? \_\_\_\_\_
17. Should we say we are substituting Sunday for the Sabbath? \_\_\_\_\_ Why? \_\_\_\_\_  
\_\_\_\_\_
18. Through whom is the Christian Sabbath realized? \_\_\_\_\_
19. When will a Christian have rest in God's Sabbath? \_\_\_\_\_

### **Series Conclusion**

1. The Israelites were required to remember the 7<sup>th</sup> day of the week, the Sabbath. This was a law, peculiar for the Israelites, given through Moses, beginning at Mt. Sinai.
2. The Sabbath requirements for the Israelites expired at the cross, with the fulfillment of the Law of Moses.
3. Christians are not taught in the New Testament to observe the 7<sup>th</sup> day of the week as the Sabbath. No other day of the week, such as Sunday, constitutes the Christian's Sabbath.
4. The Christian's Sabbath is not a day of the week. It is God's rest in Heaven which is given to those who are faithful to Jesus Christ.