

Christians rarely question the validity of the Sabbath in the Old Testament, but many commonly question the validity of this sacred day in the New Testament, especially after the cross. Popular religious leaders teach that Christ's death abolished the law and has freed Christians from any obligation to keep it. Some even argue that because there is no direct command in the New Testament to keep the seventh-day Sabbath holy this proves that Christians are "free from the law." Interestingly, there is no direct or indirect command in the New Testament or in the scriptures, for that matter, to keep Sunday holy, yet many say "we keep Sunday in honor of the resurrection." So, the question remains: Are New Testament Christians obligated to keep the Sabbath or, is Sunday now Sacred? Let's study and discover from the scriptures What God Says About..."The New Testament Sabbath."

THE LORD OF THE SABBATH

1. **According to Jesus, for whom was the Sabbath made?**

   "And he said unto them, _____ _____ _____ _____ _____ _____, and not man for the sabbath." *Mark 2:27*

2. **Who is the Lord of the Sabbath?**

   "Therefore _____ _____ _____ _____ is Lord also of the sabbath." *Mark 2:28*

3. **According to the Gospel of Matthew, the Son of man is Lord of which day?**

   "For the Son of man is Lord even of _____ _____ _____." *Matthew 12:8*

Note: *The Gospels indicate that Jesus, the Son of man, is the Lord of the Sabbath day. Clearly, the Sabbath day is a specific day of which Jesus*

claims ownership. Throughout all of scripture, He only makes this claim regarding one specific day which we will identify later in our study.

4. John the Revelator was in the Spirit on whose day?

"I was in the Spirit on _____ _____ _____, and heard behind me a great voice, as of a trumpet." *Revelation 1:10*

Note: *According to scripture, the Lord appeared to John the Revelator on the Lord's Day, the Sabbath, when he was exiled on the Isle of Patmos. In His infinite wisdom, the Lord of the Sabbath chose to reveal the vision of the Revelation to John on the specific day of which He claims ownership.*

5. Which day specifically is the Lord's Day?

[13]"If thou turn away thy foot from _____ _____, from doing thy pleasure on _____ _____ _____; and call _____ _____ a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: [14]Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it." *Isaiah 58:13, 14*

JESUS AND SABBATH OBSERVANCE

6. According to His custom, upon which day did Jesus worship in the synagogue?

"And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on _____ _____ _____, and stood up for to read." *Luke 4:16*

Note: *In Luke 4:16-19, Jesus announced his mission and work for the world while worshipping in the synagogue, according to his custom, on the Sabbath day. Scripture is clear. Jesus was a Sabbath keeper.*

7. According to Mark 6:2, what did Jesus do in the synagogue on the Sabbath day?

"And when the sabbath day was come, _____ _____ _____ _____ in the synagogue: and many hearing him were astonished, saying, From whence hath this man these things? and what wisdom is this which is given unto him, that even such mighty works are wrought by his hands?" *Mark 6:2*

8. Jesus instructed the disciples to pray that their flight from Jerusalem would not occur when?

"But pray ye that your flight be not _____ _____ _____, neither _____ _____ _____ _____." *Matthew 24:20*

Note: *In Matthew 24:20, Jesus warned the disciples to pray that their flight from Jerusalem would not be in the winter nor on the Sabbath day. He predicted the destruction of Jerusalem that would occur nearly forty years in the future after His crucifixion and resurrection. Christ's explicit warning clearly indicates that the Sabbath would still be regarded as a sacred day several years later. History records that Christ's warning was obeyed and as a result, not a single Christian died when Jerusalem was destroyed by the Romans in 70 A.D.*

9. According to Matthew 5:17, Jesus came not to do what?

"Think not that I am come to _____ _____ _____, or _____ _____: I am _____ _____ ____ _____, but to fulfil." *Matthew 5:17*

Note: *According to Jesus, He came to earth to fulfill the law and the prophets, not to destroy them. It is important to note that the Greek word for fulfill in Matthew 5:17 is pleroo, which means "to make full" or "to fill up." Therefore, rather than coming to abolish the law and the prophets, Jesus came to fulfill or set forth their true sense and meaning. He would meet the requirements of the law by obeying it in our behalf as our perfect example. In Romans 8:3 and 4, the apostle Paul says, "For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: That the righteousness of the law might be fulfilled [pleroo] in us, who walk not after the flesh, but after the Spirit." Clearly, the Greek word for fulfill in Matthew 5:17 and Romans 8:4 does not mean to abolish or do away with. Indeed, Jesus kept His Father's commandments (John 15:10), and He keeps the law in Spirit-filled believers.*

EVENTS SURROUNDING CHRIST'S DEATH AND RESURRECTION

10. According to Luke, which day comes *before* the Sabbath?

[50]"And, behold, there was a man named Joseph, a counsellor; and he was a good man, and a just: [51](The same had not consented to the counsel and deed of them;) he was of Arimathaea, a city of the Jews: who also himself waited for the

kingdom of God. [52]This man went unto Pilate, and begged the body of Jesus. [53]And he took it down, and wrapped it in linen, and laid it in a sepulchre that was hewn in stone, wherein never man before was laid. [54]And that day was _____ _____, and the sabbath drew on." *Luke 23:50-54*

11. After preparing spices and ointments for the body of Jesus, on which day did the women rest? Why?

[55]"And the women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. [56]And they returned, and prepared spices and ointments; and rested _____ _____ _____ according to _____ _____." *Luke 23:55, 56*

Note: *The Bible Sabbath comes between Friday, the preparation day or sixth day of the week and Sunday, the first day of the week. The women rested from their work on the Sabbath, and Jesus rested from His work of redemption in the tomb on the Sabbath. This distinction of the Sabbath day was made clear at the tomb of Jesus.*

12. On which day were spices brought to the tomb of Jesus?

"Now upon _____ _____ _____ _____ _____ _____, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared, and certain others with them." *Luke 24:1*

13. According to Mark 16:1, 2, when Jesus rose on the first day of the week, which day had already past?

[1]"And when _____ _____ _____ _____, Mary Magdalene, and Mary the mother of James, and Salome, had bought sweet spices, that they might come and anoint him. [2]And very early in the morning the first day of the week, they came unto the sepulchre at the rising of the sun." *Mark 16:1, 2*

Note: *Mark states that "the Sabbath was past" when the women came to the tomb of Jesus very early on the first day of the week. According to scripture, the women who prepared spices and ointments for the body of Jesus on the preparation day—Friday, put them aside and waited until the Sabbath was past. The women would not even perform the work of embalming the body of Jesus until after the Sabbath had past. According to Mark 16:1 and 2, the seventh-day Sabbath ends the seven day weekly cycle and distinctly occurs before the first day of the week—Sunday.*

14. According to Exodus 20:8-11, which day is the Sabbath day? What did the Lord of the Sabbath create in six days?

[8]"Remember the Sabbath day, to keep it holy. [9]Six days shalt thou labour, and do all thy work: [10]But _____ _____ _____ is _____ _____ 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: [11]For in six days the LORD made _____ and _____, the _____, and _____ _____ _____ _____ _____, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it." *Exodus 20:8-11*

Note: *In Exodus 20:8-11, God instructs us to remember "the Sabbath day." God in His foreknowledge knew that mankind would forget the Sabbath; therefore, He instructed us to remember the Sabbath day and to keep it holy. Also, it's interesting to note that the fourth commandment identifies the seventh-day Sabbath as "the sabbath of the Lord thy God," or the Lord's Day. Once again, we see that the Lord's Day is the Sabbath.*

15. In Acts 4:24, what did the believers say God created?

"And when they heard that, they lifted up their voice to God with one accord, and said, Lord, thou art God, which hast made _____, and _____, and the _____, and _____ _____ _____ _____ _____." *Acts 4:24*

Note: *In Acts 4:24, the believers quoted directly from the fourth commandment which identifies God as the Creator and ruler of the heavens and the earth, and that He is to be worshipped. This New Testament reference of the fourth commandment is further evidence that Christians are to remember the Sabbath day and to keep it holy by worshipping the Creator who made the heavens and the earth.*

16. In the last days, the inhabitants of the earth are called to worship the Creator who made what?

[6]"And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, [7]Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made _____, and _____, and the _____, and the _____ _____ _____." *Revelation 14:6, 7*

Note: *The first angel's message of Revelation 14:6 and 7 calls the world to worship God as the Creator of the heavens and the earth. This New Testament reference to the fourth commandment identifies God as the Creator and the only One who is to be worshipped. This urgent call to worship the Creator contrasts the call of the beast who commands false worship from the inhabitants of the earth (see Revelation 13). When we keep the weekly seventh-day Sabbath, the memorial of creation, we are worshipping the Creator as distinguished from all other false gods. Indeed, the Sabbath is a sign between God and His people (Ezekiel 20:12, 20).*

CHRISTIANS OBSERVE THE MORAL LAW

17. According to James 2:10, we are guilty of breaking the law if we offend in how many points?

"For whosoever shall keep the whole law, and yet offend in _____ point, he is guilty of all." *James 2:10*

18. Which two commandments in the moral law does James mention indicating that the Ten Commandments are still obligatory for Christians?

[11]"For he that said, _____ _____ _____ _____, said also, _____ _____ _____. Now if thou commit no adultery, yet if thou kill, thou art become a transgressor of the law. [12]So speak ye, and so do, as they that shall be judged by the law of liberty." *James 2:11, 12*

Note: *James is referring to the Ten Commandments, which includes the fourth commandment, when he quotes the sixth and seventh commandments in James 2:11, 12. He makes the point that if a person obeys the seventh commandment, but breaks the sixth commandment, they are a transgressor of the law. Therefore, according to James, to break one commandment is to break them all. This is strong New Testament evidence that Christians are obligated to keep the whole moral law.*

19. According to his custom, what did Paul do in the synagogue while in Thessalonica?

[1]"Now when they had passed through Amphipolis and Apollonia, they came to Thessalonica, where was a synagogue of the Jews: [2]And Paul, as his manner was, went in unto them, and _____ _____ _____ _____ _____ _____ out of the _____." *Acts 17:1, 2*

20. How often did Paul reason in the synagogue?

"And he reasoned in the synagogue _____ _____, and persuaded the Jews and the Greeks." *Acts 18:4*

21. According to Acts 13:14, Paul and his company went into the synagogue on which day?

[14]"But when they departed from Perga, they came to Antioch in Pisidia, and went into the synagogue on _____ _____ _____, and sat down. [15]And after the reading of the law and the prophets the rulers of the synagogue sent unto them, saying, Ye men and brethren, if ye have any word of exhortation for the people, say on." *Acts 13:14, 15*

22. Upon which day did the Gentile Christians invite Paul and Barnabas to preach so they could hear the Word of God?

[42]"And when the Jews were gone out of the synagogue, the Gentiles besought that these words might be preached to them _____ _____ _____. [43]Now when the congregation was broken up, many of the Jews and religious proselytes followed Paul and Barnabas: who, speaking to them, persuaded them to continue in the grace of God." *Acts 13:42, 43*

Note: *The Gentile Christians longed to hear the Word of God preached to them as it was preached to the Jews in the synagogue. So they invited Paul and Barnabas to come on the very next Sabbath and preach to them. It's evident that their request was granted as Acts 13:44 makes clear. It is also interesting to note that Paul and Barnabas persuaded them to "continue in the grace of God." This is a clear indication that the Gentiles' Christian experience was one of grace and would continue to be so even as they observed the seventh-day Sabbath.*

23. About how many people came the next Sabbath day to hear the Word of God?

"And the next sabbath day came _____ _____ _____ _____ together to hear the word of God." *Acts 13:44*

STATEMENTS REGARDING SUNDAY WORSHIP

Statement 1:

"There was and is a command to keep holy the Sabbath day, but that Sabbath day was not Sunday. It will however be readily said, and with some show of triumph, that the Sabbath was transferred from the seventh to the first day of the week, with all its duties, privileges and sanctions. Earnestly desiring information on this subject, which I have studied for many years, I ask, where can the record of such a transaction be found: Not in the New Testament – absolutely not. There is no scriptural evidence of the change of the Sabbath institution from the seventh to the first day of the week." *Dr. E.T. Hiscox, author of the Baptist Manual.*

Statement 2:

"Question – Which is the Sabbath day?

Answer – Saturday is the Sabbath day.

Question – Why do we observe Sunday instead of Saturday?

Answer – We observe Sunday instead of Saturday because the Catholic Church, in the Council of Laodicea (A.D. 364), transferred the solemnity from Saturday to Sunday."

Peter Geiermann, C.S.S.R., The Convert's Catechism of Catholic Doctrine, p. 50, 3rd edition, 1957.

Statement 3:

"The [Roman Catholic] Church changed the observance of the Sabbath to Sunday by right of the divine, infallible authority given to her by her founder, Jesus Christ. The Protestant claiming the Bible to be the only guide of faith, has no warrant for observing Sunday. In this matter the Seventh-day Adventist is the only consistent Protestant." *The Catholic Universe Bulletin, August 14, 1942, p. 4.*

Statement 4:

"Unquestionably the first law, either ecclesiastical or civil, by which the sabbatical observance of Sunday is known to have been ordained is the sabbatical edict of Constantine, A.D. 321." *Chambers' Encyclopedia, Article Sunday.*

24. Do you hear these candid admissions? _____

Note: *The Jews were guilty of the sin of rejecting Christ. The Christian world is guilty of the sin of rejecting God's moral law, especially in light of such candid admissions as indicated above.*

25. How do we demonstrate our love to Jesus?

"If ye love me, _____ _____ _____." *John 14:15*

SUMMARY

The New Testament Sabbath is the same as the Old Testament Sabbath. It was given as a memorial of creation, and it distinguishes the true God from all false gods. The seventh-day Sabbath serves as a weekly reminder that God is to be worshipped as our Creator, and it is a sign between God and His people (Ezekiel 20:12, 20). The New Testament Sabbath was kept by Jesus, and it was kept by the apostles before Christ's death and after His resurrection. John's visions in Revelation, received on the Lord's Day—the Sabbath, is further evidence that the seventh-day Sabbath is to be sacredly observed and cherished by Christians today.

26. Dear friend, will you accept Jesus and lovingly keep His seventh-day Sabbath holy? _____

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