

# *A Sabbath Rest Remains*



The below information will use the Word of God, and other supporting documents, to show that the Sabbath is an everlasting covenant between man and God and has much value in being observed by modern-day believers in Jesus Christ.

For quite some time, Christians have believed a variety of doctrines surrounding the sabbath – what it means, if we observe, who it was intended for, and more. Some believe it is to be observed on Sunday, involving attendance of church and nothing more. Some are taught that our Sabbath rest is in Jesus and can be “found” anywhere at any time in Him. Others have been instructed it is a Jewish religious act with no value in the eyes of God for those who believe in the New Covenant.

The wonderful truth is that our present and eternal redemption is in Jesus, and we can find rest and refuge in Him anytime, anywhere. But is this considered sabbath rest for New Covenant believers? As believers, we are all aware we receive no merit for our works and are saved by grace and faith alone. But does this mean that the commands of the Torah, such as observing the sabbath, are gone? Or are we still called to observe the ten commandments, including the 4<sup>th</sup> commandment of Shabbat as it was originally outlined in the Torah? To find the truth, the only place we need look is God’s holy and living word... Let’s go!



*Happy is the person who does this,  
anyone who grasps it firmly,  
who keeps Shabbat and does not profane it,  
and keeps himself from doing any evil.*

*Isaiah 56:2*

## **What is the Purpose Behind the Sabbath?**

The sabbath provides us so many beautiful opportunities as believers in Jesus Christ and children of the God Most High. The sabbath or, Shabbat, connects us with the following:

- ⌘ The creation story (Genesis 1 & 2)
- ⌘ Identification as children eternally kept under the care of God (Exodus 20)
- ⌘ God's provision for us to find rest each week (Exodus 16)
- ⌘ A rehearsal for the messiah and His 2<sup>nd</sup> coming (Colossians 2:16-17)

Regardless of what we have heard in church, the scriptures should be our sole sounding board for what God asks of us. Many forget that the Torah holds many of the commands God administers to us. We also fail to remember that Jesus teaches one of the greatest ways to love God is to observe His commands.

“If you love me, you will keep my commands;

**John 14:15**

## **What Does God Say About the Sabbath?**

God set apart the sabbath as a holy day, rich with His blessing:

For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

**Exodus 20:11**

Observing the sabbath is a sign to God that you are His child:

Also I gave them my Sabbaths as a sign between us, so they would know that I the Lord made them holy.

**Exodus 2:12**

God calls us to observe the sabbath and to teach it to our children, FOREVER:

The people of Isra'el are to keep the Shabbat, to observe Shabbat through all their generations as a perpetual covenant.

### **Exodus 31:16**

So there remains a Shabbat-keeping for God's people. For the one who has entered God's rest has also rested from his own works, as God did from his. Therefore, let us do our best to enter that rest; so that no one will fall short because of the same kind of disobedience.

### **Hebrews 4:9-11**

#### **Should Keeping the Sabbath Matter to New Covenant Believers?**

The sabbath is the 4<sup>th</sup> commandment and is considered an eternal sign between Him and His children. The God of the bible is eternal, never-ending, and never-changing. Unlike the false god's of Mormonism, Islam, and Hinduism, our God does not change, contradict Himself nor does He fail to make good on His word. He constantly reveals more to those who seek Him.

Regarding Shabbat, God commands us to not only observe it, but He informs us this is a holy, blessed, and permanent observance on His behalf.



#### **Why Do Modern Day Christians Not Observe Shabbat?**

Nowhere in the bible will you find a change of the 7th day sabbath, nor a call to stop its observance and have the formal day of worship for Christians be on Sunday. This was strategically changed through an anti-Semitic campaign to "de-Judaize" the Christian faith in the 2nd-4th centuries AD. While this may sound like conspiracy theory, the

documentation of these facts can be found throughout history-most significantly in the Council of Nicaea and the Council of Laodicea.

Below, you will find an excerpt from the [Council of Laodicea \(363 AD\)](#), led by Roman Emperor Constantine, explicitly cancelling what we know to be a holy day created by God:

#### Canon XXIX.

CHRISTIANS must not judaize by resting on the Sabbath, but must work on that day, rather honouring the Lord's Day; and, if they can, resting then as Christians. But if any shall be found to be judaizers, let them be anathema from Christ.

#### Notes.

##### ANCIENT EPILOGUE OF CANON XXIX.

*A Christian shall not stop work on the Sabbath, but on the Lord's Day.*

##### BALSAMON.

Here the Fathers order that no one of the faithful shall stop work on the Sabbath as do the Jews, but that they should honour the Lord's Day, on account of the Lord's resurrection, and that on that day they should abstain from manual labour and go to church. But thus abstaining from work on Sunday they do not lay down as a necessity, but they add, "if they can." For if through need or any other necessity any one worked on the Lord's day this was not reckoned against him.

This decree affected most of the church's members at the time and subsequently impacted what we as Christians believe today. Even though God commands a 7<sup>th</sup> day observance of the holy day of shabbat, many Christians are still following the authority of a Roman Empire over the truth of God as laid out in the bible. Some try and excuse this calling to sabbath by claiming the Torah has been abolished by Jesus. This errored thinking is immediately corrected by reviewing Jesus's words in Matthew 5:

**“Don't think that I have come to abolish the Torah or the Prophets. I have come not to abolish but to complete. Yes indeed! I tell you that until heaven and earth pass**

away, not so much as a letter or pen stroke will pass from the Torah — not until everything that must happen has happened. So **whoever disobeys the least of these commands** and teaches others to do so will be called the least in the Kingdom of Heaven. But whoever obeys them and so teaches will be called great in the Kingdom of Heaven.

**Matthew 5:17-19**

[FOR MORE INFORMATION ON TORAH AND OT VALIDITY, SEE THE ARTICLE ENTITLED “Torah or No Torah?”]

### **Did Jesus Observe Shabbat?**

Jesus was teaching in one of the synagogues on Shabbat.

**Luke 3:10**

He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read...

**Luke 4:16**



When the Sabbath came, he began to teach in the synagogue, and many who heard him were amazed.

**Mark 6:2**

The above verses carry clear evidence that

Jesus Christ not only observed and participated in Shabbat but it was a regular practice of His. As Christians, we should strive to not only observe His commands but to imitate Christ, our Savior.

So imitate God, as his dear children;

## **Ephesians 5:1**

### **In Conclusion**

What we find is that the Bible calls for a 7th day sabbath, and the only place commanded otherwise is by man-made doctrine, doctrine which has its roots in the anti-Semitic agendas of the Roman Empire.

To get started observing and learning more about Shabbat, consider these resources:

1. [Seed of Abraham Torah Class: A Study of the 7<sup>th</sup> Day Shabbat](#)
2. [Hebrew4Christians: Introduction to Shabbat](#)
3. [Experience Shabbat! God's Joyous Day of Rest by Beth Yeshua](#)