

Questions About 10 Commandments Listed in New Testament

By Pastor Ed Anderson

Is this accurate? How can that be true? There must be an explicit reference to keeping the Sabbath in the New Testament like the explicit references to the keeping the other 9 Commandments?

Here are the Ten Commandments and where they are found in the New Testament:

- 1) Do not worship any other gods (1 Corinthians 8:6; 1 Timothy 2:5)
- 2) Do not make idols (1 John 5:21)
- 3) Do not misuse the name of the Lord (1 Timothy 6:1)
- 4) Remember the Sabbath day and keep it holy. (There are many references to the Sabbath day in the New Testament, including the assumption that Jews under the law in the time of Christ would be observing the Sabbath. But there is no direct or indirect command for believers in the church age to observe the Sabbath as a day of rest or of worship. In fact, Colossians 2:16 releases the believer from the Sabbath rule. Jesus, the Lord of the Sabbath, has become for us our Sabbath rest, according to Hebrews 4:1–11.)
- 5) Honor your father and your mother (Ephesians 6:1–2)
- 6) Do not murder (Romans 13:9; 1 Peter 4:15)
- 7) Do not commit adultery (1 Corinthians 6:9–10)
- 8) Do not steal (Ephesians 4:28)
- 9) Do not give false testimony (Revelation 21:8)
- 10) Do not covet (Colossians 3:5)

This is my source for that information:

Are the Ten Commandments repeated in the New Testament?

GotQuestions.org <https://share.google/pJzCF9Etn7uren0Iz>

Answer:

Thank you for your thoughtful question and for referencing GotQuestions.org. This is a common concern and a very important topic when discussing **Sabbath observance** in light of **New Testament Christianity**. Let's address it clearly, biblically, and in context.

The Ten Commandments in the New Testament

You're absolutely right — **nine of the Ten Commandments** are clearly **restated** or referenced **individually** in the New Testament.

But what about the **Fourth Commandment** — the Sabbath?

Let's explore this in two parts:

1. Is the Sabbath Mentioned or Affirmed in the New Testament?

Yes — it is **mentioned frequently**, and **assumed as binding** for God's people during the time of Christ and the early church. Here are examples:

- **Jesus kept the Sabbath**

"And as His custom was, He went into the synagogue on the Sabbath day..."

— *Luke 4:16*

- **The disciples kept the Sabbath after Jesus' death**

"Then they returned and prepared spices and fragrant oils. And they rested on the Sabbath according to the commandment."

— *Luke 23:56*

- **Paul preached to Gentiles on the Sabbath**

"On the next Sabbath almost the whole city came together to hear the word of God."

— *Acts 13:44*

In fact, there are **84 references to the Sabbath** in the New Testament. Never once is it changed or abolished.

2. Is Colossians 2:16 saying the Sabbath was abolished?

Here's the verse:

“Let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths...”

— *Colossians 2:16*

This verse is often **misinterpreted**. But Paul is referring to **ceremonial sabbaths** — not the **seventh-day Sabbath** of the Ten Commandments.

Why?

Because Paul groups them with:

- **Food and drink offerings**
- **Festivals**
- **New moon celebrations**

That phrase — **“festivals, new moons, sabbaths”** — is a common Old Testament trio that refers to the **annual, monthly, and ceremonial sabbaths**, not the weekly 7th-day Sabbath.

Example: *“To keep your appointed feasts... the New Moons and the Sabbaths”* — *Hosea 2:11*

The **weekly Sabbath** (4th Commandment) was **part of God’s moral law**, not the ceremonial law that pointed to Christ and was fulfilled at the cross (Colossians 2:14).

3. Does Hebrews 4 Teach Jesus Is Our “Spiritual” Sabbath?

Some claim Hebrews 4 teaches that since Jesus is our rest, we no longer need to keep the seventh-day Sabbath. But let’s read what it actually says:

“There remains, then, a Sabbath rest for the people of God...” — *Hebrews 4:9 (NIV)*

The Greek word used here is **“sabbatismos”**, meaning *“a literal Sabbath observance.”*

Hebrews 4 compares:

- **Creation rest (Genesis 2:1–3)**
- **Canaan rest (Joshua’s time)**
- **Spiritual rest in Christ**
- **Heavenly rest still to come**

But then it plainly states that a **literal Sabbath observance still remains**.

This does **not replace** the Sabbath — it adds **another layer** of meaning. Jesus is our **rest from sin**, but we still keep the **Sabbath commandment** as a memorial of creation and redemption (Exodus 20:8–11; Deuteronomy 5:15).

4. Did Jesus Ever Change the Sabbath?

No. Jesus **corrected false Sabbath traditions**, but **never abolished it**.

“The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath.”
— Mark 2:27–28

The Sabbath was made for **mankind** — not just Jews — at **creation**, before sin, before Abraham, before Moses (Genesis 2:2–3).

5. Was the Sabbath Only for Jews?

No. The Sabbath was made for **all humanity**, not just Israel.

“From one Sabbath to another, all flesh shall come to worship before Me,” says the Lord.
— Isaiah 66:23 (This is about the **new earth** — future!)

The early Christians continued to keep the Sabbath — including Paul and the Gentile believers.

6. Why Is the Fourth Commandment Missing in Lists Like This?

Many evangelicals see the Sabbath as “fulfilled” in Jesus and replaced by Sunday. But:

- The **Bible never commands Sunday** keeping.
- The **resurrection day is never called holy**.
- There is **no verse changing** the Sabbath to Sunday.

In fact, **Sunday keeping** was **gradually introduced by the Roman Church** — centuries after the apostles — and officially enforced by **Constantine in A.D. 321**.

Summary: Is There an Explicit NT Command to Keep the Sabbath?

While the **exact phrase “Thou shalt keep the Sabbath”** isn’t repeated in that form, neither are others like “Don’t worship idols” stated in that precise way.

But the **Sabbath** is clearly:

- **Affirmed** by Jesus (Mark 2:27–28)
- **Kept** by disciples (Luke 23:56)
- **Preached on** by Paul (Acts 13–18)
- **Prophesied to continue** in the new earth (Isaiah 66:23)
- **Mentioned as still remaining** in Hebrews (Hebrews 4:9)

Jesus said:

“If you love Me, keep My commandments.” — John 14:15

Final Word

The Sabbath is the **forgotten commandment** — not because it was changed — but because of **tradition** and **church history**. God never revoked it.

So, yes — the **Fourth Commandment** still stands as part of the **Ten Commandments** — God’s eternal law of love (Romans 13:10).