

Study Sheet: Sabbath

Key Verses

Genesis 2:1-3

2 Thus the heavens and the earth were finished, and all the host of them. 2 And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation

Exodus 20:8-11

8 "Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Exodus 31:13-16

13 "You are to speak to the people of Israel and say, 'Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the Lord, sanctify you. 14 You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death. Whoever does any work on it, that soul shall be cut off from among his people. 15 Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the Lord. Whoever does any work on the Sabbath day shall be put to death. 16 Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant forever.

Deuteronomy 5:12-15

12 " 'Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. 13 Six days you shall labor and do all your work, 14 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. 15 You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.

Mark 2:27-28

27 And he said to them, "The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is lord even of the Sabbath."

Definition

SABBATH—(Heb. verb shabbath, meaning "to rest from labour"), the day of rest. It is first mentioned as having been instituted in Paradise, when man was in innocence (Gen. 2:2). "The sabbath was made for man," as a day of rest and refreshment for the body and of blessing to the soul.

M. G. Easton, Illustrated Bible Dictionary and Treasury of Biblical History, Biography, Geography, Doctrine, and Literature (New York: Harper & Brothers, 1893), 591.

Things to Point Out

- Prepare in advance for the Sabbath
- Be intentional about keeping the Sabbath
- The Sabbath is holy. It is intended for worship to God the creator.
- God saw that rest was good for Him, thus it is good for us.
- Jesus also participated in the Sabbath.
- Hebrews 4:8-11 states it's important for the body of Christ to continue keeping the Sabbath.

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New Testament Verses

The following passages are New Testament verses containing the sabbath. Read each of these verses in various translations.

Matthew 11:25–12:13; 24:4–26; 28:1–8

Mark 1:21–28; 2:23–3:5; 6:1–6, 30–31; 15:42–16:8

Luke 4:16–39; 6:1–11; 13:10–17; 14:1–6; 23:50–56

John 5:1–18; 7:14–24; 9:13–23; 19:17–37

Acts 13:13–52; 15:6–21; 16:11–15; 17:1–4; 18:1–17

Colossians 2:11–23

Hebrews 3:16–4:13

Revelation 6:9–11; 14:6–13

Quote

The gospel is not morality. The gospel is not external religion. Nor is it a seven-step program for obtaining a better life. The gospel is the message of Christ's accomplishments on our behalf so that we might "rest" from our works by trusting in his work. When we trust in Christ's work, we rest from trusting our own.

Dr. Scott Pace, "Exalting Jesus in Colossians & Philemon: Christ-Centered Exposition Commentary". Quote in reference to understanding Colossians 2:16.

Additional resources

- <https://bibleproject.com/blog/keeping-the-sabbath-is-it-still-relevant-to-christians-today/>
- <https://www.desiringgod.org/messages/remember-the-sabbath-day-to-keep-it-holy>
- <https://www.gotquestions.org/Sabbath-day-rest.html>

Journal

What is God showing me about this topic in His Word?

How can I apply this to my life?

Additional questions about this topic:
