

Name: _____

Date: _____

THE DOCTRINE OF THE SABBATH

“Moreover I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the LORD who sanctifies them.” (Ezekiel 20:12)

Objectives

<i>Knowledge of God’s Will</i>	Understand that the Sabbath is a day of rest for us to remember God’s work and salvation.
<i>Knowledge of God</i>	God is our Creator.
<i>Good Work</i>	Keep the Sabbath with a joyful and thankful heart by worshipping and doing good works for God and man.

A. The Origin of the Sabbath Day

Being God, He didn’t need to rest after six days of creation. But He did this anyway, out of love for His creation. Through this act, God established the Sabbath, blessing and sanctifying it (Gen 2:1–3). Now, through observing it, we are able to receive blessings from the Lord.

B. The Purposes of the Sabbath

1. *For our rest (Mk 2:27)*
2. *To remember God’s creation (Ex 20:8–11)*
3. *To remember God’s salvation (Deut 5:12–15)*
4. *To give us hope for our eternal rest in heaven (Heb 4:1–11)*

C. Keeping the Sabbath

1. *We can observe the Sabbath with a joyful heart (Isa 58:13–14)*
2. *We can do holy work on the Sabbath (Jn 7:23)*
3. *We can join in fellowship with other members (Acts 2:46)*
4. *We can save people on the Sabbath (Mk 3:4)*

D. Misconceptions About the Sabbath

1. *“Jesus Christ abolished Mosaic law, so we no longer need to keep the Sabbath.”*
Not only was Sabbath established long before Moses’ time, but we also still keep the Ten Commandments today, which the Sabbath is a part of.
2. *“The majority of Christians worship on Sunday so that must be the correct day to worship.”*
Sunday observance was not instituted by God, but by man. The commandment of God is not something we can choose or change at our own convenience.
3. *“Jesus Christ and His apostles never taught the followers to keep the Sabbath.”*
The Bible clearly records that Jesus Christ, His disciples, and the apostle Paul all kept the Sabbath. From this, we can see that keeping the Sabbath did not have to be newly taught, because the Jews had been keeping the Sabbath for hundreds of years.

Life Application: Finding Joy and Thanksgiving on the Sabbath

