Should Christians practice the Sabbath?



Should Christians fast?

References:

Exodus 31:12–17 Jeremiah 31:31–32a Hebrews 8:6–7, 13 Mark 2:27 Colossians 2:16–17 Hebrews 4:9–11 Matthew 6:16–18 Mark 11:25 Luke 14:13 Leviticus 23:26–27 Jonah 3:1–6 Mark 2:18–20