

THE SABBATH: SHOULD CHRISTIANS KEEP IT TODAY?

Central Idea: Since believers today are free from the burden of the Law, of which the Jewish Sabbath was a part, there are no biblical grounds for imposing Sabbath-keeping on believers in the present church age.

§ The Sabbath: MEANING

§ The Sabbath: OLD TESTAMENT

§ The Sabbath: JESUS

§ The Sabbath: NEW TESTAMENT

§ The Sabbath: BELIEVERS TODAY

Questions for Personal Reflection of Group Discussion

1. Why is it important to distinguish between a command given to Israel under the Law and commands given to the church?
2. What changed with Christ? How does the coming of Christ change our relationship to the Mosaic Law?
3. If Christians are not commanded to keep the Sabbath, does that mean rest and worship are unimportant? Why or why not?
4. Could a Christian benefit spiritually from observing a Sabbath-like day without believing it is a biblical requirement? Why?
5. How should we respond when another Christian believes that Sabbath observance is still required? How does Christian freedom in this area need to be balanced with love and consideration for other believers?
6. What dangers exist on both sides—making Sabbath observance a legalistic requirement or becoming so busy that we never intentionally rest?

Community Bible Church
Charles Tschetter, Lead Pastor

This outline is provided to assist you in understanding and applying today's message. *The Sabbath: Should Christians Keep It Today?* is the tenth message in a series entitled **You Asked For It**. This message can be listened to or downloaded at cbcomaha.org.



August 30, 2026

1045am – The Alternative: Creation's Competitive Edge

6:00pm – The High-Tech Cell

With **Dr. Robert Carter** – CMI speaker

Creation resources available in the Great Room

— A SERMON SERIES —



you **ASKED** *FOR IT*

—
FAITH. QUESTIONS. ANSWERS.



Eric Liddell

The Flying Scotsman



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The LORD spoke to Moses, saying, “But as for you, speak to the sons of Israel, saying, ‘You shall surely observe My sabbaths; **for *this is a sign between Me and you throughout your generations***, that you may know that I am the LORD who sanctifies you. Therefore, you are to observe the sabbath, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. For six days work may be done, but on the seventh day there is a sabbath of complete rest, holy to the LORD; whoever does any work on the sabbath day shall surely be put to death. So the sons of Israel shall observe the sabbath, to celebrate the sabbath throughout their generations as a perpetual covenant.’ **It is a sign between Me and the sons of Israel forever**; for in six days the LORD made heaven and earth, but on the seventh day He ceased *from labor*, and was refreshed.”

Exodus 31.12-17

Ex 34.21 ... You shall work six days, but on the seventh day you shall rest; even during plowing time and harvest you shall rest.

Lev 23.3 ... For six days work may be done, but on the seventh day there is a sabbath of complete rest, a holy convocation. You shall not do any work; it is a sabbath to the Lord in all your dwellings.

Sabbath-keeping became the sign of the Mosaic Covenant, much as circumcision was the sign of the Abrahamic Covenant.

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The Sabbath:
OT

The Sabbath:
Jesus

The Sabbath:
NT

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Jesus taught that the Sabbath was to be a blessing to people and not a burden.

But human interpretation had added to God's command and turned what God intended to be a blessing, into a burden.

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The Sabbath:
Believers

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OT

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NT

Jesus is our Sabbath rest.

The Sabbath command is the only one of the
10 commandments not repeated in the NT.

Matthew 4:10

You shall worship the Lord your God
and serve Him only.

John 5:21

Little children, guard yourselves from
idols.

Matthew 6:9

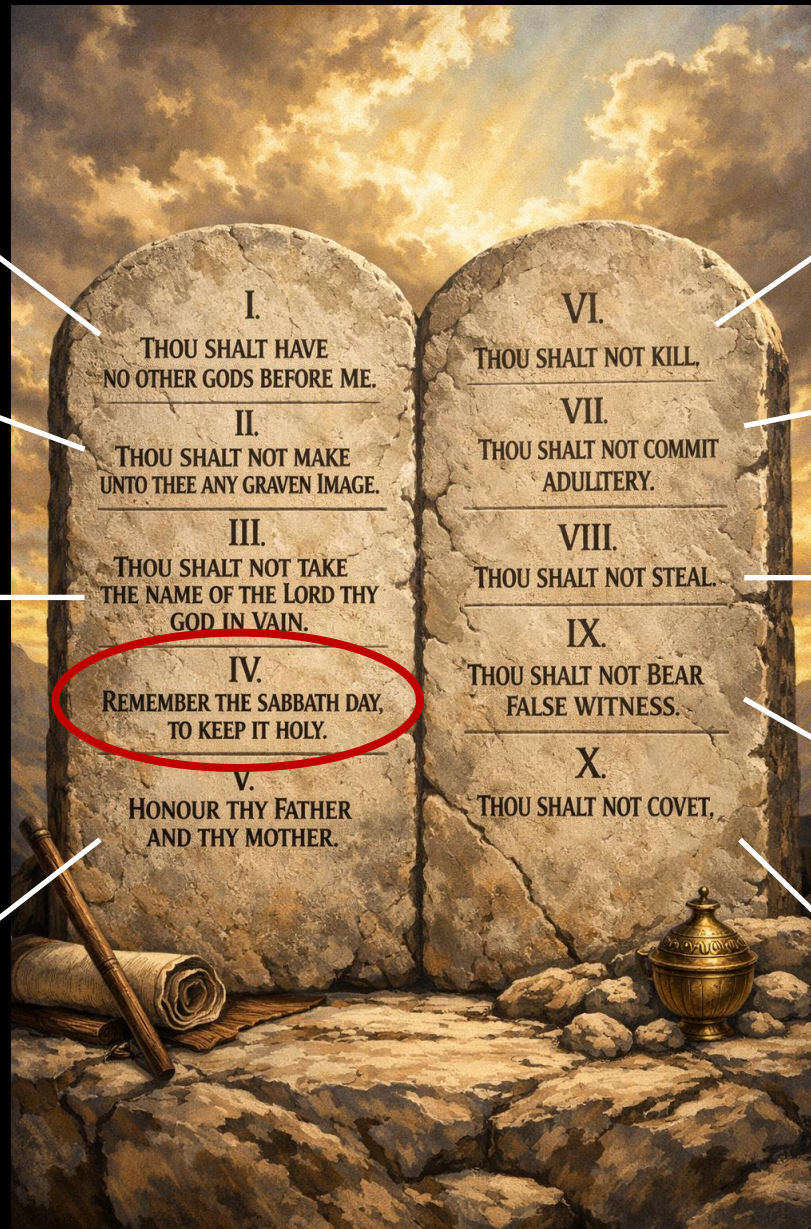
Hallowed be Your name.

James 5:12

Do not swear, either by heaven or by
earth, or with any other oath.

Ephesians 6:2

Honor your father and mother, which is
the first commandment with a
promise.



Romans 13:9

You shall not murder.

Romans 13:9

You shall not commit adultery

Ephesians 4:28

He who steals must steal no longer

Colossians 3:9

Do not lie to one another.

Hebrews 13.5

Let your conduct be without
covetousness

Jesus is our Sabbath rest.

The Sabbath command is the only one of the 10 commandments not repeated in the NT.

The early church began to meet on Sundays.

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The Sabbath:
Meaning

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OT

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Jesus

The Sabbath:
NT

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Guard your freedom in Christ.

Choose what is spiritually beneficial.

Understand that fellow believers have the freedom
to choose differently.