

**Sabbath 101**  
**Romans 14:1-6**  
**Al Gascon | August 27, 2023**

*“The purpose of Sabbath is not simply to rejuvenate yourself in order to do more production, nor is it the pursuit of pleasure. The purpose of Sabbath is to enjoy your God, life in general, what you have accomplished in the world through his help, and the freedom you have in the gospel—the freedom from slavery to any material object or human expectation. The Sabbath is a sign of the hope that we have in the world to come.” – Timothy Keller*

Colossians 2:8-17

Romans 14:1-6

- i. Nowhere in the New Testament is Sabbath observance commanded.
- ii. We are simply taught to not judge anyone for observing or not observing it.
- iii. Whatever we choose to do, our minds are convinced of it and we do it for the Lord.