

Let's be clear! Part 1

Israel's Old Testament Sabbath law is one of the ten commandments – spelt out in 96 words, longer than any of the other nine commands.

“Remember the Sabbath day, to keep it holy. Six days you shall labour and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work . . .”
Exodus 20.8-10.

But now – let's be clear – in the New Testament all the commandments are repeated except the Sabbath commandment!

So, as they are entitled to do (see Romans 14.5) Christians now choose to use Sunday (the day Christ rose from the dead) to meet and remember him as our Saviour and Lord.

In addition, Christians use Sunday (as the Jews used the Sabbath) as a day of rest.

Selwyn Hughes reminds us of the importance of resting for one day in every seven. He says “the consequences of not taking time to rest is almost overwhelming. It can have a devastating impact upon our physical and mental health.”

After his act of Creation, God rested on the seventh day. Genesis 2.1-3. Does God ever need to rest? Surely he was, instead, setting a great example for us to follow.

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Even when the Sabbath law was in force, Jesus taught that man's higher needs had first priority. Matthew 12.1-14.

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