

Do We Need to Keep the Sabbath?

Someone asked me, "Don't you believe in **keeping** the Ten Commandments? If so, then why don't you obey the 4th commandment—Remember the Sabbath Day to keep it holy?" (Ex. 20:8)

My answer was, "I believe that I **can't keep** the Ten Commandments." He had nothing to offer in response because he knew he couldn't keep them either. No one can.

The Sabbath is the seventh day of the week, which is Saturday (Ex. 20:10). It was given as sign to Israel to commemorate the deliverance from Egypt (Ex. 31:13, Deut. 5:15). Since it was given to Israel under the Old Covenant, it has no significance for those who are under the New Covenant, in which all national and racial distinctions disappear (Col. 3:11).

For those who insist on keeping the Sabbath, they must keep it according to God's instructions. They must not go out of their house (Ex. 16:29) or make a fire (Ex. 35:3). That means no cooking, baking, or boiling if the Sabbath is properly observed. The Sabbath was to be rigidly enforced, even by implementing the death penalty (Ex. 35:2, Num. 15:32-36).

However, the Sabbath was temporary until Christ came.

"Therefore, let no one act as your judge in regard to food or drink or in respect to a festival or new moon or a **Sabbath** day; things which are a mere shadow of what is to come; but the substance belongs to Christ (Col. 2:16-17). We are no longer under obligation to keep the Sabbath but can worship on any day we choose (Gal. 4:10-11, Rom. 14:5-6).

The Sabbath is part of the Law and since believers in Christ are under the New Covenant, we are not obligated to keep the Old Testament Law. Please read "[We are not Under the Law](#)"