

What is the Sabbath?

Today a minority of Christians gather on Sunday in honour of the Lord's resurrection. The Sabbath has not been changed from Saturday to Sunday. Sunday's not the new Sabbath. The Sabbath spoken of in the Old Testament was a shadow of something better that was coming and that's the eternal rest that we have in Christ Jesus.

Just as in the relationship Adam and Eve had with God in the very beginning going back to creation, you discover that the rest that God intended after creation was something completely different from the Mosaic law. The rest He intended was based on the perfect relationship between God and humanity as He had with Adam and Eve before their disobedience or fall from God's grace. But, when Adam and Eve disobeyed God, sin entered the world and they lost that rest. They lost that relationship they had with their Creator and God gave Israel the Sabbath as a way of reminding them that He was going to restore that rest.

As time passed Jesus, God in the flesh, came down to earth as the sinless Lamb of God who by His own sacrifice on Calvary's cross took away the sins of the entire world – past, present, and future and was the only one worthy of fulfilling the entire Mosaic law.

After His resurrection, Jesus Christ did not leave us alone on this earth when He ascended to heaven, but promised to send the Holy Spirit to indwell believers and to guide believers through their lives (Acts 1:6-8). Since His ascension to heaven, Jesus Christ, our high priest now sits at the right hand of God, the Father, interceding on our behalf (Romans 8:34). Because sin no longer separates us from God, we as believers have eternal life through the indwelling Holy Spirit and now we can get to experience God's Sabbath (eternal rest) again because the relationship with God has been restored. Sin no longer separates us from God. We can rest in Him to do in us whatever He has planned.

We don't have to set aside Saturday or Sunday because we should set aside every day for the Lord. Every day belongs to God as we are His children, therefore, we rest every day in Him. We are called to rest 24/7 because of who Jesus is and what He accomplished for us so we can say that the fourth commandment of the Mosaic law was a shadow of the rest we could experience in faith in Christ Jesus.

We are resting in all the things that He accomplished for us through His death, burial, and resurrection. And that rest is eternal in nature. So it's not confined to a single day of the week, it's an experience that we have eternally through our relationship with Christ Jesus.

Again, it's not a certain day of the week – that was merely a shadow of what was to come in Christ. Christ is the important one and so when we rest in Him we're right where God wants us and we experience what God wants for us to experience.

So many Christians get caught up in a certain day of the week when God is saying you can rest in the finished work of Christ Jesus every day of the week. We keep each day holy when we rest in the finished work of Christ. He is the one that sanctified us and set us apart and made us new creatures in Christ and when we actually rest in what He has accomplished then we're living out what He set us apart for and that's the eternal Sabbath.

It's not about a certain day – it's all about faith in Christ Jesus and responding to His love in us. Since Christ's death we live in a New Covenant – a new relationship between God and mankind mediated by Jesus. **The Sabbath was a shadow – Jesus is the reality.**

Responding to the love of God, seven days a week, is the new Sabbath