Knowledge Check: Lesson 1 – December7, 2025 "The Sabbath Day" - Answers

ANSWERS INCLUDED

A MEMEORIAL (Exodus 20:8-10)

What does "Sabbath" Means? Rest

What does "Sabbath" Means? Rest or stop

How does the Sabbath reflect Jesus Christ? - The Sabbath reflects Jesus Christ by pointing to Him as the ultimate source of rest, renewal, and holiness. He fulfills the Sabbath's purpose—not just as a day, but as a person who offers spiritual rest to all who trust in Him.

What does "keeping the Sabbath Holy" in vs 8 mean? Setting it apart for God. "Keeping the Sabbath holy" in Exodus 20:8 means setting the day apart from ordinary use—dedicating it to God through rest, worship, and intentional remembrance of His creation and redemption. It's not just about stopping work; it's about honoring God with sacred time.

II. A Blessing (vs. 11)

Do we as New Testament Covenant people still believe in keeping the "Sabbath Day" as a day of rest as mentioned in Exodus?

New Testament believers are not bound to keep the Sabbath in the same way Israel was under the Mosaic Covenant, but the principle of Sabbath rest is still spiritually significant and fulfilled in Christ.

What Changed in the New Covenant

- **Jesus fulfilled the law**: Colossians 2:16–17 teaches that Sabbath laws were a shadow of things to come, and the substance belongs to Christ.
 - → "Let no one pass judgment... with regard to a Sabbath. These are a shadow... but the substance belongs to Christ."
- **Rest is found in Christ**: Hebrews 4 explains that the ultimate Sabbath rest is spiritual—entering God's rest through faith in Jesus.
 - → The weekly Sabbath pointed forward to this deeper rest.

- No command to keep Sabbath in the New Testament: While the Ten Commandments are affirmed morally, the New Testament never commands Christians to observe the Sabbath as a legal requirement.
 - → Romans 14:5–6 allows freedom: "One person esteems one day as better... another esteems all days alike."

What We Still Embrace

- The rhythm of rest and worship: Many Christians still honor a weekly day of rest (often Sunday) to worship, reflect, and recharge.
 - → This practice is rooted in creation and modeled by Jesus.
- Spiritual rest in Christ: We cease striving and trust in Jesus' finished work.
 - → Sabbath becomes a lifestyle of grace, not a legal obligation.
- **Freedom, not legalism**: Christians are free to observe a day of rest, but not required to follow Old Testament Sabbath laws.
 - → Galatians 5 warns against returning to law-based righteousness.

Teaching Tip for Sunday School

"In the Old Testament, Sabbath was a sign of covenant. In the New Testament, Jesus is our Sabbath—He gives us rest, renewal, and identity."

Use a doorway metaphor: Sabbath was the doorway; Jesus is the home we enter.

Summary

- Old Covenant: Sabbath was a command and covenant sign (Exodus 20, 31).
- **New Covenant:** Jesus fulfills the Sabbath; believers rest in Him (Hebrews 4, Colossians 2).
- **Application:** We honor the principle of rest and worship, but we're not bound to the letter of the law.

III. A Sign of the Covenant- The Sign of the Mosaic Covenant

- The Sabbath is a sign of which covenant? Exodus 30
 - Mosaic Covenant
- Circumcision is a sign of which covenant? Genesis 17
 - Abrahamic Covenant
- The Rainbow is a sign of which covenant? Genesis 9
 - Noahic Covenant
- Baptism is a sign of which covenant? Romans 6:3-4, Colossians 2:12, Acts 2:38
 - The New Covenant in Jesus Christ
- He established Israel as His people, as a ______ of the bridge of Christ. Forerunner

The Basis of Keeping the Sabbath

- Exodus 20:11 says the basis of keeping the Sabbath was for?
 - Honoring God by resting on the Sabbath
- Deuteronomy 5:15 says the basis of keeping the Sabbath was for?
 - o Remembering what God did for them when they were slaves in Egypt.
- Hebrews 4:9-10 says the basis of keeping the Sabbath is found in who?
 - Jesus Christ For the Son of Man is Lord of the Sabbath and we rest in the finish work of Christ on the cross