

## What Does Sabbath Rest Mean for Christians Today?

For such an important subject, the Sabbath rest and its observance is unfortunately often a misunderstood concept in the church today. We will look at the Sabbath in the Old Testament and then the bridge it forms with the New Testament (in the words of Jesus in the Gospels as well as Luke's and Paul's writings). We will give special emphasis to Jesus being the Lord of the Sabbath and how we are to 'take a Sabbath' today.

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I. The 7th Day (Shabbat)

II. Creation (Gen 1-2:3)

III. Purpose of the Sabbath

IV. 4th Commandment

V. Remember & Observe the Sabbath

VI. Creation/Temple

VII. Active Rest

VIII. Entry into the Sabbath

IX. Saturday vs. Sunday

X. Jesus, Lord of the Sabbath

XI. “Today...” (Heb 3:7-4:13)

XII. Mandatory or a Principle?