

The Sabbath of the Law and the Rest in Christ

In Exodus 20:10 Jehovah commanded the observance of the seventh day - the Sabbath, which corresponds to the fourth commandment of the Decalogue.

However, the observance of that 24-hour temporal Sabbath has no value to the true God Father, because only Jesus Christ can give us the real rest for our souls is in, who said in Matthew 11:29 ... *"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find **rest for your souls**".*

This means that the rest of Christ is not only a rest of 24 hours, but a **definitive rest for the soul** of weary men and women.

Regarding this repose that Joshua could not give to the people of Israel, Hebrews 4: 8-11 mentions this way: *"For if Joshua had given them rest, God would not have spoken later about another day. **There remains, then, a Sabbath-rest** for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter **that rest**, so that no one will perish by following their example of disobedience".*

The Jews were very concerned about keeping the "ceremonial Sabbath" and so they accused Jesus of breaking the fourth commandment because Jesus did not choose special dates to do miracles and healings for the needy (John 5: 1).

The temporary repose of the Old Testament law was merely **virtual and false**, whereas the rest that Christ gives to the souls is **real and true**.

Jesus was accused by the Pharisees of violating the Sabbath, simply because he did not differentiate special days to perform his miracles and healings (Luke 13: 14-17). He saw no reason to stop doing good deeds on whatever day of the week because of a mere religiousness (Luke 6: 6-11).

Because of this freedom to do good at any time, Jesus was persecuted by the Jews, as John 5: 16-18 says, not only for transgressing the traditions of religious, but also for calling himself the **"Lord of the Sabbath"**, as we read in Matthew 12: 8.

His disciples were also accused of violating the Sabbath, because they were seen tearing off ears of corn on the seventh day to eat them (Matthew 12: 1). If that event happened today, Jesus and his disciples certainly would be called *"beast worshipers"* by the fanatic Seventh-day Adventists.

In Galatians 4: 3 and 4, the Sabbath of 24 hours per week is considered as a *"rudiment of the traditions"*. If it is merely a *rudiment*, then it is because it is not something solid and adult. This means that the fourth commandment of the Decalogue is for the "children", who have **no spiritual maturity** and are still under a yoke of servitude, in a religiosity that is only of appearance and exterior.

That merely ceremonial Sabbath was an exclusive invention of Jehovah, the god of the Old Testament. Jehovah was not concerned with the **conscious observance**, but with the **mechanical obedience** of men and animals throughout their generations, as a perpetual covenant to demonstrate his sovereignty over the Jewish people (Exodus 31: 13-15).

The disobedient were summarily exterminated by stoning. To this day the Jews in Israel honor Jehovah by ceasing the activities of trade and labor in the evening of the sixth day. Yet, they do so by a custom of tradition, without any awareness of the true meaning of the Sabbath.

Jehovah invented the rest on the seventh day when he became tired, shortly after he finished the work of creation of the material world, together with Elohim, as Genesis 2: 2 says.

However, if Jehovah has rested it is because he is not the true God, because Jesus said that **the true Father works without interruptions and the Son also is still working**, without tiring (John 5:17).

Paul related Jehovah's 24-hour Sabbath to the **ritual and ceremonial precepts** mentioned in Colossians 2:16, quoting Sabbath along with the other religious feasts, as well as new moon, food and drink.

In that same chapter, in verse 18, Paul mentioned the abominable worship of angels, which is the fruit of the distorted understanding of confused minds, who do not comprehend that such things should be regarded merely as shadows and metaphors of greater things in the New Testament.

So also in verses 20 and 21, Paul condemned the ceremonial precepts such as "*Do not use*", "*Do not eat*" and "*Do not touch*".

In verse 22, Paul rebuked the "*precepts which are only **commandments and doctrines of men***" and said that they self-destruct, because they have no solid foundation.

Moreover, that ceremonial Sabbath of the Old Testament only generated fanatical people, ready to stone all those who transgressed the observance of the seventh day of Jehovah.

The conclusion is that the rest that Jesus presented in Matthew 11:29 has **nothing to do with the Pharisaic Sabbath of the Old Testament**.

A proof that special days were not elected in the New Testament is that in Matthew 28:20, Jesus said that he would be **EVERY DAY** with all who believe ... *teaching them to obey everything I have commanded you. And surely I am with you **always**, to the very end of the age.*

Jewish women were attached to the obsolete law of Jehovah and therefore rested on the Sabbath after Jesus died. However, the glorious resurrection of Jesus did not happen on the seventh day, but on the next day (Luke 24: 1).

This means that the Sabbath of the Old Testament is related to the **death** of Jesus whereas the glorious **resurrection** is not restricted to one day, but to all days. Therefore, the true Sabbath of the New Testament is **TODAY**, as we can read in Hebrews 3:13 and 15; 4: 7.

In the process of evangelization of the Jews, Paul and Barnabas sought to reach the Jews in the seventh day, because the Jews gathered in their synagogues on the Sabbath of the Lord. However, when Paul and Barnabas perceived the harshness of the hearts of the Jews, they turned to the crowds, and so they no longer sought the Jews exclusively on the Sabbath (Acts 13:46).

But someone might ask what Jesus meant in Matthew 24:20 ... "*Pray that your flight will not take place in winter or on the Sabbath*".

I believe that in this text, Jesus lamented the fate of the Jews who were attached to the Sabbath of the law of Jehovah, because at the siege of Jerusalem by the Romans Titus and Vespasian (AD 70), the Jews who observed the Sabbath rest had no chance to flee from the siege of the invaders, since **the law standard set strict limits of distance to walk on the Sabbath**.

In conclusion, I again mention Matthew 11:29, where we see the true and only resting place for souls, which is Jesus Christ, who said: "*Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find **rest for your souls***".