

The Sabbath

KBS 2026



Outline

- The Seventh Day of Creation
- The Sabbath and the Law
- From Sinai to the First Century
- Jesus and the Sabbath
- The Sabbath in our Lives Today



The Seventh Day of Creation

Class 1



The Seventh Day of Creation

How is the seventh day different than the other days?

What does it mean for God to rest?

What does it mean for a day to be sanctified?

Structure of the Creation Week

- Before creation - “without form and void” (Gen 1:2)
 - Chaos and Empty
- Creation resolves the chaos and fills the created world
- Day 1-3 establishes order and structure = resolves the chaos
- Day 4-6 fills the space = resolves the void/emptiness
- "Thus the heavens and earth were finished." (2:1)

How is the Seventh Day Unique?

1. Day of rest NOT creation
2. Day is blessed and sanctified
 - sanctified = holy
 - not called "very good"
3. What descriptor is missing?
 - "evening and the morning"

Day Of Rest

- Is 40:28 - God is not weary
- physical rest is of benefit to man - Ex 20:8-11; Mark 2:27
- “rest”= cease, desist, rest (BDB Lexicon)
 - Gen 8:22
- Why cease creating?
- What is God still doing on the 7th day?

The Day is Sanctified

- sanctified = holy = set apart
- First instance anything designated as holy in scripture
- Other holy times? Lev 23

Reasons for Holy Time in the Law

- Communion and worship of God
 - Communal connection with others
 - Sacrifice our wants/desires to worship God
 - Recognizing our reliance on God
- Same reasons in creation? Is 40:21-22



Importance of Holy Time

The Golden Calf- A Chiasm

Chiasm - grammatic structure in Hebrew

A-

B-

C-

B-

A-

The Golden Calf- A Chiasm

Chiasm - grammatic structure in Hebrew

A- Ex 25-31 - Instructions on the tabernacle

B-

C-

B-

A-

The Golden Calf- A Chiasm

Chiasm - grammatic structure in Hebrew

A- Ex 25-31 - Instructions on the tabernacle

B-

C-

B-

A- Ex 35:4-40 - Construction of the tabernacle

The Golden Calf- A Chiasm

Chiasm - grammatic structure in Hebrew

A- Ex 25-31 - Instructions on the tabernacle

B-

C- Ex 32-34:28 - Account of the Golden Calf

B-

A- Ex 35:4-40 - Construction of the tabernacle

The Golden Calf- A Chiasm

Chiasm - grammatic structure in Hebrew

A- Ex 25-31 - Instructions on the tabernacle

B- Ex 31:12-18 - Sabbath Law

C- Ex 32-34:28 - Account of the Golden Calf

B-

A- Ex 35:4-40 - Construction of the tabernacle

The Golden Calf- A Chiasm

Chiasm - grammatic structure in Hebrew

A- Ex 25-31 - Instructions on the tabernacle

B- Ex 31:12-18 - Sabbath Law

C- Ex 32-34:28 - Account of the Golden Calf

B- Ex 35:1-3 - Sabbath Law

A- Ex 35:4-40 - Construction of the tabernacle

Importance of Holy Time

- Account of the golden calf emphasizes importance of holy time
- Physical holy place
 - Holy Time
 - Failing in Idolatry
 - Holy Time
- Physical holy place

The Seventh Day

- “Evening and the morning were...”
 - First day V.5
 - Second day v. 8
 - Third day v. 13
 - Fourth day v 19
 - Fifth day v 23
 - Sixth day v. 31
- The seventh day?

Lessons from the Seventh Day

- A day when God completed His work of creation
- A time of fellowship and unity where the world is in harmony with God
- Man and all creation is dedicated to worship and service of God
- The day is symbolically without end
- Represents God's plan for creation



The Sabbath and the Law of Moses

Class 2



Lessons from Creation Week

- Sabbath is holy/dedicated time to fellowship between God and His creation
- Day of Rest = God no longer creating
- Genesis implies the 7th day never end
 - "evening and morning...."
 - points towards future Kingdom Age

Interactions with Gentile Rulers

- Pharoah sends Abraham and Sarai out after plagues - Gen 12
- King of Sodom treats Abraham like equal - Gen 14:17
- Abraham and Isaac make treaties with Abemalech
 - Gen 20, Gen 26
- Pharoah elevating Joseph

Ex 1:9-14

- serve a master other than God

“hard service, in mortar and brick, and in all kinds of work in the field.”

- fields = back to curses in the Garden

- mortar and brick = city building

 - echos of Cain - 4:17

 - Tower of Babel - Gen 11:3

The Exodus - A Call Back To The Garden

- Call back to the service of God
- Create and build for God's glory
- Brought to a land not burned with the curses - Deut 28:1-8
- Called to be a kingdom of priests
- God offers to walk among them - Lev 26:11-13
- Sabbath fits with a call back to the Garden.

Purpose of Sabbath According to The Law

1. Exodus 20:8-11
2. Deut 5:12-15
3. Exodus 31:13-17

The Commandment - Exodus 20:8-11

- The importance of observing sabbath is connected to creation
- Set aside personal pursuits
- Focus on fellowship and relationship with God
- Mindset captured in Is 58:13-14

The Commandment Repeated - Deut 5:12-15

- The Sabbath is connected to slavery in Egypt and God's redemption

- "You shall remember that you were a slave in the land of Egypt"

1. Remember your past to influence how you treat others (v. 14)

- Deut 24:17-18, Amos 8:4-7

2. Remember that God brought you out of slavery

- call to be God's people, God's servants

- Deut 6:12-13, Deut 32:26

Gen 2:15 - Divine Location, Divine Purpose

1. Change in location to a special place
2. Placed in the Garden - put = H5117
3. Divine Responsibility #1 - Dress it = H5647 - labour, work
4. Divine Responsibility #2 - Keep it = H8104
-angel to “keep” the way of the tree of life.

Deut 5 - Sacred Time Gives Divine Purpose

Deu 5:12 **Keep** the sabbath day to sanctify it, as the LORD thy God hath commanded thee.

Deu 5:13 Six days thou shalt **labour**, and do all thy work:

Deu 5:14 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that is within thy gates; that thy manservant and thy maidservant may **rest** as well as thou.

Deu 5:15 And remember that thou wast a servant in the land of Egypt, and that **the LORD thy God brought thee out thence** through a mighty hand and by a stretched out arm: therefore the LORD thy God commanded thee to keep the sabbath day.

4. Keep = H8104

3. Labour = Dress = H5647

2. Rest = Put = H5117

1. God transports

The Sign and Consequence - Exodus 31:13-17

1. Recall to creation week (v. 17)
2. Sign indicating the relationship between God and his people (v. 17)
3. Reminder to watch for the marginalized among them
- "rested and was refreshed" x Exodus 23:12
4. Sign the people are "sanctified" (v. 13)
- Gen 2:3 - "And God blessed the seventh day, and sanctified it"
- Lev 20:7-8

The Sign and Consequence - Exodus 31:13-17

-Failing to observe is death?

1. Lev 20:1-8

-loss of holiness ie loss of separation from idolatry

2. The importance of a token/sign

-Gen 17:11-14 - "token" (KJV) = sign

-make covenant = to cut



The Sabbath from Moses to Jesus

Class 3



Purpose of Sabbath According to the Law

1. Reminder the purpose of creation was for God to dwell with His creation
2. Dedicated time to focus on things of God
 - Time of spiritual and physical rejuvenation
3. Reminder God redeemed them from slavery to be His people
4. The Sabbath is a outward declaration of that relationship
5. Reflect on how the poor, slaves, foreigners are treated in society

Man Picking Up Sticks on Sabbath

- Breaking the Mosaic Law with death as punishment- Ex 35-2,3
- Laws given around historic events may provide context
- Num 15:29-31 - unintentional vs. purposeful sins (= despise the word)
- They found x 2 - attempt at correction?
- Num 15:37-40 - question of allegiance.
 - go whoring - Ex 34:12-15; Lev 17:7; 20:5-6; Deut 31:16

Purpose of the sticks

-Sticks = tree, sticks

-wood for offering - Gen 22:3-9; Lev 1:7-12, 17; 4:12; 6:12

-shittim wood in tabernacle - Ex 25-38

-wooden vessels - Lev 11:32; 15:12

-cedar wood in cleansing ceremony - Lev 14:4, 6, 49, 51

-wood for booths - Lev 23:40



The Sabbath at the time of Jesus



Response to Hellenism and Roman Rule

- Ruling class interesting in maintaining power = Sadducees
 - Priestly class willing to work with Greeks and Romans
 - Only held 5 book as authoritative
 - Do not believe in resurrection
- Priest who thinks ruling is corrupted by Greek/Roman association = Essene

Response to Hellenism and Roman Rule

- Knowing and living the text is how to protect the nation = Pharisee
- Knowing and living is fine but action, even violence required = Zealot
- Everyday person who has one foot in each world = Herodians

“...a company of ornamental, self-satisfied parasites and monopolists, trading in the name of Moses while outraging his wisdom and righteousness, professing to serve God while most skilfully and decisively serving the craft only; simulating mercy and righteousness, while systematically practicing the vilest oppression and wickedness in secret.” - Nazareth Revisited. Pg 220-21

Schools of the Pharisees

Hillel

- Born in Mesopotamia
- President of Sanhedrin 30 BC - 10 AD
- Grandfather of Gamaliel
- seen as more lenient
- basis for Rabbinic Judaism

Shammai the Elder

- Born in Judea
- Presiding Justice/Vice President
- Died around 30 AD. Possible took over President after Hillel
- more strict/idealist interpretation

Things Which Will Not Be Necessary in the World to Come

In one statement of the house of Shammai we find a number of apparently disparate matters joined together as activities that are forbidden on the Sabbath. At first glance, one is puzzled why these seemingly unrelated activities should be included in a single category. If, however, one bears in mind the single concept from which they flow, their mutual relationship becomes apparent.

What do they have in common? None of them will be necessary in the world-to-come, hence they are forbidden on the Sabbath. The statement reads “[the house of] Shammai says: ‘Contributions for the poor are not allotted on the Sabbath in the synagogue, even a dowry to marry an orphan young man to an orphan young woman. Quarrels between husband and wife are not adjudicated and one does not pray for the sick on the Sabbath.’ The house of Hillel permits these activities.” ([Tosefta Shabbat 16:22](#))

In view of the future material abundance, there will obviously be no poor and hence no need for charity. There will be total harmony between man and man, hence the prohibition of patching up quarrels between husband and wife. There will be no illness, hence one should not pray for the sick on the Sabbath. In the latter instance, Beth Shammai goes even further and forbids visiting the sick on the Sabbath.

Though the house of Hillel rejects the Shammaite view in these matters, it is an undisputed principle of the Sabbath halacha that there is no mourning on the Sabbath. With rigorous consistency, Beth Shammai prohibits the consolation of mourners on the Sabbath (Babylonian [Talmud Shabbat 12a](#)). “

- Rabbi Theodore Friedman. Excerpted from the Fall 1967 issue (Vol. 16, no. 4) of Judaism, published by the American Jewish Congress. Accessed on myjewishlearning.com.

Debate Over Importance of Laws

- What law is most important when two are in conflict?
- A debated point at this time
- This ordering distinguished the schools
- Is a crux of Jesus' defense of his actions

Jesus on the Sabbath

Argument over disciples pulling grain - Matt 12:1-8; Mark 2:23-28; Luke 6:1-5

Healing man with withered hand- Math 12:9-14; Mark 3:1-5; Luke 6:6-11

Healing woman bent over 18 years - Luke 13:10-17

Man with dropsy - Luke 14:1-6

Lame man carries his bed - John 5:5-17

Argument about circumcision on the sabbath - John 7:21-24

Blind man healed with clay - John 9:10-16



Jesus and the Sabbath



The Sabbath

- A reminder of the relationship between God and creation on the 7th day
- 7th day of creation week without a defined end
- Codified to cause reflection on the garden and time in Egypt
- Dedicated time to set aside personal ambitions and focus on God
- Rest for all i.e. care for the marginalized
- Reminder that the Lord had redeemed them
- sign of their allegiance to Yahweh and the covenant

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Jesus' Arguments

1. Qal Wahomer (Kal Va-Chomer) - lesser to greater
 - examples: Matt 12:11-12; Luke 13:15-16
 - If it is lawful to care for animals it is lawful to care for people
2. What law is superior?
 - example: John 7:21-23; Priests working in temple (Matt 12:5)
3. Sabbath as shadow of the kingdom
 - in action in contrast to school of Shammai

Picking Grain on the Sabbath Day

- Oral law had 39 categories of work that were unlawful - Harvesting, winnowing

- David consumes the shew bread - 1 Sam 21:1-7

-

“According to traditional Jewish interpretations of the incident in King David’s life, the bread of the presence was always baked on the Sabbath (Lev 24:5). The fact that this event in David’s life happened on the Sabbath made it so much more pertinent to the question concerning Jesus and his disciples. So not only did the incident occur on the Sabbath, but also according to Jewish commentary on the biblical passage, David and his men’s lives were at risk because of their great hunger. Their life-threatening hunger is crucial because of the legal rulings in the Oral Torah.

The Jewish oral tradition places great emphasis on the preservation of life. All commandments of the Bible must be suspended to save a human life. The Pharisees emphasized saving a life at all costs. The only exception to this rule are idolatry, incest and murder. One should choose death rather than commit idolatry, incest or murder. Nonetheless, the preservation of life takes precedence over Sabbath observance.....

They were so hungry, according to Jewish traditional interpretation, that their lives were at risk. All the commandments of the Bible must be suspended to save their lives....

Jesus and his listeners probably knew more about the story of David than is reflected in the Gospel account...Jesus hints at the oral tradition to promote a deeper appreciation of the Sabbath.”

-Brad H Young. *Jesus the Jewish Theologian*. “Jesus, The Sabbath and The Jewish Law.” Pg. 106-107.

Picking Grain on the Sabbath Day

- Oral law had 39 categories of work that were unlawful - Harvesting, winnowing
- David consumes the shew bread - 1 Sam 21:1-7
 - Sabbath subservient to human needs of survival
 - "Not lawful" - echos their accusation

Picking Grain on the Sabbath Day

- Oral law had 39 categories of work that were unlawful - Harvesting, winnowing
- David consumes the shew bread - 1 Sam 21:1-7
 - Sabbath subservient to human needs of survival
 - “Not lawful” - echos their accusation
- Priests working in the temple
 - Sabbath < Sacrificial work of the priests

Greater than the temple

- one is in italics in KJV

- verbs in the greek are neuter

 - if about Jesus would need to be masculine

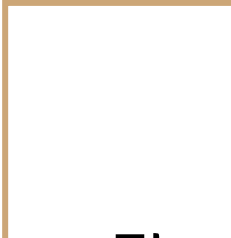
- "I tell you that something greater than the temple is here". - NET Bible

- Hosea 6:6 quoted to answer what is greater than the temple

- Mercy = mercy: kindness or good will towards the miserable and the afflicted, joined with a desire to help them" - Thayer.

Sabbath

- < Saving Life (David story)
- < Priestley service (Worship/Service to God)
 - < Mercy/kindness/goodwill to the afflicted and miserable
(Hos 6:6) (Service to others)



The Son of man is
Lord of the Sabbath



“For the Son of man is Lord even of the sabbath day.” “Lord”, we note, not servant; that is, one above the Law, not slavishly subject to it.... That is, what seemed in him a breach of the Law, was really nothing but its complete fulfillment—the bringing to reality of all that it foreshadowed, not only in the Sabbath, but also in everything else pertaining to it.” - Law and Grace p. 194.

Questions if Jesus = Lord of the Sabbath

1. How does fulfilling the commandment = being Lord
2. How does it complete the flow of the argument?
3. How does it defend the disciples?
4. Why is this the only time he cites this authority?
 - a. First sabbath conflict
 - b. Not used to defend healings
5. Why no outrage recorded?

Son of Man/son of man?

Uses in scripture:

1. Title to a prophet as representing a messenger of God. (Ezk)
2. A future coming future at the end of time (Daniel)
3. A representative title for humanity (Job, Psalms)

Son of man = Jesus?

- title “son of man” only used in Matthew to represent Jesus.

- Jesus uses of son of man title in Matthew

1. Associated with humility/suffering/betrayal -
2. Apocalyptic figure coming in judgment or future rule
3. Roll in deliverance and forgiveness of sin

- Matt 12:8 sounds as outlier.

Sabbath was made for man....

- only found in Mark account
- fits with flow of argument that welfare of man is greater than the sabbath
- was accepted in certain schools of Jewish thought.

“The Sabbath was given to you and not you to the Sabbath”

-Simeon ben Menasya

“While Jesus did not abrogate the Sabbath, he did take a more lenient approach which humanized the Jewish halakhic observance. Moreover, it is clear that this approach would be accepted by many Jewish rabbis.... Hence, the Son of man— in this case, every human being— is lord also of Sabbath. Though Jesus often employs the term “son of man” as meaning a supernatural figure, as in Jewish interpretations of Daniel, he also uses the generic meaning in a number of passages. Here Jesus is teaching a humanizing approach to the individual’s life of faith and one’s struggle to obey God’s commands fully.”

-Brad H. Young. Jesus the Jewish Theologian. “Jesus, the Sabbath, and the Jewish Law.” pg. 110.



The Sabbath and Us



Denver Gathering

Friday Sept 25th - Sunday Sept 27th.

Adult Teacher: Bro Brian Cram

Young People Teacher: Bro Brad Ricks

To Registrar:

thedenverchristadelphians.com

Books:

Abraham Joshua Heschel - The Sabbath

Brad H Young - Jesus the Jewish Theologian

Marvin Wilson - Our Father Abraham

John Mark Comer - The Ruthless Elimination of Hurry; Practicing the Way

Lois Tverberg- Sitting at the Feet of Rabbi Jesus; Walking in the Dust of Rabbi Jesus

Dallas Willard- The Divine Controversy

Commentaries

Soncino Books of the Bible

Chumash- Stone Edition

Commentary On The Torah: with a New English Translation - Richard Eilliot Friedman

Jewish New Testament Commentary- David H. Stern

Resources

Podcasts:

Aleph Beta - “A Book Like No Other”, “Into the Verse”

Ray Vander Laan Lectures

Bema Podcast

John Marc Cormer - “Practicing the Way”

What day did God's creative acts cease?

Gen 2:1- After the 6th day "the heavens and earth were finished"

Gen 2:2 - "on the seventh day God ended his work which he had made"

The son of man is lord even of the sabbath.



Psalm 8



Gen 2:2

The Sabbath

- A reminder of the relationship between God and creation on the 7th day
- 7th day of creation week without a defined end
- Codified to cause reflection on the garden and time in Egypt
- Dedicated time to set aside personal ambitions and focus on God
- Rest for all i.e. care for the marginalized
- Reminder that the Lord had redeemed them

- sign of their allegiance to Yahweh and the covenant
- set as a tool to help prevent a shift to idolatry
- 1st century Judaism has debates and conflicts over application of the sabbath
- Jesus showed it is a time to bring a taste of the kingdom into the lives of the poor, the sick, the needy
- The sabbath is a tool, one that Jesus used, to help man in his service to God

Are followers of Jesus bound to the sabbath?

Why do some Christians say we must keep sabbath?

Is there a roll for “sacred time” in our lives?

Incorrect Defense of the Sabbath Freedom?

1. Sunday replaced sabbath as the Lord's Day
 - early Christianity emphasizing first day of the week does not inherently negate the law of sabbath
2. "Son of man is lord of the sabbath."
 - title applies to all mankind not Jesus
3. Jesus never commanded us to keep the sabbath
 - as a first century Jew, under the law, obeying sabbath was assumed

Paul's Arguments

1. Sabbath was part of ceremonial law that was a shadow
-Col 2:12-17;
2. Observance of specific days was personal and designed for spiritual benefit but not absolute
-Rom 14:4-9

Arguments Used For Keeping

1. Sabbath Pre-dates the law of Moses
 - Animal sacrifice, circumcision, clean/unclean
 - Sabbath is not a commandment until Moses
 - Jews recognize sabbath as connecte to the law, not applicable to all mankind - Noahide laws

Noahide Laws (7 Laws of Noah)

1. Do not deny God (no idolatry).
2. Do not murder.
3. Do not steal.
4. Do not engage in sexual immorality.
5. Do not blaspheme.
6. Do not eat of a live animal (no eating flesh taken from an animal while it is still alive).
7. Establish courts and legal systems to ensure obedience of these laws.

Arguments Used For Keeping

1. Sabbath Pre-dates the law of Moses
2. 10 Commandments are eternal, moral law
 - sabbath commandment not reiterated in NT
 - silence does have weight as it would be a major change for Gentile converts

No other gods - 1Cor. 5:10–11; 6:9; 10:7, 14; Gal. 5:20; Eph. 5:5; Col. 3:5; 1 Thess. 1:9; 1 John 5:21; Rev. 9:20; 16:2; 20:4; 21:8; 22:15

No graven images - Rom 1:23, Acts 17:16

Not take the name of the Lord in vain - 1 Timothy 1:13, 20; James 2:7; 2 Peter 2:12; Jude 10;

Sabbath -

Honor your father and mother - Eph 6:1-3; Rom. 1:30; 1 Tim. 1:9; 2 Tim. 3:2;

Not murder - Rom. 1:29; 13:9; 1 Tim. 1:9; James 2:11; 4:2; 1 John 3:12, 15;

Not commit adultery - Rom. 1:26–27; 2:22; 1 Cor. 5:1–5; 6:9, 13–20; 7:2; 10:8; Gal. 5:19; Col. 3:5; 1 Thess. 4:3; 1 Tim. 1:10; Heb. 12:16; 13:4; James 2:11; 2 Pet. 2:14;

Not steal - Rom 13:9; Eph 4:28; 1 Cor. 5:11; 6:10; Heb. 10:34; Titus 2:10; James 5:4;

Not bear false witness - Romans 1:30; Ephesians 5:3–4; Colossians 3:8–9; 1 Timothy 1:10; 5:13; James 4:11; 1 John 1:6; 2:4, 21, 27; 2 John 7

Not covet - Rom 13:9 ; Rom. 1:29; Col. 3:5; 1 Tim. 6:5–10, 17–18; Heb. 13:5; James 4:2; 2 Pet. 2:14;

Arguments Used For Keeping

1. Sabbath Pre-dates the law of Moses
2. 10 Commandments are eternal, moral law
3. Types are only removed once fulfillment has come
 - proposed by Adam Clarke
 - Colossians would argue against
 - Jesus offers us “rest”, “peace”, unity with God.

Sacred Time in Our Lives

1. Did Jesus find sabbath, sacred time beneficial
- "Practicing the Way" - John Mark Comer
2. Sacred Time helps reorient our relationship to the world
- man is strongly connected to the physical
- "subdue it, have dominion over it" (Gen 1:28)
- Time is the realm of God

“The meaning of the Sabbath is to celebrate time rather than space. Six days a week we live under the tyranny of things of space; on the Sabbath we try to become attuned to holiness in time. It is a day on which we are called upon to share in what is eternal in time, to turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world.”

-"The Sabbath"- Abraham Joshua Heschel

“To set apart one day a week for freedom, a day on which we would not use the instruments which have been so easily turned into weapons of destructions, a day for being with ourselves, a day of detachment from the vulgar, of independence of external obligations, a day on which we stop worshipping the idols of technical civilizations, a day on which we use no money, a day of armistice in the economic struggle with our fellow men and the forces of nature is there any institution that holds out a greater hope for man’s progress than the Sabbath?

The solution of mankind's most vexing problem will not be found in renouncing technical civilizations, but in attaining some degree of independence from it.” pg - 28

What does Sabbath Look Like in Our Lives?

1. Putting aside our ambitions for “dominion” and “subdue” - rest
2. Independence from ‘technical civilization.’
3. Service - helping others find rest
4. Rejoice in God’s creation- “walk in the garden”
5. Time of Community
6. Time to focus on God, His Son and His word
7. Purposeful - submitting our time to God.

“The Sabbath is a reminder of the two worlds– this world and the world to come; it is an example of both worlds. For the Sabbath is joy, holiness, and rest; joy is part of this world; holiness and rest are something of the world to come.” - pg 19.