

SYNOPSIS OF THE SABBATH

by Edwin M. Cotto

www.adventistdefenseleague.com

INTRO: This will be a brief synopsis of the biblical Sabbath. I will demonstrate evidence for Sabbath keeping from Genesis to the New Earth and then return to answer objections.

SECTION 1: THE SABBATH IN THE BEGINNING

1. Genesis 2:2-3: God rested on, blessed and sanctified the seventh day
 - Since God does not weary (Isa. 40:28) and is already sanctified
 - The only reasonable conclusion is that he sanctified it for mankind.
 - In fact, Jesus himself says that the Sabbath was “made for man” in Mark 2:27.

2. Patriarchs Kept the commandments and the Sabbath:
 - **Adam:** Mark 2:27 (cf. Acts 17:26).
 - **Noah:** 2 Peter 2:5 (cf. Psalm 119:172).
 - **Abraham:** Genesis 27:5.
 - **Isaac and Jacob:** Because Abraham would teach his sons (Gen. 18:19).
 - **Moses** instructed to keep and command the Sabbath: Exodus 16.
 - **Pharisees, Scribes and Saducees** make the Sabbath a burden.
 - **39 Sabbath laws** attached to the Sabbath described in the Talmud (see list).
 - **Jesus:** Nevertheless, Jesus kept the true Sabbath.

3. His apostles kept the Sabbath:
 - **Paul and his companions** kept the Sabbath (Acts 13:14)
 - **Even Luke** kept the Sabbath with Paul (Acts 16:13 “we”).
 - **Gentiles:** As prophesied in Isaiah 56, kept the Sabbath (Acts 13:42, 44, 17:2-4).

4. New Testament Supports Sabbath keeping:
 - **Romans 13:8-10:** Love is the keeping of the Ten Commandments, including the Sabbath.
 - **1 Cor. 7:19:** Circumcision is nothing, but the keeping of the commandments of God.
 - **Ephesians 6:2:** Obey the fifth commandment.
 - **2 Cor. 6:9-10:** Forbids idolatry, stealing, adultery, coveting.
 - **Hebrews 4:9-10:** There remains a Sabbath rest for the people of God.
 - **EXPLAIN:** “sabbatismos” and look closely at verse 10 “also...”

SYNOPSIS OF THE SABBATH

by Edwin M. Cotto

www.adventistdefenseleague.com

5. Sabbath keeping beyond:

- Early Christian's kept the Sabbath.
- **Matthew 24:20:** Jesus implied Sabbath keeping 40 years later.
- Christian's who fled to Pella kept the Sabbath.
- **Revelation 1:10:** The "Lord's Day" proves there was still a special day belonging to Christ.
- Sabbath keeping from the first century until now.
- **Isaiah 66:23:** Sabbath keeping on the New Earth.

Now let's look at some of the most common objections to this view along with both **how** to respond and **what** to respond

CLASSWORK QUIZ:

1. Which text(s) would you go to, to prove that the Sabbath began at creation?

2. The fact that Adam kept the Sabbath, and that he and all the patriarchs were at some point contemporaries, what does not indicate?

3. Name the four contextual keys to interpret Colossians 2:16:

4. What verses prove that the "Lord's Day" is the Sabbath and not Sunday?
