



Some preachers and Christians groups insist that Sabbath keeping is required of Christians. They often go so far as to say that unless a person faithfully observes a weekly Sabbath day, they have no relationship with God. They claim that Christians must observe a weekly Sabbath like the ancient Israelites did under the Old Covenant. If a person doesn't do this, they assert, that person cannot gain eternal life. Notice what one such very devoted sabbath keeper promotes:

*Sabbath keeping promoter— “So is the law of the Sabbath now no longer obligatory because it is not mentioned in the NT? Many arguments believe this is to be so. The Sabbath is no longer ‘binding?’ Some contend it has been incorporated in the, ‘**forsake not the gathering of yourselves together.**’ Also a Word from the Apostleship. But is **Saturday** the Sabbath revealed to Moses on a six day work, rest one by the Gregorian Calendar the obligatory Sabbath or even **SUNday**? **No.** However, one day in seven is a Sabbath as commanded by Yahweh as revealed to Moses. The Decalogue remains intact as given by Yahweh to Israel.”*

What does the Bible say?

Notice that he gives no scriptures to support his assertion that the Sabbath is binding on Christians.

“Christ is the end of the law”—Romans 10:4 NAB

In fact, **“the whole law is fulfilled in one statement, namely, you must love your neighbor as yourself” (Galatians 5:14 NAB)**

“He cancels the first covenant in order to put the second into effect”—Hebrews 10:9 NLT

The covenant with Israel, was canceled.

“So if the old way, which has been replaced, was glorious, how much more glorious is the new, which remains forever!”—2 Corinthians 3:11 NLT

What is “the old way, which has been replaced”? The Bible tells us:

**“ . . . the old covenant, because through Christ it is taken away”—2
Corinthians 3:14 NAB**

**“Christ himself has brought peace to us. He united Jews and Gentiles into one
people”—Ephesians 2:14 NLT**

“Abolishing the law with its commandments”—Ephesians 2:15 NAB

What is **“the second”** that he puts **“into effect”** (**Hebrews 10:9**)?

“Christ” is the **“the mediator of a new covenant”** (**Hebrews 10:9**).

The New Covenant replaced the Old Covenant.

**“Let no one, then, pass judgment on you in matters of food or drink or with
regard to a festival or new moon or SABBATH”—Colossians 2:16 NAB**

Since the Old Covenant has been replaced by the New Covenant, and no one is to judge us in regard to the sabbath, does that mean that Sabbath keeping is not required of Christians? Yes! That’s exactly what it means!

**“One person considers one day more sacred than another; another person
considers every day alike. Each of them should be fully convinced in their own
mind”—Romans 14:5 NIV**

Under the covenant that governs Christians, the New Covenant, Sabbath keeping is optional. It is not required. However, scrupulously slaving to keep various requirements of the Old Covenant is described as **“observing days, months, seasons and years”** (**Galatians 4:10 NAB**), and such effort is described being **“in vain”** (**Galatians 4:11**

NAB).