

The Sabbath was a day of rest on Saturday.

The Sabbath was also a sign of the Mosaic covenant just like circumcision was the sign of the Abrahamic covenant.

Not observing the Sabbath in the Old Testament meant that a person was rejecting the covenant God had made with Moses.

The Sabbath was also a shadow (like sacrifices etc.). What did it shadow? It shadowed a time when God would give his people rest forever in his presence. Every week the Israelites celebrated a Sabbath while waiting for the ultimate Sabbath. (Just like every day they made sacrifices waiting for Jesus the ultimate sacrifice).

For Christians we experience God's rest now through his Spirit but we will also experience God's rest when Jesus comes again and makes a new heaven and earth.

So Christians don't observe the Sabbath for the following reasons:

- The Sabbath was a sign of being under the Mosaic covenant and we are not under the Mosaic covenant but under Jesus' new covenant.
- The Sabbath was a shadow pointing to something greater and in the Spirit we have some sense of that now e.g. Jesus said, "Come unto me all you who are heavy laden and I will give you rest".

So Sunday is not the Sabbath.

The reason Christians gather on Sundays, instead of Saturdays like the Jews do in the synagogues, is because Sunday was the day of resurrection. It isn't because Saturdays have been put onto Sundays but rather a whole new celebration of the resurrection (with no connection to pagan stuff at all).

In the Roman Empire I think they had a ten day week and no weekend but the Christians met on Sunday nights (after work).

Perhaps some Jewish Christians treated Saturdays as special and maybe some Christians treated Sunday as a special day. Paul however said, "Let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. These are a shadow of the things to come, but the substance belongs to Christ" (Colossians 2:16-17) and "One man considers one day more sacred than another; another man considers every day alike. Each one should be fully convinced in his own mind. He who regards one day as special, does so to the Lord. " (Romans 14:5-6).

My opinion is:

- We should recognise that Sunday is not a new Sabbath day
- We should recognise that the Sabbath was part of the mosaic covenant that is not binding on Christians because we have something of the reality of the shadow through Jesus
- People are free to treat days as special or ordinary as long as they do so for God's glory and do not impose their choices on others

- Christians should appreciate the 2000 years of Christians meeting on the Lord's day in recognition of that crucial defining resurrection event and acknowledge that day by gathering with others
- The principle of a day of rest is probably a wise thing to do. The fact that God gave the instruction about a day of rest shows that God views a day of rest in his presence as a good thing. We are free to have rest on any day but whatever day we choose we should rest in God's presence, thankful for the rest opportunity and glorifying him in that.

The Lord's Day i.e. The first day of the week = Sunday

(Act 20:7) On the first day of the week, when we were gathered together to break bread, Paul talked with them, intending to depart on the next day, and he prolonged his speech until midnight.

(1Corinthian 16:2) On the first day of every week, each of you is to put something aside and store it up, as he may prosper, so that there will be no collecting when I come.

(Revelation 1:9-10) I, John, your brother and partner in the tribulation and the kingdom and the patient endurance that are in Jesus, was on the island called Patmos on account of the word of God and the testimony of Jesus. I was in the Spirit on the Lord's day ...