

Is Observing the Sabbath Required?

(Student Copy)

Introduction: Read *Exodus 20:8–10*.

Definitions

- **Hermeneutics** – From the Greek word **εἰρμηνευω**, meaning “to interpret, to explain.” It is the science (principles) and art (task) of Biblical interpretation.
- **Exegesis** – the application of the principles of hermeneutics to discover the meaning of the text in its original setting.
- **Exposition** – setting forth the meaning of the text in a public presentation, whether oral or written.

The first mention of man observing the Sabbath isn't until ***Exodus 16:23***. While it's true God himself rested (from creating) we learn that in ***Genesis 2:3***. God did not rest because he was tired. God rested because he saw that what He created was not only good, but very good.

Content Covered in This Lesson:

Familiarize yourself with these Scriptural references below:

1. So to _____ was the Sabbath law given?

Genesis 2:3; Exodus 16:23; Exodus 31:12–17

2. The New Testament Records the Transition from Sabbath to the _____ for the believers in Christ.

Acts 3:1; (Romans 14:4-6); Colossians 2:16; Matthew 28:1; Mark 16:2; Luke 24:1; John 20:1; Hebrews 10:25.

3. The Lord's Day Is Not a _____ Sabbath.

Deuteronomy 5:15; Acts 2:46–47; Matthew 12:5;

John 7:23; Revelation 1:10.

4. We Honor the _____ of the Lord's Day.

Isaiah 29:13 cf.; Matthew 15:8–9; Hebrews 12:28–29; Psalm 51:15–17.

Matthew 12:8; Gen. 1:5; Heb. 10:24-25; 1 Cor. 16:2.

Meditation/Reflection/Application

So, how do we honor the Lord's Day?

1) By _____ that the Lord's Day begins the previous evening.

2) By _____ into teaching, fellowship, self-examination, prayer with other Christians at church.

3) By _____ as God directs and blesses. By making it a day of spiritual refreshment and physical rest

Note the basis of these principles: **Gen. 1:5; Heb. 10:24-25; 1 Cor. 16:2.**