

Is the Sabbath Still the Sabbath?

The Seventh Day, Yeshua, Paul, Sunday—and the Day Yehovah Made Holy

A printable companion for tracing the Sabbath from creation through Torah, the prophets, Yeshua, Acts, Paul, Hebrews, and the first-day passages.

Use this packet beside the full Bible study. Write the verses. Test the claims. Show your work.

Don't take my word for it—Open your Bible.

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BEFORE YOU STUDY

What Do I Believe Right Now?

Write your present understanding before you begin. You can return to this page at the end.

Which day is the biblical Sabbath?

Is Sabbath still relevant for believers in Yeshua? Why or why not?

If you believe Sabbath changed to Sunday, where do you believe Scripture records that change?

If you believe seventh-day Sabbath continues, what passage most strongly shapes that belief?

What emotions or assumptions do you already bring into this topic?

CREATION

Start Before Moses

Read Genesis 2:1–3.

Who blesses the seventh day?

Who makes the seventh day holy?

Were there Israelites yet?

Was there a Sinai covenant yet?

What does Genesis itself establish about the seventh day?

Read Genesis 2:1–3 again and list the actions Yehovah takes in the passage.

Why does it matter that the seventh day appears before Sinai?

RHYTHM AND TRUST

Before Sinai, Israel Learns the Pattern

Read Exodus 16:22–30.

What happens on the sixth day?

What do some people try to do on the seventh day?

How does Yehovah respond?

What is Sabbath teaching Israel about trust and provision?

Write the rhythm you see in Exodus 16.

Six days: _____

Seventh day: _____

Why is Exodus 16 important in the overall Sabbath conversation?

THE FOURTH COMMANDMENT

Remember the Sabbath

Read Exodus 20:8–11.

According to the commandment, which day is Sabbath?

What reason does Yehovah give for the pattern?

Does Exodus 20 ground Sabbath in creation or only in Sinai?

Who is included in the command to rest?

What does that tell you about the social and household meaning of Sabbath?

Write a one-sentence summary of Exodus 20:8–11 in your own words.

CREATION AND REDEMPTION

Deuteronomy Adds Freedom

Read Deuteronomy 5:12–15.

What additional reason does Moses give for Sabbath here?

What does Sabbath teach Israel to remember about Egypt?

Why is it significant that servants and animals also rest?

Complete the sentence.

Sabbath remembers **creation** in Exodus 20 and _____ in Deuteronomy 5.

How does Deuteronomy deepen your understanding of Sabbath?

SIGN AND COVENANT

Sabbath and Israel

Read Exodus 31:12–17.

What does Yehovah call Sabbath in this passage?

Between whom is Sabbath a sign?

Why is this passage important for the debate about Sabbath under the New Covenant?

Write both truths side by side.

Before Israel existed, the seventh day was:

Within the Sinai covenant, Sabbath also became:

How might both statements be true at the same time?

GATHERING, FOREIGNERS, AND DELIGHT

Leviticus and Isaiah

Read Leviticus 23:1–3; Isaiah 56:1–8; Isaiah 58:13–14; Isaiah 66:22–23.

According to Leviticus 23, what other element is associated with the weekly Sabbath?

What do you notice about foreigners in Isaiah 56?

What word does Isaiah 58 use to describe Sabbath?

How does that challenge joyless or crushing views of Sabbath?

How does Isaiah 66 portray Sabbath in a future-looking setting?

What do these passages add to the overall Sabbath picture?

YESHUA AND THE SABBATH

What Does the Lord of the Sabbath Do With It?

Read Mark 2:23–28; Matthew 12:9–14; Mark 3:1–6; Luke 13:10–17.

In Mark 2:27, what does Yeshua say Sabbath was made for?

What does it mean that Yeshua calls Himself Lord of the Sabbath?

When Yeshua heals on Sabbath, what question does He ask about what is lawful?

Does Yeshua treat Sabbath as evil, or does He argue about how it should be understood and practiced?

What themes keep appearing in Yeshua's Sabbath teaching?

How should Yeshua's example shape the way you think about mercy, healing, and human need on Sabbath?

HARDER GOSPEL QUESTIONS

John 5 and Matthew 24

Read John 5 and Matthew 24:15–22.

In John 5, what action leads to controversy?

How do Yeshua's defenses in the Synoptic Gospels help you think about the accusation in John 5?

Why might Matthew 24:20 be significant in a Sabbath discussion?

What questions does Matthew 24 raise for you?

DEATH, RESURRECTION, AND CALENDAR

Sabbath and the First Day

Read Luke 23:50–56; Luke 24:1; John 20:1, 19.

In Luke's sequence, what comes first: preparation day, Sabbath, or first day?

What do the women do on Sabbath?

On what day do they go to the tomb?

What does Luke keep clearly distinct?

What is significant about the first day in the resurrection story?

Can you find a verse in these passages that explicitly transfers Sabbath holiness to the first day?

SABBATH IN ACTS

The Apostolic Pattern

Read Acts 13:13–44; Acts 16:11–15; Acts 17:1–4; Acts 18:1–11.

Where does Paul regularly reason and teach?

What day repeatedly appears in these passages?

In Acts 13, when the Gentiles want to hear more, when do they gather again?

How much of Paul's pattern might be explained by missionary strategy?

What can these passages clearly prove?

What can they not prove by themselves?

FIRST-DAY PASSAGES

Sunday Gathering and What It Does—And Does Not—Prove

Read Acts 20:7–12 and 1 Corinthians 16:1–4.

What happens in Acts 20 on the first day of the week?

What happens in 1 Corinthians 16 on the first day of the week?

What do these passages clearly establish about the first day?

Do either of these passages call the first day “Sabbath”?

Do either explicitly say the holiness of the seventh day has been transferred?

Write the distinction clearly.

A first-day gathering proves: _____

A first-day gathering does **not automatically** prove: _____

THE LORD’S DAY AND HISTORY

Revelation 1 and Early Christian Practice

Read Revelation 1:9–10.

What phrase does John use?

Does the verse itself say “Sunday”?

What are some possible interpretations of “the Lord’s Day”?

Why is it helpful to distinguish between church history and biblical command?

What can church history help us understand?

What can church history not do all by itself?

COLOSSIANS 2

One of the Biggest Passages in the Discussion

Read Colossians 2:8–23. Read the whole chapter, not just verses 16–17.

List the issues Paul mentions in the chapter.

Who appears to be doing the judging in verses 16–23?

What practices or attitudes characterize those people?

What sacred-time words appear in verses 16–17?

What does Paul call them?

Does Paul explicitly say, “Stop keeping Sabbath”?

Write the strongest anti-continuity reading of Colossians 2.

Write the strongest continuity reading of Colossians 2.

Which reading currently seems stronger to you, and why?

ROMANS 14

Which Days?

Read Romans 14:1–15:7.

What issue appears first in the chapter: days or food?

What is unusual about one group’s eating pattern?

Does Paul explicitly use the word “Sabbath” in Romans 14?

What are the two main ways interpreters understand “one person esteems one day above another”?

What details in the chapter make you cautious about forcing a quick answer?

If you identify the “day” as Sabbath, what are you assuming beyond the explicit wording of the text?

GALATIANS 4

Days, Months, Seasons, and Years

Read Galatians 4:8–11.

What does Paul say the Galatians were enslaved to before knowing God?

What phrase suggests movement back toward an earlier kind of bondage?

What time markers does Paul mention?

Does the passage explicitly use the word “Sabbath”?

Why is the phrase “back again” important to the interpretation?

Write the strongest case that Paul is condemning adoption of the Jewish sacred calendar.

Write the strongest reason some interpreters think something broader is happening.

HEBREWS 3–4

A Sabbath-Rest Remains

Read Hebrews 3–4.

What themes are woven together in these chapters?

What word appears in Hebrews 4:9?

What does your translation do with that word?

According to Hebrews, what still remains for the people of God?

How does Hebrews connect creation's seventh day with a greater future rest?

What are the two major ways interpreters understand the relationship between weekly Sabbath and this greater rest?

Which reading do you currently find more persuasive, and why?

BUILD THE EVIDENCE

Put the Whole Picture Together

Fill in each section with your clearest summary.

Before Sinai (Genesis 2; Exodus 16):

Sinai (Exodus 20; Deuteronomy 5; Exodus 31):

Prophets (Isaiah 56; 58; 66):

Yeshua (Mark 2; Matthew 12; Luke 13; John 5):

Death and resurrection (Luke 23–24; John 20):

Acts:

First-day passages:

Pauline difficult texts:

Hebrews 4:

TEST THE CLAIMS

Slow Down and Check the Statements We Hear

Respond briefly to each statement.

“Sabbath began at Sinai.”

“Sabbath was only ever for ethnic Jews.”

“Yeshua broke Sabbath to abolish it.”

“The resurrection changed Sabbath to Sunday.”

“Acts 20 proves Sunday became Sabbath.”

“Colossians 2 obviously abolishes Sabbath.”

“Romans 14 plainly says Sabbath is optional.”

“Galatians 4 plainly condemns biblical Sabbath.”

“Hebrews 4 says Yeshua replaced Sabbath.”

TEST THE SABBATH-KEEPER TOO

Avoid Bad Arguments on Both Sides

“If someone does not keep Sabbath, they cannot be saved.”

“Sunday worship is sinful.”

“Every later Jewish Sabbath rule came directly from Yehovah.”

“If Sabbath continues, every Mosaic civil penalty must continue.”

“Nothing changed about Sabbath under the New Covenant.”

What errors are you most tempted to make in this discussion?

COFFEE BREAK REFLECTION

Pause and Talk It Through

Answer conversationally, not academically.

What has surprised you most in this study so far?

What have you always assumed about Sabbath that now feels less certain?

Why do you think people can argue passionately for Sunday worship yet struggle to point to a Sabbath-transfer verse?

Why do you think so many believers fight hard for the right to never stop?

If you pictured Sabbath less as a burden and more as a gift, what might change in your attitude?

FINAL RESPONSE

So... Is the Sabbath Still the Sabbath?

Use this page to state your conclusion clearly.

What day does Scripture consistently identify as Sabbath?

Does Scripture explicitly transfer Sabbath holiness to Sunday?

What seems to continue from the biblical witness?

What seems to change under the New Covenant?

How does Yeshua shape the way you now think about Sabbath?

How do Colossians 2, Romans 14, Galatians 4, and Hebrews 4 affect your conclusion?

What do you believe now, and which passages most strongly shaped that conclusion?

PRAYER AND APPLICATION

What Will I Do With What I Learned?

Write a prayer or response to Yehovah.

If you believe the seventh day remains the Sabbath, what practical changes might you make?

If you are still unsure, what passages do you need to revisit?

How can you pursue truth without pride, fear, or contempt for other believers?

NOTES

Extra Space

NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.