

Lesson 11: The Gospel and the Sabbath

There is much that can be said about this church doctrine. There are many proof texts that we could use to prove why we should keep the Sabbath. We could even spend time discussing the historical reasons as to why Christians worship on Sunday, and who was responsible for that. Much of that information can be found in any typical Seventh-day Adventist bible study.

Our approach in this lesson will begin with assuming you already know those doctrinal points. It is important to be able to share those doctrinal proof texts as we call them,

However, our objective in this lesson is to first be able to demonstrate the importance of the Sabbath as it relates to the gospel. Then, the doctrinal points and historical and prophetic implications of the Sabbath will make much more sense to any bible student.

1. Let us look at the first thing that the Sabbath was a reminder of.

Genesis 2:1-3 “Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He _____ on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He _____ from all His _____ which God had _____ and made.”

We say that the Sabbath is a memorial to creation because the 7th day was created solely to remember what he had created in the previous six days.

In the Genesis text what is the central theme?

2. With the idea of resting from one’s works, let us look into the second thing the Sabbath is a reminder of. Long after the creation of the Sabbath, about 2500 years later, the people of God became slaves in the Land of Egypt. Then God raised up Moses to deliver them from their slavery.

Deuteronomy 5:15 *“And remember that you were a _____ in the land of Egypt, and the Lord your God _____ you out from there by a mighty hand and by an outstretched arm; therefore the Lord your God commanded you to keep the Sabbath day.”*

- As we have already stated the Sabbath was part of the original creation, however, God gives it an added meaning at the time of Israel’s deliverance from the slavery of Egypt

A. What does God call this freedom from slavery in **Deuteronomy 7:8**?

“but because the Lord loves you, and because He would keep the oath which He swore to your fathers, the Lord has _____ you out with a mighty hand, and _____ you from the house of bondage, from the hand of Pharaoh, king of Egypt.”

B. In Deuteronomy the Sabbath is used as a symbol for **redemption from slavery**.

What does Paul say about spiritual slavery? **Romans 6:6**

- How does Paul tie together redemption and our justification?

Read Romans 3:24 (NKJV)

“being _____ freely by His grace through the _____ that is in Christ Jesus,”

C. How does Paul use the symbol of the Sabbath in Hebrews?

Read Hebrews 4:1 *“Let us therefore fear, lest, a promise being left us of entering into His _____, any of you should seem to come short of it.”*

For a better understanding of what is meant by the word “rest”, read in the SDA Bible Commentary **Hebrews 3:11** commentary. This will give you a solid understanding on the arguments made in Chapters three and four about resting and the Sabbath.

Here is a summary of that commentary:

God offered the people of Israel rest by promising them the Land of Canaan. But because of their rebellion, they did not enter that rest, but wandered forty years, and then died in the desert. Then Joshua did bring them to the promised land, and they entered into it literally; but still the spiritual aspects of entering that rest they did not enter in to because of the same rebellion, i.e. idolatry.

Then again, the offer of entering that rest was repeated in the time of David; but, yet again, they still did not enter into spiritual rest. In other words, entering into the rest was God’s desire for them to become a nation that brought salvation to the world through a knowledge of the coming redemption in the Messiah. They never entered into God’s spiritual desire for them, but they continued to fall back on a works-oriented concept of salvation.

- **Read Hebrews 4:2**

“For unto us was the _____ preached, as well as unto them: but the word preached did not profit them, not being mixed with _____ in them that heard it”.

Here in verse two it is clear that Hebrews three and four are clearly talking about the Gospel and faith in it, or the work of Salvation in the merits of Jesus Christ.

- **Read Hebrews 4:3**

“For we which have _____ do enter into _____, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.

Here we see that believing in the Gospel is what is meant by entering into his rest.

- **Read Hebrews 4:4**

“For he spake in a certain place of the _____ day on this wise, And God did rest the seventh day from all His works.

- **Read Hebrews 4:5**

“And in this place again, If they shall enter into my rest.

- **Read Hebrews 4:6**

“Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of _____”

Here is our first hint of the Sabbath being used as more than just a **memorial to creation** but also as a symbol of **resting in the gospel**, rather than our own works

- **Read Hebrews 4: 9-10:**

There remaineth therefore a _____ to the people of God. For he that is entered into his _____, he also hath ceased from his own _____, as God did from _____.

Here is the punchline of the entire chapter, and that is that entering into the **Sabbath rest** is a symbol and reminder that we have entered into that **spiritual rest**, and we have ceased from laboring to save ourselves, and rest in Christ to save us.

Therefore the Sabbath is a sign of our **justification** or our redemption.

3. What is another gospel them the Sabbath is a sign of?

- **Read Exodus 31:13**

“Speak thou also unto the children of Israel, saying, Verily my Sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye

may know that I am the Lord that doth _____ you.”

- The Sabbath is a sign of our Sanctification.
- Sanctification is the process whereby we are set apart for holiness. Sanctification is the process of being changed, and recreated in the image of God, therefore, as He is our Creator. He is also our re-creator, or our Sanctifier.

A. Read Genesis 1:27 and compare it to **Ephesians 4:24**

Discuss the correlation between the two texts as they relate to Sanctification.

4. Finally, the Sabbath is a symbol of one more thing. Read Isaiah 66:22-23

The Sabbath is also a sign or reminder of **Eternity**. It is a reminder that Jesus has promised to return and take us to our Eternal Home.

A. The Sabbath is the great sign of the **Gospel**. It signifies who we are created by, whom we have been justified by, whom we have been sanctified by and whom is coming back to save us.

E.J. waggoneer: *“The Sabbath is the grand fulcrum for the lever of faith, which lifts the soul to the heights of God’s throne, to hold communion with Him”*

B. For further consideration let’s look at the word “Sabbath” itself.

In proto Hebrew, each symbol carried a particular meaning. It was a pictographic language with symbols carrying particular meanings, and the word was a picture that conveyed a very concrete meaning.

S/AB/BATH

Sha = Eternal one

Ab = Father

Bath = sign of

The Sabbath literally means **eternal sign of the Father**. Now, we see the Sabbath's deeper meaning.

5. Read Revelation 7:1-3. What is this seal traditionally thought to be?

A. While it is true that the Seal of God is the Sabbath, it would be a crime to think we are only talking about a matter of worshipping on the right day. The Sabbath Seal is inclusive of the entire Gospel message. People are sealed because they not only recognize their **Creator**, but their **Justifier** and **Sanctifier**, and one whom they shall live in Eternity with.

Thought questions: In order to be sealed, and in light of these lessons, how has your understanding of what it means to be sealed deepened?

What might be some areas of concern in your life that need to be addressed in order to receive the Seal of God?

B. How might your Gospel experience be enhanced each Sabbath?

Exercise: This Sabbath concentrate on the four points of the Sabbath as we have looked at them. Try to divide your Sabbath hours up by reflecting on each thing the Sabbath is a sign of and reflect on your experience.

1. Memorial to Creation
2. Redemption from slavery
3. Justification
4. Sanctification