

“Honoring the Sabbath in Christ”
Colossians 2:16-17, Pt. 2

I. Let no one condemn you regarding festivals or new moon celebrations.

- A. Paul referred to the Jewish festival calendar of the Old Testament (OT).
- B. Believers in Christ are not obligated to observe such things.

II. Let no one condemn you regarding how you observe the Sabbath.

A. The two major Sabbath viewpoints today:

- 1. The “Westminster View” (WV) – Sunday *is* the Christian Sabbath.
- 2. The “Sunday is *Not* the Old Testament Sabbath” View (SnOTSV) – Believers are *not* required to rest on a particular day, if at all.

B. The two viewpoints and Col. 2:16-17:

- 1. The SnOTSV side would find confirmation in Col. 2:16-17, also pointing to:

Romans 14:5 - One person regards one day above another, another regards every day alike. Each person must be fully convinced in his own mind.

- 2. The WV would argue that Paul is *not* referring to *weekly* Sabbaths, but to other special Sabbaths associated with the OT feasts.

C. Evaluating both viewpoints:

- 1. A strength of the WV is its appeal to the Sabbath in Genesis 1.
- 2. Yet the WV’s interpretation of Col. 2:16-17 is tenuous in that the same language *does* refer to the *weekly* Sabbath in the OT:

2 Chronicles 2:4 - Behold, I am about to build a house for the name of the Lord my God, dedicating it to Him, to burn fragrant incense before Him and to set out the showbread continually, and to offer burnt offerings morning and evening, on sabbaths (Num. 28:9-10) and on new moons and on the appointed feasts of the Lord our God, this being required forever in Israel. (2 Chron. 8:13, 31:3; Neh. 10:33)

- 3. The WV does not adequately account for Heb. 4:1-11.

Hebrews 4:3–5 - ³ For we who have believed enter that rest, just as He has said, “As I swore in My wrath, They shall not enter My rest,” although His works were finished from the foundation of the world. ⁴ For He has said somewhere concerning the seventh day: “And God rested on the seventh day from all His works”; ⁵ and again in this passage, “They shall not enter My rest.”

- a. People now enter God’s rest by faith in Christ.

Hebrews 4:9–10 - ⁹ So there remains a Sabbath rest for the people of God. ¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His.

b. In the New Covenant, Sabbath rest is belief in Jesus alone.

Of its [the Sabbath's] abrogation indeed he does expressly speak, for this is not his subject, but by teaching them [Jewish Christians] that the [Sabbath] rite had a reference to something else, he gradually withdraws them from their superstitious notions. For he who understands that the main object of the [Sabbath] precept was not external rest or earthly worship, immediately perceives, by looking on Christ, that the external [Sabbath] rite was abolished by his coming; for when the body appears, the shadows immediately vanish away.

Calvin, J., & Owen, J. (2010). [Commentary on the Epistle of Paul the Apostle to the Hebrews](#) (p. 99). Bellingham, WA: Logos Bible Software.

- D. The sum of the Biblical data: While the 1-in-7 rest principle of creation still stands, the specific *Mosaic* Sabbath requirements have passed away.
- E. How do we keep the Sabbath in the New Covenant?
1. By resting and giving rest one day in seven, preferably on the agreed day of Christian worship.
 2. By not allowing ourselves to be judged, or by judging others, for Sabbath observance or the lack thereof (Col. 2:16)
 3. By continuing to rest in Christ through faith alone.