

# Study QUESTIONS

## Ep. 1127: What Does the Sabbath Look Like for Christians?

<https://christianquestions.com/doctrine/1127-sabbath/>

See:  CQRewind  
SHOW NOTES

1. What was the purpose of the sabbath and why was it so important in the Old Testament? (See Genesis 1:31, 2:1-3, Exodus 31:12-17)
2. Why is it less important for Christians to follow the sabbath in the same way Israel did? (See Leviticus 23:1-6)
3. What were some other sabbath times instituted by the Jewish Law? How can we incorporate sabbath times in our Christian lives? (See Leviticus 23:16-25)
4. What was Jesus' objective for the Jewish sabbath? How was he "Lord of the Sabbath"? (See Matthew 11:28-30, 12:1-2, 7-14, Mark 2:27)
5. What was the Apostle Paul's perspective of the sabbath's importance to Christians? Why? (See Colossians 2:16-17, Ephesians 1:9-10)
6. What are the differences between Jewish sabbath and Christian sabbath rest? (See 2 Corinthians 5:17-18, Romans 14:5-6,9)
7. What are some practical things we can do during our Christian sabbath rest?
8. How do we enter into God's rest? (See Hebrews 4:3,8-11)
9. What benefits do Christians today have to aid our rest that the Jewish nation did not have in the Old Testament? (See 1 Peter 1:19-20, Ephesians 1:4, Matthew 25:33-34)
10. Why did early Christians choose to gather on Sundays? (See Revelation 1:10, Acts 20:7, 1 Corinthians 16:2)
11. Do you observe the sabbath or sabbath rests? If so, what do you do? If not, why not?