

In the Epistle to the Hebrews chapter four, the author speaks about a “*sabbath rest*” that is available to all professing Christians. This refers to a relationship, where the believer has stopped trying to please God by his own strength and is allowing the Holy Spirit to work through him!

The writer of Hebrews also sees this Sabbath Rest prefigured in the Old Testament observance of the Sabbath Day. In Exodus chapter twenty the Lord commanded observance of the Sabbath Day in the Ten Commandments, where He connected it with the Rest He took on the Seventh Day of Creation.

In Hebrews, we read, “*For those who enter God’s rest also cease from their labours as God did from his.*” The Apostle Paul says the same thing in Colossians chapter two, “*These are only a shadow of what is to come, but the substance belongs to Christ.*”

The New Testament seems to indicate the Jewish Christians celebrated both the Sabbath and the “*Lord’s day*” in the Early Church. However, both the New Testament and some first century Christian and secular sources provide evidence that the Gentile converts did not!

First, in Acts chapter twenty and First Corinthians chapter sixteen we learn the believers gathered "*on the first day of the week.*" Second, at the first ever Church Council, where the question was discussed if Gentile converts should obey the Jewish Law, it was decided that only four observances should be required of them and keeping the Jewish Sabbath was not among them.

Last, there is a hint of non-Jewish believers being called to account for not observing the Sabbath Day in Colossians chapter two, quoted above, but Paul tells them to pay no attention to their critics. However, in Romans chapter fourteen Paul warns believers aware of their freedom in Christ not to condemn those that do!