

Should You Still Observe the Sabbath?

I have been blessed over the years to be invited to speak in churches of many varieties all over the country. When I am given the opportunity to, one of my favorite things to do is to simply open the floor to questions, and one of the most-asked questions is “What about Sabbath?” This question is asked many times, and the reason it is asked is varied. Some just want to know, “Do Messianic Jews still keep the weekly Sabbath? Others want to know “Didn’t Yeshua (Jesus) do away with the Sabbath?” Others ask the question as a challenge: “Isn’t keeping the Sabbath just another form of legalism?” and Others ask, “Isn’t the Sabbath just for the Jews?” or “Isn’t Sabbath Sunday now?”

My favorite question is “Why do you still keep the Sabbath?” and I want to focus on the answer to this question in today’s article. Over the years, I have answered this question many different ways. I used to answer by providing a long list of Scripture references showing that Shabbat was commanded to be remembered and kept for all time. Other times I would point out that the Sabbath was the fourth commandment of the Ten Commandments showing just how important it was to keep the Sabbath. Sometimes I would read Luke 4, where it says attending Sabbath was Yeshua’s custom, or I would read Acts 15, which says Gentiles will hear that Moses taught on the Sabbath.

But I no longer use any of those answers to the “Why do I keep the Sabbath?” question. Instead, I focus my explanation in a completely different direction. I share that I keep the Sabbath because it is a visible way that I can share my faith in the invisible. Let me explain further. The Scripture says in Mark 2:27b (TLV):