

## Lesson 7 | Sabbath, Renewing Ourselves in God

**Objective:** Practicing the observance of the Sabbath as an expression of faith and obedience, recognizing that the Sabbath is an eternal covenant between God and His people, and that its observance is a demonstration of communion and sanctification.

**Biblical Lecture Reading:** Exodus 31:12–17

**Memory Verse:** “Speak also to the children of Israel, saying: 'Surely My Sabbaths you shall keep, for it is a sign between you throughout your generations, that *you* may know that I *am* the Lord who sanctifies you.’”

**Exodus 31:13**

### BIBLICAL TOPIC

The Sabbath is one of the oldest and most significant commandments that God gave to His people. From creation, when the Lord rested on the seventh day after making heaven and earth, He established it as a pattern of order and rest (**Genesis 2:2–3**). Later, when He gave the Law at Sinai, He reaffirmed this principle by commanding that the seventh day of the week be a day of rest dedicated to Him (**Exodus 20:8–10**). The Sabbath is not a human custom, but a perpetual covenant between God and Israel. It's a sign of identity and communion that was to be remembered from generation to generation (**Exodus 31:16–17**).

Throughout the entire Bible, the Sabbath is presented as a divine institution, linked to holiness and to the acknowledgment of God as Creator. Its observance not only had a spiritual purpose, but also a physical and social one allowing rest for: the body, the worker, the foreigner, and even the animals (**Deuteronomy 5:14**). On that day, the people were to set aside their daily activities and devote their time to reflection, gratitude, and worship. It was a way to maintain balance between labor and faith and to remember that everything man has comes from the Lord.

Jesus, in His ministry, never abolished the Sabbath, but restored its original meaning. He taught that the Sabbath was made for the benefit of man, not man for the Sabbath (**Mark 2:27**). During His earthly life, He attended the synagogue every Sabbath to read and teach the Scriptures (**Luke 4:16**), and His disciples did the same after His death and resurrection (**Acts 13:14; 17:2**). Even more, the Apostle Paul, when preaching to the Gentiles, he did so on the Sabbath, showing that the practice remained alive in the early Church (**Acts 18:4**). There is no record in the New Testament indicating that the day of worship was changed.

The change from Sabbath to Sunday was the result of a human decision with no biblical foundation. Over the centuries, some religious leaders sought to separate themselves from the original context and adapted worship to the first day of the week, which they called the “Lord's Day.” However, neither Jesus nor His Apostles authorized such modification. Over time, Sunday became a day of worship established by human decision rather than by divine command. Therefore, any attempt to justify it by appealing to the “resurrection” of Christ or to ideas contrary to the law and the example of the Messiah, lacks support in the Scriptures.

Based on all of this, we understand that the Sabbath is not merely a day of rest, but a divine institution that represents the eternal covenant between God and His people. It is the weekly reminder that God is our Creator, our Sustainer, and our Sanctifier. Keeping the Sabbath is acknowledging the authority of our Heavenly Father over our time, life, and our actions. Each Sabbath, the people of God renew their identity, strengthen their faith, and experience the true rest that comes only from the One who made the Heavens and the Earth.

## CHURCH ACTIVITY

In collaboration with your youth members, organize a biblical forum entitled "The Sabbath: An Eternal Covenant with God." Divide the group into three teams.

- A. The first will explain the origin of the Sabbath and its meaning as a covenant.
- B. The second will present examples of Jesus and the apostles observing the Sabbath.
- C. The third will analyze the historical error of the change to Sunday.

Finally, create a wall summary featuring the text of **Exodus 31:16–17** and the central message: "The Sabbath was not abolished, and the Son of God confirmed it."

## HOME ACTIVITY

Answer and reflect on the following questions and share your answers in the next session:

1. Why is the Sabbath considered a covenant between God and His people?
2. What does Jesus teach about the true way to keep the Sabbath?
3. In what ways can you honor God by dedicating the seventh day to Him?