

Sabbath Rest Class 4 - Jesus is Lord of the Sabbath - 2/18/2026

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Resource Recommendations

- Article: *Why Is the Christian Sabbath on Sunday?*
 - corechristianity.com/resources/articles/why-is-the-christian-sabbath-on-sunday-
- Article: *Why Do Christians Worship on Sunday?*
 - <https://learn.ligonier.org/articles/why-christians-worship-sunday>

Sabbath Rest Defined: 1689 London Baptist Confession of Faith (22.7-8):

- As it is the law of nature, that in general a proportion of time, by God's appointment, be set apart for the worship of God, so by his Word, in a positive moral, and perpetual commandment, binding all men, in all ages, he has particularly appointed one day in seven for a sabbath to be kept holy unto him, which from the beginning of the world to the resurrection of Christ was the last day of the week, and from the resurrection of Christ was changed into the first day of the week, which is called the Lord's Day: and is to be continued to the end of the world as the Christian Sabbath, the observation of the last day of the week being abolished.
- The sabbath is then kept holy unto the Lord, when men, after a due preparing of their hearts, and ordering their common affairs aforehand, do not only observe a holy rest all day, from their own works, words and thoughts, about their worldly employment and recreations, but are also taken up the whole time in the public and private exercises of his worship, and in the duties of necessity and mercy.

Jesus is Lord of the Sabbath

Guiding questions for tonight:

- Is there evidence that the Sabbath transferred to Sunday?
- Was this transfer of days explicitly commanded, or was it simply inferred by example?
- How can that be possible if the Sabbath was a creation ordinance?

Matthew 12:1–16 NASB95

¹ At that time Jesus went through the grainfields on the Sabbath, and His disciples became hungry and began to pick the heads of grain and eat. ² But when the Pharisees saw *this*, they said to Him, “Look, Your disciples do what is not lawful to do on a Sabbath.” ³ But He said to them, “Have you not read what David did when he became hungry, he and his companions, ⁴ how he entered the house of God, and they ate the consecrated bread, which was not lawful for him to eat nor for those with him, but for the priests alone? ⁵ “Or have you not read in the Law, that on the Sabbath the priests in the temple break the Sabbath and are innocent? ⁶ “But I say to you that something greater than the temple is here. ⁷ “But if you had known what this means, ‘I DESIRE COMPASSION, AND NOT A SACRIFICE,’ you would not have condemned the innocent. ⁸ “For the Son of Man is Lord of the Sabbath.” ⁹ Departing from there, He went into their synagogue. ¹⁰ And a man *was there* whose hand was withered. And they questioned Jesus, asking, “Is it lawful to heal on the Sabbath?”—so that they might accuse Him. ¹¹ And He said to them, “What man is there among you who has a sheep, and if it falls into a pit on the Sabbath, will he not take hold of it and lift it out? ¹² “How much more valuable then is a man than a sheep! So then, it is lawful to do good on the Sabbath.” ¹³ Then He said to the man, “Stretch out your

hand!” He stretched it out, and it was restored to normal, like the other. ¹⁴ But the Pharisees went out and conspired against Him, *as to* how they might destroy Him. ¹⁵ But Jesus, aware of *this*, withdrew from there. Many followed Him, and He healed them all, ¹⁶ and warned them not to tell who He was.

Notes

- “But if Jesus regarded the sabbath as purely ceremonial and purely temporary, it is remarkable that he gives so much attention to it in his teaching, and also that in all he teaches about it he never mentions its temporary character. This is even more remarkable when one remembers that he emphasizes the temporary character of other parts of the Old Testament ceremonial—the laws of purity in [Mark 7:14-23](#) and [Luke 11:39-41](#), and the temple (with its sacrifices) in [Mark 13:2](#) and [John 4:21](#). By contrast, ...he seems...to speak of the sabbath as one of the unchanging ordinances for all mankind.”
 - Roger T. Beckwith and Wilfrid Stott, *This is the Day: The Biblical Doctrine of the Christian Sunday in its Jewish and Early Christian Setting* (London: Marshall, Morgan & Scott, 1978), 26.

Matthew 24:20–21 NASB95

²⁰ “But pray that your flight will not be in the winter, or **on a Sabbath**.²¹ “For then there will be a great tribulation, such as has not occurred since the beginning of the world until now, nor ever will.

Don’t miss that Jesus calls himself the Son of Man

Daniel 7:13–14 NASB95

Notes

¹³ “I kept looking in the night visions, And behold, with the clouds of heaven **One like a Son of Man** was coming, And He came up to the Ancient of Days And was presented before Him. ¹⁴ “And to Him was given dominion, Glory and a kingdom, That all the peoples, nations and *men of every* language Might serve Him. His dominion is an everlasting dominion Which will not pass away; And His kingdom is one Which will not be destroyed.

Jesus goes beyond the Son of Man language by calling Himself Lord of the Sabbath

Exodus 20:8–11 NASB95

Notes

⁸ “Remember the sabbath day, to keep it holy. ⁹ “Six days you shall labor and do all your work, ¹⁰ but the seventh day is a **sabbath of the LORD** your God; *in it* you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. ¹¹ “For in six days **the LORD made the heavens and the earth**, the sea and all that is in them, and rested on the seventh day; therefore **the LORD blessed the sabbath day and made it holy.**

John 1:1–3 NASB95

¹ In the beginning was the Word, and the Word was with God, and the Word was God. ² He was in the beginning with God. ³ **All things came into being through Him, and apart from Him nothing came into being that has come into being.**

- This title, Lord of the Sabbath, is Jesus claiming to be God and claiming to be the one who created both man and the Sabbath.
- **Observations so far:**
 - Jesus is the Son of Man (Messiah)
 - Jesus is Lord of the Sabbath (Creator God)
 - Jesus, as the Son of Man and the Creator God, never once declared the Sabbath to be temporary or abrogated
 - Even though He had no reservations declaring this of other Old Testament institutions, such as the physical temple and food laws
 - Jesus, as the one with ultimate authority, corrected the Pharisees’ distortions of the Sabbath
 - Jesus spoke of the continuation of the Sabbath - even in relation to end times.

Is there evidence that the Sabbath transferred to Sunday?

Exodus 20:10 NASB95

¹⁰ but the seventh day is a sabbath of the LORD your God...

Christ's Resurrection - on a Sunday

John 20:1 NASB95

¹ Now on the first day of the week Mary Magdalene came early to the tomb, while it was still dark, and saw the stone *already* taken away from the tomb.

Christ's first appearance and witness - on a Sunday

Mark 16:9 NASB95

⁹ Now after He had risen early on the first day of the week, He first appeared to Mary Magdalene, from whom He had cast out seven demons.

John 20:18 NASB95

¹⁸ Mary Magdalene came, announcing to the disciples, "I have seen the Lord," and *that* He had said these things to her.

Christ's appearance to the disciples on the road to Emmaus - on a Sunday

Luke 24:13-16 NASB95

¹³ And behold, two of them were going that very day to a village named Emmaus, which was about seven miles from Jerusalem. ¹⁴ And they were talking with each other about all these things which had taken place. ¹⁵ While they were talking and discussing, Jesus Himself approached and *began* traveling with them. ¹⁶ But their eyes were prevented from recognizing Him.

Luke 24:30-32 NASB95

³⁰ When He had reclined *at the table* with them, He took the bread and blessed *it*, and breaking *it*, He *began* giving *it* to them. ³¹ Then their eyes were opened and they recognized Him; and He vanished from their sight. ³² They said to one another, "Were not our hearts burning within us while He was speaking to us on the road, while He was explaining the Scriptures to us?"

Christ's appearance to Peter - on a Sunday

Luke 24:33-34 NASB95

³³ And they got up **that very hour** and returned to Jerusalem, and found gathered together the eleven and those who were with them, ³⁴ saying, "The Lord has really risen and has appeared to Simon."

1 Corinthians 15:5 NASB95

⁵ and that He appeared to Cephas, then to the twelve.

Christ's appearance to the rest of the disciples (except for Thomas) - on a Sunday

John 20:19 NASB95

¹⁹ So when it was **evening on that day, the first day of the week**, and when the doors were shut where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, "Peace *be* with you."

The initial giving of the Holy Spirit - on a Sunday

John 20:22 NASB95

²² And when He had said this, He breathed on them and said to them, "Receive the Holy Spirit.

Christ appears to the disciples again (this time with Thomas present) - on a Sunday

John 20:26 NASB95

²⁶ **After eight days** His disciples were again inside, and Thomas with them. Jesus came, the doors having been shut, and stood in their midst and said, "Peace *be* with you."

The Holy Spirit descended on the church at Pentecost - on a Sunday

Acts 2:1-4 NASB95

¹ When the **day of Pentecost** had come, they were all together in one place. ² And suddenly there came from heaven a noise like a violent rushing wind, and it filled the whole house where they were sitting. ³ And there appeared to them tongues as of fire distributing themselves, and they rested on each one of them. ⁴ And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit was giving them utterance.

Peter preaches on Pentecost, and 3,000 people are saved - on a Sunday

Acts 2:38 NASB95

³⁸ Peter *said* to them, “Repent, and each of you be baptized in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the Holy Spirit.

The people were baptized as well - on a Sunday

Acts 2:41 NASB95

⁴¹ So then, those who had received his word were baptized; and **that day** there were added about three thousand souls.

Years later, the church is still found to gather on a Sunday

Acts 20:7 NASB95

⁷ **On the first day of the week**, when we were gathered together to break bread, Paul *began* talking to them, intending to leave the next day, and he prolonged his message until midnight.

Paul can confidently assume which day of the week the Galatian and Corinthian churches will be gathered - on a Sunday

1 Corinthians 16:1–2 NASB95

¹ Now concerning the collection for the saints, as I directed the churches of Galatia, so do you also. ² **On the first day of every week** each one of you is to put aside and save, as he may prosper, so that no collections be made when I come.

The first day of the week has even acquired a new name - the Lord's Day

Revelation 1:10 NASB95

¹⁰ I was in the Spirit on **the Lord's day**, and I heard behind me a loud voice like *the sound* of a trumpet,

Was this transfer of days explicitly commanded, or was it simply inferred by example?

Hebrews 4:9–10 NASB95

⁹ So there remains a Sabbath rest [Sabbath keeping] 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.**

Exodus 20:8–11 NASB95

⁸ “Remember the sabbath day, to keep it holy. ⁹ “Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath of the LORD your God; *in it* you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. ¹¹ **“For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy.**

Notes

How can that be possible if the Sabbath was a creation ordinance?

- a. Jesus is Lord of the Sabbath
- b. We're experiencing the New Creation

Isaiah 65:17 NASB95

¹⁷ “For behold, I create **new heavens and a new earth; And the former things will not be remembered or come to mind.**

2 Corinthians 5:17 NASB95

¹⁷ Therefore if anyone is in Christ, *he is a **new creature; the old things passed away; behold, new things have come.***

Revelation 21:4–5 NASB95

⁴ and He will wipe away every tear from their eyes; and there will no longer be *any* death; there will no longer be *any* mourning, or crying, or pain; **the first things have passed away.**⁵ And He who sits on the throne said, **“Behold, I am making all things new.”** And He said, “Write, for these words are faithful and true.”

Compare the transformation of marriage

Mark 12:25 NASB95

²⁵ “For when they rise from the dead, they **neither marry nor are given in marriage,** but are like angels in heaven.

Revelation 21:2 NASB95

² And I saw the holy city, new Jerusalem, coming down out of heaven from God, made ready as a **bride adorned for her husband.**

Compare the transformation of the temple

John 4:21 NASB95

²¹ Jesus said to her, “Woman, believe Me, an hour is coming when neither in this mountain **nor in Jerusalem** will you worship the Father.

1 Corinthians 3:16 NASB95

¹⁶ Do you not know that **you are a temple of God** and *that* the Spirit of God dwells in you?

Revelation 21:22 NASB95

²² I saw no temple in it, for the **Lord God the Almighty and the Lamb are its temple.**

Notes

Creation ordinances are never abolished by redemption; but they are elevated, intensified, and fulfilled by it in the New Creation.

Homework:

Next week's class is titled: "Putting it all together – How do we keep the Sabbath today?" To prepare, please read:

Passages to Consider

- Isaiah 56:1-8
- Isaiah 58:13-14
- Mark 2:23-3:6
- John 5:2-9
- John 7:21-24
- Luke 4:14-16, 31-41
- Luke 13:10-17
- Luke 14:1-6
- Acts 20:7
- 1 Corinthians 16:2
- Revelation 1:10
- And I probably missed a few!

Study Questions

- What does this passage say about proper Sabbath observance?
- What do Jesus and/or His disciples actually do on the Sabbath in this passage?
- Do I see any dangers of legalistic thinking about the Sabbath in this passage? What are they?
- What application does this passage have upon how we are to keep the Sabbath today? (i.e., What do we do?, What don't we do?, etc.)