

As we come closer to God each day, we come to know His ways better. We learn His commands and thus become more like Jesus. However, there is one commandment that seems a bit different than the others. This is “to remember”. When we think of God’s commands, we don’t usually think of Him commanding us to remember something. However, this is exactly what he tells us to do. He tells us to remember the Sabbath and to keep it holy.

God included this command on to His “Top Ten List,” therefore it must have been important. The Lord created the heavens and the earth, separated light and dark, created man, and then on the seventh day, He rested. Of course God didn’t *need* to rest. Then why did he do it? To give us an example to follow.

Why would God make this a commandment? He knew that we would forget this day of rest. Does this mean we should be legalistic about it? Of course not. Jesus showed us that in his debates with the Pharisees. Colossians 2:13-17 tells us that Jesus has fulfilled the law, including the keeping of Sabbaths. However, we should recognize that we need to shut down once a week or we will burn out. Should we do this on Sunday or the Seventh Day? Romans 12:5 tells us that this is beside the point – we’re not being legalistic, but recognizing that the spirit of this law tells us to rest.

What should we do on the Sabbath? We are called to do God’s work and worship Him. We are not to do whatever we please on this day but what the Lord requires. In the future, we will enter a rest that God has promised will come to us (Hebrews 4). This rest will come to us by the completion of the work that Jesus did. As God rested when He completed His work, so we will rest when we complete ours. This rest comes only by faith. Until that rest, we are to obey God and take our rest in Jesus, who told all who are weary to come to him and he will give us rest (Matt 11:28-29). Jesus is our true Sabbath. But our bodies can sure use the rest!