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CROSS A Message from
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Question: Why don't Christians keep the Sabbath Day?

Answer: The Sabbath refers to the seventh day (Saturday), and was given to the children of Israel as a holy day of worship to remember how God delivered them from Egyptian bondage. (See *Deut. 5:12-15*).

Those who say we should keep the Sabbath today need to remember there were other requirements of that law. For example, no work was to be done on the Sabbath, as it was a holy day for rest. Also, no fire could be kindled in your house, as for cooking meals, (*Exodus 35:2-3*). And since it was a rest day, travel was prohibited, (*Ex. 16:29*). Based on *Num. 35:5*, you could only travel 2,000 cubits, or about three-fourths of a mile. Furthermore, those who violated the law of the Sabbath were to be put to death, (*Ex. 35:2, Num. 15:32-36*). I know of no religious group today that actually abides by all of these laws.

The Sabbath law was never given to Christians. Our day of worship is Sunday, the first day of the week, since Jesus arose on that day (*Mk. 16:1-6*), the church began on that day (*Acts 2:1-47*), and the early church worshipped on that day (*Acts 20:7; 1st Cor. 16:1-2*). But nowhere do we find in the New Testament that the first day of the week is a Sabbath. It is not a Sabbath, nor is it ever called a "day of rest" or a "holy" day, as the Sabbath of the Jews was so designated.

--Steve McCaslin