

**Isa 58:13-14**  
The Blessing of Keeping the Sabbath  
May 15, 2022

### Keeping the Sabbath 58:13-14

13 "If because of the sabbath, you turn your foot From doing your own pleasure on My holy day, And call the sabbath a delight, the holy day of the LORD honorable, And honor it, desisting from your own ways, From seeking your own pleasure And speaking your own word, 14 Then you will take delight in the LORD, And I will make you ride on the heights of the earth; And I will feed you with the heritage of Jacob your father, For the mouth of the LORD has spoken."

How you keep the Sabbath:

1. Keep yourself from doing your own pleasure.  
rather, from doing your business - the same expression as in verse 3. It is by "business," not by pleasure, that the sabbath was polluted
2. Keep yourself from seeking your own pleasure
3. Delight yourself in it .  
to take pleasure in something in view of its being desirable - 'to like, to enjoy.'  
(from the Greek-English lexicon)

The rewards of keeping the Sabbath:

1. You will ride on the heights of the earth.  
[i.e. "I will give thee a prominent position in the earth, and cause you to occupy its high places, and bear rule over many nations." (from Spence-Jones, Commentary)]
2. God will feed you with the heritage (blessings) of Jacob

### Keeping the Sabbath was the Seal of the Old Covenant.

The sign or seal of the Mosaic covenant was a weekly Sabbath day. It is distinctly spoken of as a sign between God and the nation of Israel (Ex 31:12-17; Ezk 20:10-26; Lev 19:30; 23: 3; Neh 9:14).

Ex 31:13 "But as for you, speak to the sons of Israel, saying, ' You shall surely observe My sabbaths; for this is a sign between Me and you throughout your generations, that you may know that I am the LORD who sanctifies you.

The Lord reminded Israel of the fact that he made the heaven and the earth in six days work, and then sanctified the seven-day as a day of rest. This 7th day of rest in creation became the pattern for God requiring the Israelites to work six days and then rest on the 7th day, the holy Sabbath. The Sabbath was to be observed perpetually throughout their generations. Anyone who violates the Sabbath would surely be put to death. (Ex 31:16)

### The Sabbath In the Old Testament

There are a number of important facts concerning the Seal of the Mosaic Covenant which need to be noted to see how it finds its fulfillment in the New Covenant.

1. There is no mention of keeping the Sabbath day from Adam to Moses. That is, under the Adamic, Noahic and Abrahamic covenant we have no mention of the Sabbath for about 2500 years.
2. The first specific mention of keeping Sabbath is found in Ex 16:23-26 concerning the gathering of the daily manna and this was spoken to the nation of Israel.
3. The keeping of the Sabbath was the fourth Commandment of the Decalogue given to Israel at Mount Sinai (Ex 20:9-11; 31:18).

4. Keeping the Sabbath was the sign and Seal of the Mosaic Covenant (Ex 31:12-17; Dt. 5:12-15). Each of the covenants had their own sign and seal and God did not take the sign or seal of other covenants and make such the seal of the mosaic covenant.

5. Though the ten Commandments are spoken of as the Moral Law, the fourth commandment concerning the Sabbath was actually a ceremonial law. It was this "ceremony" that was attached to the Mosaic covenant as its seal.

## The Sabbath in the New Testament

The New Testament shows clearly how the Jews had misinterpreted and corrupted the Sabbath. They crucified their Messiah, the very one who came to bring to them by the New Covenant the reality of the Sabbath of the Mosaic Covenant (Matthew 12:1-9, 10-14; John 5:1-18; 9:1-14).

The New Testament also reveals that the Sabbath is fulfilled in Christ and that the believer under the New Covenant is no longer obligated to keep the Mosaic Covenant Sabbath.

Col 2:16-23 Therefore no one is to act as your judge in regard to food or drink or in respect to a festival or a new moon or a Sabbath day 17 things which are a mere shadow of what is to come; but the substance belongs to Christ. 18 Let no one keep defrauding you of your prize by delighting in self-abasement and the worship of the angels, taking his stand on visions he has seen, inflated without cause by his fleshly mind, 19 and not holding fast to the head, from whom the entire body, being supplied and held together by the joints and ligaments, grows with a growth which is from God. 20 If you have died with Christ to the elementary principles of the world, why, as if you were living in the world, do you submit yourself to decrees, such as, 21 "Do not handle, do not taste, do not touch!" 22 (which all refer to things destined to perish with use)—in accordance with the commandments and teachings of men? 23 These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, but are of no value against fleshly indulgence.

Following are a number of important facts from the New Testament concerning the seal of the Sabbath and its relationship to the New Covenant seal.

1. Jesus clarified the fact that the Sabbath was made for man and not man for the Sabbath. The day was given for man to benefit, and man was not given for the benefit of the day. Man needs physical rest and recuperation, as well as time for spiritual refreshment (Mark 2:27, 28.).

2. Jesus presented Himself as the Lord of the Sabbath. He is higher than the keeping of a day. The Jews kept the letter of the Sabbath, with numerous additions, and missed the spirit of the Sabbath, even crucifying the Lord of the Sabbath. They exalted a day of rest above the only person that could give them true rest (Mk 2:27-28).

3. Even in Old Testament times when Israel kept the Sabbaths God condemned them for their hypocritical observances (Isa 1:10-17; Lam. 2:6) and predicted the cessation of their feast days and Sabbaths (Hos 2:11). Paul taught that the holy days, new moons and Sabbath days were merely a shadow of things to come and had been abolished at the cross (Col 2:11, 16, 17).

4. All the moral Commandments of the Mosaic Covenant are repeated and endorsed in the New Testament, with only one exception, the ceremonial fourth Commandment concerning the Sabbath. This "ceremony" was never stated as a requirement for New Testament believers.

5. Paul clearly tells us that the Old Covenant was old, decaying and ready to vanish away. It was a ministration of death and was to be done away with (2Cor 3:1-18; Heb 8:6-13). The New Covenant has its own sign and seal, even the true spiritual rest, which is the baptism in the Holy Spirit (Isa 28:9-11; Ac 2:1-4). To take the Sabbath day and impose its keeping upon Christians today, Jew or

Gentile, is to take the sign and seal of the Old Covenant and add it to the sign and seal of the New Covenant. It then becomes a confusion of covenants.

6. Even as the seals of the other covenants find their fulfillment in the seal of the New Covenant, so the Sabbath rest is fulfilled in the New Covenant rest. The New Testament clearly shows that the seal of the New Covenant is the receiving of the Holy Spirit (Eph 1:13, 14; 4:30). This is true spiritual rest (Isa 28:11-12).

7. In Christ the believer finds true Sabbath rest. He ceases from his own works and rest in the finished work of Christ. It is "in Christ" that there is everlasting rest. This fulfilled the "perpetual covenant" of Sabbath rest. It is not in the keeping of a day but in the receiving of a person -- Christ Jesus our Lord -- that one finds the rest of God (Mt 11:28-30).

### Summary:

The Mosaic Covenant finds its perfect fulfillment in the Lord Jesus Christ. He was the only man who ever perfectly kept the law in all its requirements. He fulfilled and abolished in His cross all that which pertain to the ceremonials and the externals of the law. That righteousness which is in the law, which is holy, just, good, spiritual and perfect, finds its fulfillment in Christ Himself reliving His sinless life in the believer "who walks not after the flesh but after the Spirit"(Rom 8:1-4). Christ's new law of love to God and man, written on the tablets of the heart, by the Spirit, enables the believer to live that life that is pleasing to God.