

# Should a Christian observe the Sabbath?



Colossians 2:16 ¶**Let no man therefore judge you** in meat, or in drink, or in respect of an holyday, or of the new moon, or of the **sabbath days**:

I admire my Seventh Day Adventist friends for their love for God's Word and obedience to what they believe God's Word is telling them to do, but as far as Sabbath day observance goes, the bottom line for me is the New Testament does not teach it! In Acts chapter 15 when the Apostles disputed whether the Gentiles need to keep the Laws of Moses or not, the conclusion was they need to keep only 4 precepts:

Acts 15:20 But that we write unto them, that they abstain from  
(1) pollutions of idols,  
(2) and from fornication,  
(3) and from things strangled,  
(4) and from blood.

Notice Sabbath day observance is *not* one of them!

I don't judge my SDA friends for feeling it necessary to observe the Sabbath, and I do think it is important to take at least one day a week off to rest, pray, and have more time study God's Word, but the New Testament does not tell me that day of rest must Saturday.