> Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.
>
> *— Colossians 2:16-17*

Book: New Testament / Colossians
Topics: sabbath, food, Jesus, judgment

Interpretation:
Colossians 2:16-17 talks about the freedom Christians have in eating, drinking, and celebrating. Colossians was written by St. *Paul* to unify Christian beliefs and clear up misconceptions among new believers. At the time, some Jews had influenced the church in Colossae by imposing Jewish traditions and customs on Gentile converts to Christianity. These teachings led to confusion and legalism in the community of believers.

Freedom in Christ

In these verses, St. Paul encourages Christians not to worry about criticism from “super-spiritual ones.” He reminds them that *Christ* has given them the freedom to make decisions about cultural traditions and norms. Faith is not a matter of performing rituals and ceremonies, but a personal relationship with God.

The fact that some Christians keep certain days holy and abstain from certain foods does not mean that all believers should do the same. Each person has his own conscience, guided by *the Holy Spirit*, and must make wise and responsible decisions regarding food and celebrations.

A shadow of the future

The Bible is a source of wisdom and teaching for millions of people around the world. Each verse has important meaning and can impact our daily lives if we apply it correctly. Before analyzing these verses further, it is important to understand what the word *“shadow”* means. In this context, a shadow refers to something projected but not the reality itself. A shadow is nothing more than a dim reflection of something to come.

What does “the body of Christ” mean?

The final part of the verses refers to *the body of Christ*, which is the church. In other words, while religious teachings and practices may be important, the true essence of the Christian faith lies in the community of believers and their relationship with *Jesus Christ*.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do.
> *— Deuteronomy 5:12-14*

Book: Old Testament / Deuteronomy
Topics: sabbath, rest

Interpretation:
Deuteronomy 5:12-14 illustrates the importance of the seventh day as the Sabbath for God's people. These verses state that the seventh day is the Sabbath of the Lord our God. It is a day on which no work may be done, whether by the owner, his servants, his livestock, or by strangers in his house.

The importance of rest

Rest is essential for all of us, both physically and mentally. We are often so busy with everyday life and tasks that we forget to take time to rest. The seventh day gives us the opportunity to rest, spend time with family and friends, and focus on what is truly important in life, such as our spiritual well-being.

Why did God establish the seventh day as the Sabbath?

God established the seventh day as a day of rest because He knew we needed rest. God doesn't want us to be exhausted or stressed. He wants us to enjoy His creation and devote time to our health and

well-being. It's also an opportunity for us to focus on our relationship with God. By taking time to rest, we can connect with Him in prayer and meditation, and reflect on His teachings.

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> Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.
> *— Deuteronomy 5:15*

Book: Old Testament / Deuteronomy
Topics: sabbath, slavery

Interpretation:
In *Deuteronomy 5:15*, God reminds the Israelites of the importance of remembering their past, when they were slaves in Egypt. Remembering their past not only helped them humble themselves but also reminded them of God's goodness in freeing them from slavery.

It's easy to forget the past when we've overcome hardships. We're often so focused on future goals that we forget the history that made us who we are. But the Bible reminds us that it's important to remember our origins to appreciate what we have.

The significance of the Sabbath

God commanded the Israelites to observe the Sabbath as a day of rest to remember that He created the world in six days and rested on the seventh. This day was to be holy and dedicated to the Lord. But how can we apply this commandment in our lives today? The Sabbath is not only a day of physical rest, but also a day of spiritual rest. This is a day we dedicate to worshiping God and remembering all He has done for us.

Reflections on God's strong and outstretched hand

God not only freed the Israelites from Egyptian slavery but also guided and protected them during their journey through the desert. God's strong and outstretched hand symbolizes His power and love for His people. In our lives, we also see God's strong and outstretched hand in all we do. He is always with us, guiding and protecting us on our journey. But are we attentive enough to notice this?

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> I am the Lord your God; follow my decrees and be careful to keep my laws. Keep my Sabbaths holy, that they may be a sign between us. Then you will know that I am the Lord your God.
> — *Ezekiel 20:19-20*

Book: Old Testament / Ezekiel
Topics: sabbath, law, obedience

Interpretation:
Ezekiel 20:19-20 tells us that God desires us to walk in His statutes, observe His commands, and put them into practice. These verses also speak of the importance of keeping the Sabbath holy, indicating that this day should be used as a sign of the connection between the Lord and us.

What does it mean to walk in His statutes?

When God speaks to us about walking in His statutes, He means that we must follow His commands and laws based on love and justice. It's important to remember that these statutes often seem difficult to fulfill, but we need to focus on the fact that God has given us the tools to fulfill them. In this sense, we must remember that accepting *Jesus* into our lives does not mean we are free from all sin, but rather that we now have the ability to live righteously and with love for others, thanks to *the Holy Spirit* given to us.

What does it mean to keep His commandments?

When God commands us to keep His commandments, He means that we must be committed to constant obedience to His commands. We must love His Word, meditate on it, and apply it in our daily lives. To keep God's commandments, it is not enough to have merely a theoretical knowledge of them; we must put them into practice in our daily lives, so that we can be transformed into His image and likeness.

The significance of the sabbath

The Sabbath was established by God as a day of rest and worship in His name. It is the seventh day of the week (in Hebrew, "Shabbat"), and from the very beginning of creation, it was intended for

humanity to rest and devote itself to the worship and contemplation of the Lord. By observing this day, we acknowledge God as the Creator and Master of time and recall the eternity of His purpose. Moreover, the Sabbath is a sign of the connection between God and His people, a reminder of His covenant of love and faithfulness.

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> Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.
> — *Genesis 2:3*

Book: Old Testament / Genesis
Topics: sabbath, blessing, creation

Interpretation:
Genesis 2:3 is a verse that marks a pivotal moment in the creation of the world. After six days of work, on the seventh day God chose to rest from all the work He had done in creation. This day was special and different from other days because it was blessed by God and sanctified by Himself. The idea of ?? devoting a day to rest and reflection has value and significance in the spiritual life of believers. This practice can be seen as a way to connect with spirituality and reconnect with God.

The Importance of Rest in Our Lives

Rest is vital to our individual well-being, both physical and emotional. God has given us the example of rest after hard work and invites us to follow His example and take care of ourselves. It is important to learn to set aside a moment of rest, a day to leave busyness and enjoy the blessings God has given us. A day of rest is an opportunity to nourish our soul and strengthen our relationship with God. It is a valuable time to meditate and reflect on our lives and what we can do to improve our spiritual connection.

The Importance of Sanctification

In *Genesis 2:3*, God sanctifies the seventh day. That is, He gives it value and sacred meaning beyond its function as a day of rest. Sanctification involves dedicating an entire space to the worship of God. By sanctifying the day of rest, God invites us to draw closer to Him, renew our faith, and renew our commitment to His word.

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> Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.
> *— Hebrews 4:11*

Book: New Testament / Hebrews
Topics: sabbath, obedience, rest

Interpretation:
The book of Hebrews is known for its strong emphasis on the supremacy *of Jesus* and His saving work. Chapter 4 focuses on the Sabbath rest that God instituted after the creation of the world, and presents it as a type of spiritual rest that we can all experience *in Christ*. In verse 11, the author urges us to strive to enter into this rest to avoid disobedience, referring to the experience of the people of Israel in the wilderness.

The meaning of spiritual rest

The spiritual rest that the author of Hebrews speaks of has nothing to do with mere physical rest, but with the peace and contentment that comes from complete trust in God. It is a state of freedom from stress and worry that comes when we recognize our dependence on God and surrender ourselves completely to Him. This idea is present throughout the Bible, from the Psalms to the Gospels, and is expressed in many ways.

Disobedience as a hindrance to rest

The author of Hebrews warns us that disobedience can prevent us from entering into spiritual rest. Disobedience to God can take many forms, from unbelief to outright rebellion, all of which have negative consequences for our spiritual lives. Instead of experiencing peace and contentment, we experience anxiety, frustration, and confusion. For this reason, the author encourages all readers to do everything possible to avoid falling into disobedience.

The importance of effort

In verse 11, we are encouraged to *“press on”* to enter into spiritual rest. The idea is that we should not wait for this state of peace and contentment to fall from heaven, but should do everything possible to

achieve it. This involves making a conscious effort to trust God, to give up control and worry, and to seek His will in each moment. Although salvation is a gift from God and we cannot earn it on our own, we can and should strive to live according to God's will in order to experience the spiritual peace He promises us.

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> There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his.
> *— Hebrews 4:9-10*

Book: New Testament / Hebrews
Topics: sabbath, rest, work

Interpretation:
Hebrews 4:9-10 are verses that tell us about the rest that awaits people who believe in God and choose to follow His way in life. To understand their meaning, it is important to analyze the previous verses, which talk about the rest that God made after completing His work of creation. Similarly, these verses indicate that believers can also enjoy rest, not physical, but spiritual, which is achieved through keeping His commandments.

Spiritual rest

These verses talk about a type of rest that is not related to physical rest, but spiritual rest. That is, it is an inner rest that is achieved by following God's ways and that goes beyond the material. In this sense, the Bible tells us about eternal rest, which is achieved by keeping its commandments and allows us to enjoy the peace and tranquility that we need in our lives.

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> There are six days when you may work, but the seventh day is a day of sabbath rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a sabbath to the Lord.
> — *Leviticus 23:3*

Book: Old Testament / Leviticus
Topics: sabbath

Interpretation:
Reading *Leviticus 23:3*, we understand that God commands us to rest. The seventh day is the Sabbath and a day of dedication to Him. In modern society, most people work Monday through Friday and rest on Saturday and Sunday. However, the biblical principle of rest remains relevant.

Why is rest important?

God created us with physical, emotional, and spiritual needs, and rest is one of them. If we don't rest properly, our physical, mental, and emotional health can suffer. Stress can lead to serious illness, burnout, and depression. It can also impact our relationship with God, as our time spent with Him can be compromised.

How can we honor the day of rest?

Rest is more than just a break from work. It is time dedicated to God, so we must find ways to honor Him on the day of rest. We can attend church, pray, read *God's Word*, spend time with friends and family, and do things that bring us peace. It's important to set aside this time for God so we can return to our daily routines with a renewed perspective.

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> Observe my Sabbaths and have reverence for my sanctuary. I am the Lord.
> — *Leviticus 26:2*

Book: Old Testament / Leviticus
Topics: sabbath

Interpretation:
The Book of Leviticus is one of the five books of the Law of Moses, also known as the Pentateuch. This book contains the decrees and ordinances given by God to *Moses* for the guidance of the people of Israel. In *Leviticus 26:2*, God speaks of the importance of observing His Sabbaths and reverencing His sanctuary.

The meaning of the phrase "My Sabbaths"

In the Old Testament, the Sabbaths were sacred days for the people of Israel, established by God as a weekly reminder of the creation of the world. In this verse, God emphasizes the importance of keeping the Sabbath holy, and this applies not only to the Sabbaths but to any day established by God as sacred.

The importance of reverence for God's sanctuary

God's sanctuary was the place where the Israelites worshiped God. It was a sacred place of great significance to them. In this verse, God says that His sanctuary is to be revered, that is, treated with respect and reverence as God's dwelling place. Although the physical sanctuary no longer exists today, this verse reminds us that we must still treat our place of worship with respect and consideration.

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> One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” He answered, “Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.” Then he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.”
>
> *— Mark 2:23-28*

Book: New Testament / Mark
Topics: sabbath, bread

Interpretation:
Mark 2:23–28 describes an encounter between *Jesus* and the Pharisees, during which the Pharisees questioned the disciples' reasoning for gleaning grain on the Sabbath. He and His disciples were hungry and needed food. The Pharisees believed that any work on the Sabbath was against God's law.

The importance of the sabbath in the Law of Moses

The Sabbath, also known as the Sabbath, is the seventh day of the Jewish week and is considered a day of rest and worship. According to the Fourth Commandment *(Exodus 20:8–11)*, it is necessary to keep the Sabbath day holy and abstain from work and worldly affairs. Jewish law forbids any work, whether physical or mental, on the Sabbath.

Jesus' response to the pharisees

Jesus rebukes the Pharisees for being too strict in their law and reminds them that David and his men also ate the consecrated bread that was only allowed to the priests *(1 Samuel 21:1-6)*. Furthermore, Jesus tells them that the Sabbath was made for man, not the other way around, meaning that the Sabbath is to be a day of rest and joy.

Lord of the sabbath

Jesus, as the Son of Man and the promised Messiah, has authority over all things. He is Lord of the Sabbath, which means that He has the authority to correctly interpret and apply the Sabbath law. During Jesus' time, the Pharisees had instituted a series of additional laws that strictly regulated the observance of the Sabbath, turning keeping the law into a burden rather than a blessing.

Jesus reminded the Pharisees and His followers that the Sabbath law was not to be a burden or a burden, but rather a blessing. The purpose of the Sabbath is to rest, worship God, and restore our relationship with Him and with each other.

Freedom in Christ

Jesus did not minimize the importance of the Sabbath or the Sabbath law. He freed people from the legalistic and oppressive way of keeping the Sabbath and reminded them that the purpose of the Sabbath is to rest, worship God, and restore our relationship with Him and with others.

Freedom in Christ means that the law is not a means of our salvation or a way to please God, but rather a way to love and obey Him.

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> How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath.
>
> *— Matthew 12:12*

Book: New Testament / Matthew
Topics: sabbath, valuable

Interpretation:
This verse is found in a passage where the Pharisees accuse *Jesus* and His disciples of breaking the law by gleaning grain on the Sabbath. The Pharisees interpreted the law very strictly and considered any work, even gleaning, to be a violation of the Sabbath. However, Jesus responds that the Sabbath was created for the benefit of mankind, not to enslave mankind.

It is important to understand that in the cultural and religious context of the time, a sheep was very valuable because it was an important source of food and clothing, as well as wealth for the family. So the question of how much more valuable a person was than a sheep in that culture implied that the value of the person was above all else.

The meaning of the verse

In this passage, Jesus makes an important statement. He is declaring that the value of the person is above any religious law or cultural custom. He is putting the person at the center of everything and saying that the well-being and dignity of the person is paramount.

This verse has been used throughout history to advocate the idea that people should always come first in any situation, even if that means breaking established norms and traditions. It is a radical affirmation of the value of every human being.

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> One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind.
> — *Romans 14:5*

Book: New Testament / Romans
Topics: sabbath, neighbor, obedience, wisdom

Interpretation:
Romans 14:5 presents us with an important distinction between different interpretations of the importance of days. From a Christian perspective, some believe that certain days should be more sacred than others, while others believe that all days are equal.

This discrepancy has led to disagreements and conflicts between people, but *Paul* suggests in this verse that everyone should be completely sure of what they think.

What does this mean for us?

When we are faced with differences in interpretation of faith, it is important to remember that everyone is entitled to their own opinion. Often these differences arise because of the context around us and how we interpret *the scriptures*. Instead of insisting that we are “right” and others are “wrong,” we should respect the differences in faith and understand that they can enrich our view of the world.

Moreover, *the Bible* teaches us that it is important to trust our own beliefs. We should not allow others to make us feel bad about God just because they do not share our opinions. Instead, we should seek a closer relationship with God and be confident in our own understanding of Scripture.

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