

## Supplement to: The Cure to Low Self Esteem

What about Colossians 2:14-17?

(14) *“having wiped out the **handwriting of requirements** that was against us, which was **against us**. And He has taken it out of the way, having **nailed it to the cross**. (15) Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it. (16) So let no one **judge you in food or in drink**, or regarding a **festival or a new moon or sabbaths**, (17) which are a **shadow of things to come**, but the substance is of Christ.”*

**handwriting of requirements** – The 10 Commandments were not written with a hand. They were written with the finger of God (Duet 9:10; Ex 31:18).

**against us** – Deuteronomy 31:24-26 tells us: Moses wrote the ceremonial law. It was written in a book. It was kept beside the ark, not inside where the law of God was kept. It was against them.

**nailed it to the cross** – Keep in mind the “it” referred to here is “handwriting of requirements.” As we have already said, the law of God was written with the finger of God not the HAND of Moses. That means there law written by hand or the ceremonial law was done away with at the cross.

**judge you** – There were people (Pharisees) who were judging others because they not keeping the ceremonial law and practicing circumcision after the cross, this lead to the first conference in Jerusalem (Acts 15:1, 5, 24-29).

**food or in drink** – Where in the 10 Commandments does it talk about food and drink? Nowhere! IT is clear that this section is not talking about the law of God, but the ceremonial law.

**festival or a new moon** – Where in the 10 Commandments does it talk about festival or a new moon? Again, nowhere!

**sabbaths** – Notice that this word is plural. This is because there were several ceremonial Sabbaths. Leviticus 23 highlights the seven major feasts in the Jewish year. There was a ceremonial Sabbath to be kept for each of them and some of the feast days had more than one ceremonial Sabbath. Verse 38 speaks of the Feast of Tabernacles having two ceremonial Sabbaths, one on the first day and another on the eighth day of the feast. It is also important to note that these feast

*days came on a date and not on a day like weekly seventh-day Sabbath did. That means that these ceremonial feast day Sabbaths could come on any day of the week.*

**shadow of things to come** – God’s law points out sin (Rom 3:20). The ceremonial law pointed forward to Jesus Christ. Therefore; Colossians 2:14-17 is not talking about the law of God or the seventh-day Sabbath. Paul is pointing out that we do not keep the ceremonial law or practice religious circumcision anymore because the death of Jesus did away all these things.

Shouldn't we Keep Sunday in Honor of the Resurrection?

*It is true that Jesus rose on the first day of the week, but nowhere is there the slightest intimation in the Bible for anyone to keep that day holy. The basis for Sabbath keeping is the direct handwritten command of God. The Bible teaches that baptism commemorates the death, burial, and resurrection of Jesus (see Rom 6:3-6).*

Does Romans 14:5-6 refer to the weekly Sabbath?

(5) *“One person esteems **one day above another**; another esteems every day alike. Let each be fully convinced in his own mind. (6) He who observes the day, observes it to the Lord; and he who does not observe the day, to the Lord he does not observe it. **He who eats, eats to the Lord**, for he gives God thanks; and he who does not eat, to the Lord he does not eat, and gives God thanks.”*

**one day above another** – Paul is addressing Romans who are converting to Christianity. The Jews had a number of ceremonial holy days that came on a yearly basis and it was not required for converts to Christianity, to be circumcised or practice the ceremonial aspects of the Jewish law because they were shadows that pointed to Jesus. Those ceremonial days were completely separate from the 10 Commandments, and the Sabbath was a weekly commitment. You can’t imagine God telling Moses God’s people should keep the Sabbath in one part of the Bible, and then you go to another part of the Bible and He says “Well, if you want to keep it, go ahead, if you don’t, that’s up to you”. That would be pretty inconsistent. Paul’s not talking about the Sabbath command here, he’s talking about the Jewish holy days.

**He who eats, eats to the Lord** – Again, where in the 10 Commandments does it talk about eating? Nowhere, but the ceremonial law does talk about eating.