I was asked... How do we keep the Sabbath?

I answered... We don't. God's true Sabbath is the "rest" that He will give to man after the 6,000 years are over with. If you read the Epistle of Barnabas Chapter 15 You may see it "As a Sabbath:"

Barnabas 15:1 Moreover concerning the Sabbath likewise it is written in the Ten Words, in which He spake to Moses face to face on Mount Sinai; And ye shall hallow the Sabbath of the Lord with pure hands and with a pure heart.

Barnabas 15:2 And in another place He saith; If my sons observe the Sabbath then I will bestow My mercy upon them.

Barnabas 15:3 Of the Sabbath He speaketh in the beginning of the creation; And God made the works of His hands in six days, and He ended on the seventh day, and rested on it, and He hallowed it.

Barnabas 15:4 Give heed, children, what this meaneth; He ended in six days. He meaneth this, that in six thousand years the Lord shall bring all things to an end; for the day with Him signifieth a thousand years; and this He himself beareth me witness, saying; Behold, the day of the Lord shall be as a thousand years. Therefore, children, in six days, that is in six thousand years, everything shall come to an end.

Barnabas 15:5 And He rested on the seventh day. this He meaneth; when His Son shall come, and shall abolish the time of the Lawless One, and shall judge the ungodly, and shall change the sun and the moon and the stars, then shall he truly rest on the seventh day.

Barnabas 15:6 Yea and furthermore He saith; Thou shalt hallow it with pure hands and with a pure heart. If therefore a man is able now to hallow the day which God hallowed, though he be pure in heart, we have gone utterly astray.

Barnabas 15:7 But if after all then and not till then shall we truly rest and hallow it, when we shall ourselves be able to do so after being justified and
receiving the promise, when iniquity is no more and all things have been made new by the Lord, we shall be able to hallow it then, because we ourselves shall have been hallowed first. Remember how Stephen had the face of an angel & could literally see Jesus seated on the Father's right hand? That's how we'll be on God's true Sabbath. And remember how Moses shone such that people could not even look upon him? That's how we'll be on God's true Sabbath. And remember how Jesus was so white that even his clothing was such that no fuller could whiten them? That's how we'll be when God transforms us. That's why we can only observe the Sabbath as men, but not yet as Sabbaths.