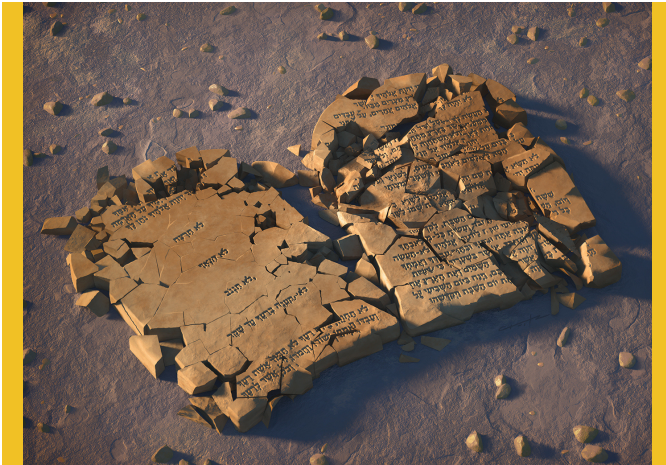


## WHY DO SO MANY KEEP SUNDAY HOLY?

Millions of sincere Christians conscientiously go to church and some, few though, even refrain from ordinary activities on the first day of the week, which is called Sunday, the venerable day

of the sun. They believe that they are doing what God has asked them to do, but are they? There is only one safe guide, the Bible. Let us not depend upon worldly traditions; Let us build on Bible truth as we study this subject sent by God for us today



### HIS WORD SAYS

1. What special day does the Bible indicate God has blessed and set apart for rest and worship? Genesis 2:1-3.

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*God rested on the very first Sabbath from all of His creative work. Because of this He sanctified this day, setting it apart for holy use.*

## WHAT JESUS SAID ABOUT THE SABBATH

And He said to them, "The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath" Mark 2:27,28

As you study, be thinking about the Life Quest questions.

- What does this topic tell me about God?
- What difference does this topic make to my daily life?
- How does this topic help me in my relationship with Jesus?

2. What day has God claimed as His own and commanded man to keep? Exodus 20:8-11.

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3. Which day of the week is Sunday? Luke 23:56, 24:1.

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*It is well known that Jesus' resurrection was on Sunday. This makes Sunday the first day of the week. This day is readily accepted by most churches as the first day, especially the Catholic Church, which says "she" changed the day of worship from the seventh day to the first. There are only eight texts in the New Testament that mention the first day of the week, or Sunday. Let us now examine each of these.*

4. What does Matthew say the women did early on the dawn of the first day of the week after the Sabbath had ended? Matthew 28:1.

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*The Mary's both rested upon the Sabbath according to the commandment. This shows us that Jesus never mentioned a change of the Sabbath prior to His death. Then, upon the first day of the week, they went down to the sepulcher to finish anointing Jesus' body.*

5. For what purpose did the women come to the tomb after the "Sabbath" was past? Mark 16:1, 2.

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6. To whom did Christ appear later the first day? Mark 16:9.

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7. What did the disciples and the women do on the respective days listed below?  
Luke 23:54-56; 24:1.

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*This passage of Scripture written by Luke nearly thirty years after the crucifixion, still calls Friday the preparation day, Saturday the Sabbath, and Sunday the first day of the week. There is no indication of any change in the day of worship. Most religions support this.*

8. What did Mary find when, she came to the tomb on Sunday morning? John 20:1.

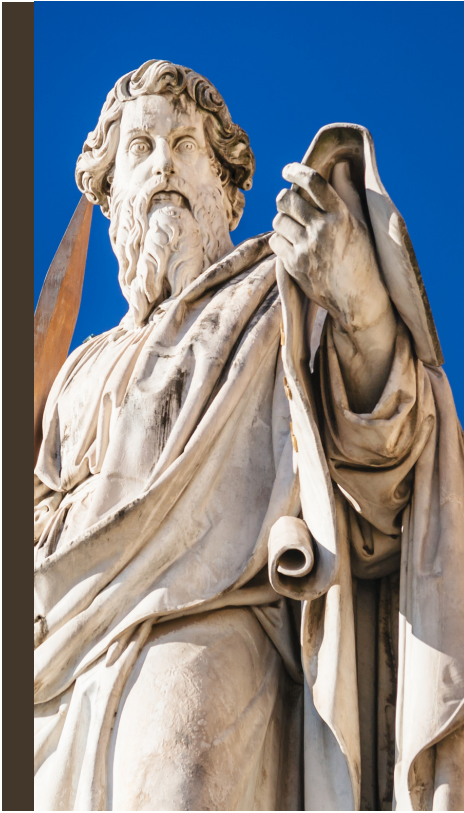
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*By the time Mary had arrived at the tomb Jesus had already been resurrected. Like Mary, Jesus rested during the Sabbath, and began His new week on Sunday.*

9. Why were the disciples assembled behind closed doors on the evening of the day of the resurrection, the first day? John 20:19.

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*The disciples did not yet believe that Christ had risen, this is why they were assembled in fear of the Jews and not recorded as rejoicing over Jesus resurrection. Read Mark 16: 11-14 and Luke 24: 36-46. Not having seen Christ yet, this meeting was not called as a celebration of the resurrection or as the first church service. Jesus appearance was unexpected.*



10. Upon what part of the first day of the week did Paul hold a farewell meeting in Troas? Acts 20: 7, 8.

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*This was during the night, or dark part, of the first day of the week. In Genesis 1:5 we find that the evening, or dark part of the day, in Bible reckoning, comes before the morning. Leviticus 23:32. This means that it was a Saturday night meeting which flowed over from the Sabbath. Breaking of bread, most Bible commentators agree, is simply having a meal together. See Luke 24:30. This was a farewell meal in which Paul shared some final thoughts with the believers in Troas.*

11. What did Paul do on the light part of the first day which indicates that he considered it an ordinary day? Acts 20: 7, 11, 13, 14.

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*The distance between Troas and Assos was nineteen miles, which was quite a long journey by foot. This shows that Paul did not consider this day a rest day or holy day.*

12. What did Paul say the Christians should do on the first day? 1 Corinthians 16:1, 2.

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*This is not a church service. Paul's instruction is that each one is "to lay by him in store." i.e. save up at home. The New English Bible translates this text thus: "Every Sunday each of you is to put aside and keep by him a sum in proportion to his gains so that there may be no collecting when I come!" It was for the saints who were being persecuted. See Acts 11:19.*



13. What did Paul do every Sabbath? Acts 18:4.

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*There is no record of Paul using the first day of the week as a day for rest or worship. It is also worth noting that Paul did not only reason with the Jews on the Sabbath, but he also used this day to reach out to the Gentiles, who had no custom of keeping the Sabbath holy.*

14. What did Jesus say concerning the worship of those who place the traditions of men above the commands of God? Mark 7:7, 8, 13.

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*Sunday observance, not being commanded by God in the Bible, is the tradition of men. When we break the commandment to keep the Sabbath holy to instead keep the first day of the week, we make the commandments of God of no effect for the sake of tradition. Jesus says that the worship of such people is vain.*

15. What does John say about a person who claims to know Jesus but does not keep God's commandments? 1 John 2:4

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16. How do we show our Love for Jesus? John 14:15, 21, 23.

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*Love is the fulfilling of the law (Romans 13:10). This is the love of God that we keep His commandments (1 John 5:3). Obedience to God does not earn us salvation, it is the fruit of it.*



Ezekiel 44:24

And in controversy they shall stand in judgment; and they shall judge it according to my judgments: and they shall keep my laws and my statutes in all mine assemblies; and they shall hallow my sabbaths.



### LIFE QUEST:

Have you thoughtfully reviewed these Questions?

- What does this topic tell me about God?
- What difference does this topic make to my daily life?
- How does this topic help me in my relationship with Jesus?

### YOUR TURN

Check the statements that most closely reflect your response to this study.

\_\_\_\_\_ I understand that nowhere in the Bible is worship on Sunday to take the place of the Sabbath.

\_\_\_\_\_ I understand now why Christians who learn the truth are willing to be different from the rest of the world and keep the Lord's seventh day Sabbath.

\_\_\_\_\_ I desire to worship Jesus on His Sabbath day

\_\_\_\_\_ Other \_\_\_\_\_