



~ Lesson #13 ~

## *Why Do So Many Keep Sunday?*

Millions of sincere Christians conscientiously go to church and refrain from ordinary activities on the first day of the week, which is called Sunday. They believe that they are doing what God has asked them to do.

If one were to ask a dozen different Christians why they worship on the first day of the week instead of the seventh as God has commanded, he would probably receive five or six different explanations. There is no uniformity in the reasons given for altering God's day of worship. Some will say that the day was changed at Pentecost. Others will say that Christ, at His death, instituted another day. Still others admit that they do not know why the change was made.

There is only one safe guide to follow —the Bible. Let us not depend upon tradition; let us build on Bible truth as we study.

**THE BIBLE SAYS**

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

The Bible Says: \_\_\_\_\_

**2. How long did Solomon say God's blessing would remain on anything blessed by God? I Chronicles 17:27**

The Bible Says: \_\_\_\_\_

*Note:* Man cannot reverse it. Numbers 23:20. See also Psalm 89:34.

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

The Bible Says: \_\_\_\_\_

**4. Which day of the week is Sunday?**

*The Dictionary Says:* "Sunday. . . the first day of the week." —*The Desk Standard Dictionary*, Funk and Wagnalls.

| JANUARY |   |    |    |    |    |    |
|---------|---|----|----|----|----|----|
| S       | M | T  | W  | T  | F  | S  |
| 1       | 2 | 3  | 4  | 5  | 6  | 7  |
| 8       | 9 | 10 | 11 | 12 | 13 | 14 |

*Note:* There are only eight texts in the New Testament that mention the first day of the week, or Sunday. We will now examine each of these.

**5. What does Matthew say the women did early the first day of the week? Matthew 28:1**

The Bible Says: \_\_\_\_\_

**6. For what purpose did the women come to the tomb after “the Sabbath was passed?” Mark 16:1**

The Bible Says: \_\_\_\_\_

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

The Bible Says: \_\_\_\_\_

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

The Bible Says:

The preparation \_\_\_\_\_

The Sabbath \_\_\_\_\_

The first day \_\_\_\_\_

*Note:* This passage of Scripture written 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.

**9. What did Mary find when she came to the tomb Sunday morning? John 20:1**

The Bible Says: \_\_\_\_\_

***10. Why were the disciples assembled behind closed doors on the evening of the day of the resurrection? John 20:19***

The Bible Says: “The disciples were assembled \_\_\_\_\_.”

*Note:* The disciples did not yet believe that Christ had arisen. Read [Mark 16:11-14](#). And [Luke 24:36-40](#). Therefore this meeting could not have been called to celebrate His resurrection.

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

The Bible Says: \_\_\_\_\_

*Note:* 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 light part. Hence, this was a Saturday night meeting. The New English Bible translates this text thus: “On the Saturday night, in our assembly for the breaking of bread, Paul, who was to leave next day, addressed them, and went on speaking until midnight.” See [Acts 20:7](#).

***12. 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***

The Bible Says: \_\_\_\_\_

*Note:* 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.

***13. What did Paul do EVERY SABBATH? Acts 18:4***

The Bible Says: \_\_\_\_\_

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

The Bible Says: “Upon the first day of the week let every one of you

\_\_\_\_\_ as God hath prospered him.” (Verse 2)

*Note:* This does not indicate a church service. Paul’s instruction is that each one is “to lay by him in store.” 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.”

***15. What did Jesus say concerning the worship of those who place the traditions of men above the commands of God? [Mark 7:7-13](#)***

The Bible Says: \_\_\_\_\_

John challenges us to follow our great example, Christ, in all things. “He that saith he abideth in Him ought himself also so to walk, even as He walked.” I John 2:6. It was Christ who consecrated the seventh day in honor of His work of creation. It was He who kept it when on this earth. It was He who told the disciples to pray that they could keep it after His death. It was He who commanded us to keep His commandments as an expression of love. Let us decide that we are going to do what He has indicated is His will for us.

You may indicate your reaction to what you have learned and request additional reading material by checking the places below.

Through the study of these lessons I have learned from the Bible that the seventh day (Saturday) is the day to be kept holy by Christians.

I want to study this subject further and would appreciate additional reading material.

***Next Lesson: [The Law And The Gospel](#)***

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