



Introduction

What It Isn't

The Lord's Day is sometimes confused with other important days.

The Lord's Day is not the _____.

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What It Is

The _____ of _____ is the Lord's Day. It is a Christian institution for regular observance. It commemorates the resurrection of Christ from the dead and should include exercises of worship and spiritual devotion, both public and private. Activities on the Lord's Day should be commensurate with the Christian's conscience under the Lordship of Jesus Christ.

Baptist Faith and Message, 2000

The very first appearance of the term in existing Christian literature is in the Bible in the book of Revelation, which was written by the apostle John.

*"¹⁰I was in the Spirit on the Lord's day, and I heard behind me a loud voice like a trumpet"
Revelation 1:10*

Notes:

Three Important First Day Events

Jesus Rises

The first day of the week is especially significant because it is the day of Jesus' resurrection.

_____ of the Gospels reference the day of the week that the tomb was found empty.

"1 Now after the Sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the tomb."

Matthew 28:1

"1 When the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, so that they might go and anoint him. 2 And very early on the first day of the week, when the sun had risen, they went to the tomb.

Mark 16:1-7

"1 But on the first day of the week, at early dawn, they went to the tomb, taking the spices they had prepared. 2 And they found the stone rolled away from the tomb, 3 but when they went in they did not find the body of the Lord Jesus."

Luke 24:1-3

"1 Now on the first day of the week Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb."

John 20:1

Jesus Appears

Jesus' first _____ appearances to His followers happened on the first day of the week.

The Holy Spirit Arrives

The Holy Spirit was _____ to Jesus' followers on the first day of the week.

Notes:

The History of the Lord's Day (Pre-Constantine)

Frequency and Day

In the very early days, Christians would get together _____ to break bread.

But it quickly became the routine for the early believers to gather together on the _____ of the week to break bread.

“7 On the first day of the week, when we were gathered together to break bread, Paul talked with them, intending to depart on the next day, and he prolonged his speech until midnight.”
Acts 20:7

Different Ways to Tell Time

For the Jewish people in Bible times, each day _____ at _____. That means the first day of the week started at _____ on what we call _____.

“...early Jewish Christians, after attending Sabbath worship in the synagogue...would gather in the evening of the same day—which to them would be the next day—in order to break bread.”

Justo Gonzalez
*A Brief History of Sunday: From the New
Testament to the New Creation*

By the middle of the second century, Christians began to gather to break bread very early on _____ morning instead of at sundown on _____ night.

Relation to the Sabbath Day

But the Lord's Day was not a _____ for the Sabbath day. Rather, it was a _____ celebration of the resurrection of Jesus.

Notes:

The History of the Lord's Day (Constantine)

The Edict

In March of the _____, the Roman Emperor Constantine, delivered an edict.

“On the venerable day of the Sun let the magistrates and people residing in cities rest, and let all workshops be closed. In the country however persons engaged in agriculture may freely and lawfully continue their pursuits because it often happens that another day is not suitable for grain-sowing or vine-planting; lest by neglecting the proper moment for such operations the bounty of heaven should be lost.” (Codex Justinianus 3.12.3)

Translated by Phillip Schaff in *History of the Christian Church*

Constantine did not enact Sunday _____, which was already in place. Rather, he turned Sunday into a day of rest.

Resulting Changes for the Lord's Day

The edict did, therefore, have immense consequences on the _____ of the Lord's Day.

- Christians could choose a convenient time to meet, rather than meeting before dawn.
- There was room for more elaborate liturgies and services to be planned and implemented.
- The biggest change was the connection people now made between the Lord's Day and observing Sabbath Day rest.

Notes:

The History of the Lord's Day (Post-Constantine)

The Mood Change of the Middle Ages

Authorities of all sorts continued to legislate which activities could or could not be done on a Sunday, which led to _____ of rules about rest.

By the Middle Ages, Sundays began to be viewed as the _____ Sabbath.

The Lord's Day, which had begun as a _____ celebration of Christ's victory over sin and death, had now turned into a very _____ occasion filled with fear.

The Reformation Shifts the Focus

The Protestants began to emphasize _____ on the Lord's Day.

Their worship gatherings became more _____ for all the people attending.

The Reformers did not, however, agree with each other about the connection between Sunday and the fourth commandment of Sabbath rest.

The Rise of Puritan Sabbatarianism

Regarding the Lord's Day, the Puritans believed that people should faithfully observe strict Sabbath rest on the first day of the week.

They even referred to Sunday as the _____.

Notes:

The Sabbath and Seventh Day Rest

Two Hebrew Words for Rest

“¹Thus the heavens and the earth were finished, and all the host of them. ²And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.”

Genesis 2:1-3

Shabbat means _____.

“⁸Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”

Exodus 20:8-11

Nuakh means _____.

Two Things That Sabbath Rest Represents.

Sabbath rest represents _____. We see this in the Genesis story.

Sabbath rest represents _____. We see this in the Exodus story.

Notes:

Reasons God Gives For Sabbath Rest

God _____ rest. God sets aside one day in seven for people to stop their _____ work and settle in to worship Him.

“³So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.”

Genesis 2:3

Rest is a _____, so God’s people don’t have to labor endlessly.

“²⁹See! The LORD has given you the Sabbath...”

Exodus 16:29a

God asks His people to trust Him to _____ for them and realize that He is the true sustainer of all things.

“²⁹...therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day.”

Exodus 16:29b

Sabbath rest is a time for you to _____ rest to _____ around you.

“⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates.”

Exodus 20:9-10

It is meant to be a time to _____ how God has delivered you from sin and death.

“⁹You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.”

Exodus 20:9-10

Notes:

Jesus and the Sabbath

Jesus _____ the Sabbath, but Jesus told the religious leaders that they did not understand the _____ of the Sabbath.

“¹ At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat. ² But when the Pharisees saw it, they said to him, ‘Look, your disciples are doing what is not lawful to do on the Sabbath.’ ³ He said to them, ‘Have you not read

what David did when he was hungry, and those who were with him: ⁴ how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? ⁵ Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless? ⁶ I tell you, something greater than the temple is here. ⁷ And if you had known what this means, “I desire mercy, and not sacrifice,” you would not have condemned the guiltless. ⁸ For the Son of Man is lord of the Sabbath.’ ⁹ He went on from there and entered their synagogue. ¹⁰ And a man was there with a withered hand. And they asked him, ‘Is it lawful to heal on the Sabbath?’—so that they might accuse him. ¹¹ He said to them, ‘Which one of you who has a sheep, if it falls into a pit on the Sabbath, will not take hold of it and lift it out? ¹² Of how much more value is a man than a sheep! So it is lawful to do good on the Sabbath.’”

Matthew 12:1-12

“²⁷ And he said to them, ‘The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is lord even of the Sabbath.’”

Mark 2:27-28

Paul and the Sabbath

“Some Christians from Jewish backgrounds were trying to make the former markers of the Jewish faith—Sabbath, circumcision, and kosher food laws—a barrier of entry to follow Jesus. Paul consistently rebukes these people. Paul did not argue against the importance of the Laws of Torah; however, he stressed that they _____ in Jesus.”

The Bible Project

“¹⁶ Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. ¹⁷ These are a shadow of the things to come, but the substance belongs to Christ.”

Colossians 2:16

Notes:

The Purpose of the Lord’s Day

Fellowship

On the Lord’s Day, we _____ with fellow believers.

“²⁴ And let us consider how to stir up one another to love and good works, ²⁵ not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”

Hebrews 10:24-25

Worship

On the Lord’s Day, we commemorate and celebrate the _____ and the first day of a _____ by worshiping publicly and privately.

“²⁰But in fact Christ has been raised from the dead, the firstfruits of those who have fallen asleep.”
1 Corinthians 15:20

Hope

On the Lord’s Day, we _____ with hope to the promised eighth-day rest of eternity and the consummation of all things.

“⁷...’Today, if you hear his voice, do not harden your hearts.’ ⁸For if Joshua had given them rest, God would not have spoken of another day later on. ⁹So then, there remains a Sabbath rest for the people of God, ¹⁰for whoever has entered God’s rest has also rested from his works as God did from his.”
Hebrews 4:7b-10

Notes: