

TEXT Isaiah 58:13,14; Matthew 12:1-13

SUPPLEMENTAL SCRIPTURE Exodus 20:8-11

OBJECTIVE The students will be able to explain that the Lord's Day is a day consecrated to Him. And in honoring His day by setting it apart from other days of the week, we can expect God's blessing.

KEY VERSE FOR ANSWER I was in the Spirit on the Lord's day. ó Revelation 1:10

KEY VERSE FOR SEARCH And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow. ó Acts 20:7

ANSWER
TITLE:

SEARCH
TITLE:

What's So Special About Sunday?

Lord's Day

REFERENCE INFORMATION

The term “Lord’s Day” is especially associated with the Lord Jesus Christ. It denotes a day consecrated to Him. The expression occurs only once in the Bible, in Revelation 1:10, where clearly John is dating his vision. The form of his expression marks a distinction between the prophetic “day of the LORD” and the first day of the week on which Christ arose. The Gospel emphasis upon “the first day of the week” as the day of Resurrection stresses its distinctiveness. It was the Resurrection victory on that day which marked it as sacred to the Christian Church.

The seventh day following the six days of God’s Creation

was the first instance where one day out of the week was set apart as a day of rest. The Sabbath Day, our Saturday, is still observed by the Jewish nation as their day of rest, and it is also remembered by them as a perpetual covenant. (See Exodus 31:16) The Lord’s Day, our Sunday, is the day set aside by Christians around the world as a day of rest and of honor to our Lord Jesus Christ. Though for some it is not always possible, the child of God looks forward to each Lord’s Day, when he can gather with fellow Christians and set aside worldly concerns, enter into the house of God and read the promised blessings of the Lord.

YOUR OPENER

Lord's Day

TEXT: Isaiah 58:13,14; Matthew 12:1-13

SUPPLEMENTAL SCRIPTURE: Exodus 20:8-11

KEY VERSE: And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow. — Acts 20:7

The blessing of the Lord has always been the portion of those who have hallowed His Day as a day of worship and rest from worldly labor. The practice of keeping the Lord's Day holy has never been a burden to the true child of God. He looks forward to the day when he can gather with the saints of God and set aside worldly concerns, enter into the house of God and reap the blessings of the Christian Sabbath.

RESPONSES

1. Allow time for the students to give their thoughts regarding this question. The discussion should bring out that God spoke well of this day, hallowed it, and set it apart.

2. They were to remember to keep the Sabbath holy, and to rest from their secular work. Discuss what it means to keep a day holy, and how we should honor the Lord by setting that day apart.

3. Allow students to give their responses. Lead the discussion to the thought that Christ fulfilled all the Law. He strengthened and repeated all of the Ten Commandments except the fourth commandment. Yet He honored the Sabbath by doing acts of mercy on that day. Jesus tried to show the religionists of His day the intended use of the Sabbath Day. He would guide His true followers into the proper observance of the Lord's Day.

4. Focus on Christ's fulfillment of the offering of firstfruits. "But now is Christ risen from the dead, and become the firstfruits of them that slept" (1 Corinthians 15:20). The Resurrection took place "on the morrow after the Sabbath." Here are scriptural grounds for observing Sunday as a holy day unto the Lord.

1. The seventh day, following the six days of creation, was the first instance that one day was set apart from the rest of the week. This shows us that God himself instituted the setting apart of one day out of the week. What do you think is meant by the statement that God "blessed" and "sanctified" it? See Genesis 2:2,3.

2. In the Ten Commandments, what were the Children of Israel commanded to do on the Sabbath Day? See Exodus 20:8-10.

3. Jesus called Himself the Lord "of the sabbath day" (Matthew 12:8). Explain what you think is meant by that verse.

4. Under the Law, the Israelites were instructed to bring the offering of the "firstfruits." This

ADDITIONAL DISCUSSION NOTES

offering was made “on the morrow after the sabbath” (Leviticus 23:9-12). Paul gives us the significance of this offering in 1 Corinthians 15:20. Considering what day Jesus was resurrected from the dead, explain why we keep Sunday as our holy day.

5. The following Scriptures depict significant events that occurred on Sundays. Look up the Scriptures and list the event depicted for each.

- Mark 16:9
- Luke 24:13
- Luke 24:36
- John 20:26
- Acts 2:1
- Acts 20:7
- Revelation 1:10

6. Make a list of “lawful” activities that you would not feel right about doing on the Lord’s Day.

7. List some of the things you can do to show respect for the Lord’s Day.

8. Isaiah 58:13,14 helps us see that God will bless those whose activities on the Lord’s Day please Him. Compare your lists from 6 and 7 with this Scripture and make a check beside each one which fits into these verses.

5. Mark 16:9 — Christ arose from the grave.
Luke 24:13 — Christ appears to the disciples on the road to Emmaus.
Luke 24:36 — Christ’s first appearance to the disciples. Note that this appearance is still on Sunday, the day of His Resurrection. See verses 13,31,33,36.
John 20:26 — Christ’s second appearance to the disciples (including Thomas) one week after the first appearance.
Acts 2:1 — Holy Ghost poured out on the Day of Pentecost. “The morrow after the seventh sabbath shall ye number fifty days . . .” (Leviticus 23:16).
Acts 20:7 — Disciples gathered to break bread.
Revelation 1:10 — Beginning of Revelation to St. John.

Help the students see that from the time of Jesus’ Resurrection, Sunday has been the day Christians have kept as the Lord’s Day. According to Bible scholars, the Hebrew way of designating a span of time included the first day and the last day, and all days in between. Thus, Jesus died on Friday and rose on Sunday—an actual time span of less than two days, but referred to in the Bible as three days and three nights (Matthew 12:40). Morning and evening or night and day, is the Hebrew phrase for a natural day. A week later would be termed “on the eighth day.”

6. Allow students to respond with their lists. Hopefully, they will bring up subjects like: shopping, washing the car, mowing the lawn, gardening, golfing, swimming, boating, fishing, and hunting. Most important is that the Lord will honor those who cease from secular labor.

7. Use the students’ responses to emphasize the importance of resting from our daily labors on Sunday, and remembering to worship the Lord.

8. Your students should see that each of the items they listed in questions 6 and 7 will fit into these verses. Wrap up the discussion with the thought that when we set apart His day to show honor to Him, He will cause us to “ride upon the high places of the earth . . .” If ever in doubt, the students should be reminded that they will never be short-changed if they give God the benefit of the doubt.

YOUR WRAP-UP

SUPPLEMENTAL QUESTIONS

In our ANSWER story, why did Rick say he honored the Lord's Day? What do you think happened after our ANSWER story ends? What would be your conclusion?

Which day is the Lord's Day? Why do Christians observe Sunday, the first day of the week, as their special day of worship to God?

How should the Lord's Day be different from all other days of the week?

What is the purpose of setting this day aside? Why did God command this?

What did Jesus demonstrate about the Sabbath Day in Matthew 12?

In Old Testament times, what did the Lord promise to do for those who kept His day? Isaiah 58:13,14

Do we forget about the Lord during the other days of the week, seeing that we have already set a whole day aside for Him? How should we remember the Lord during other days of the week?

Suppose a school friend asks you why you won't go to the ball game or to a party on Sunday. What would you answer him?

THINGS TO DO

To open your class, bring a calendar/planner that shows the days of the week, and write down the things that you usually do on each of those days. Leave Sunday completely blank. This illustrates how you are leaving Sunday for the Lord and His work.

To introduce the theme of setting Sundays aside for the Lord, bring in some things from home that you set aside for special guests or special occasions; for example, your best china or silverware, your best clothes, or best towels. Show how you are reserving these items for special

guests and occasions just as you are reserving Sundays (the first day of the week) for the Lord.

Have the class make a list of things they would need for a picnic or party such as food, drinks, plates, and napkins. Discuss how they prepare for the event. Then discuss and make parallel lists of how to prepare for the Lord's Day in the Spirit and mind, as well as everyday activities: study lesson, learn key verse, meditate on the Lord, have clothes ready for church, groceries bought, gas in the car, etc.

Answers for ANSWER

Sunday Suggestions

Sunday is a day that Christians have set apart to honor God. It is a special day. Fill in your Sunday appointments in the right way. Unscramble the words and fill in the four you should do on Sunday to please God.

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| 1. ORWHIPS | WORSHIP |
| 2. POSRTS | SPORTS |
| 3. EEPLS | SLEEP |
| 4. OROH | HONOR |
| 5. ARTPY | PARTY |
| 6. RAISEP | PRaise |
| 7. NTEREAINT | ENTERTAIN |
| 8. LORIFGY | GLORIFY |

