

Millions of sincere Christians religiously attend church and refrain from ordinary activities on Sunday, the first day of the week. They believe that they are doing what God wants them to do. But if you were to ask a group of these people why they worship on the first day and not on God's seventh day Sabbath as God commanded, you would receive several explanations. There is no uniformity in the reasons given for altering God's day of worship. Some will say that the day was changed, while others will admit that they do not know why it was changed. Some will say that Christ, at His death, instituted another day. Some even accept this day of worship believing that it is right because their relatives kept it and they are merely following tradition. One large body of believers even claim that God gave them the right to alter His commands if tradition indicates the need of such a change.

There is only one safe guide to follow in this world of religious confusion. There is only one rule of right - the Bible. The "Bible and the Bible only," should be our motto. What does the Bible say concerning the first day of the week? If Christ or the apostles or any one else had the right to change what God has commanded us to do, there should be a record in the Bible to indicate upon what basis the change was made - when, how, and where the change was instituted. Let us not depend upon tradition; let us build our faith on Bible facts as we take up the study of this important subject.

1. What day did God bless and set apart for rest and worship?
Genesis 2:1-3 -
2. How long did Solomon say God's blessing would remain on anything that He blessed? 1 Chronicles 17:27 -
Note: When God blesses, man cannot reverse it. Numbers 23:20
3. What day has God claimed as His own and commanded man to keep?
Exodus 20:8-11
Note: God set apart the seventh day as His holy day. If another day had been instituted instead of the Sabbath, we should be able to find an act of consecration or command from God to indicate the change. There are only eight texts in the New Testament that deal with the first day of the week (Sunday.) We will now examine each of these.
4. What does Matthew say the women did early the first day of the week? Matthew 28:1 -
5. For what purpose did the women come to the tomb after the Sabbath? Mark 16:1 -

7. What did the disciples and the women do on the respective days listed below: Luke 23:54-56, 24:1 -
The preparation (day):
The Sabbath:
The first day:
Note: This Bible text written thirty years after the crucifixion still calls Friday the preparation, Saturday the Sabbath, and Sunday the first day of the week. There is no indication of a change of the day of worship or that the writer of the book of Luke or the Holy Spirit knew about any change
8. What did Mary find, when she came to the tomb on Sunday morning? John 20:1 -
9. Why did the disciples meet late in the afternoon on the first day of the week? John 20:19 -
Note: The disciples did not believe that Christ had arisen at this time. Please Read: Mark 16:11-14 and Luke 24:36-40. In this meeting they could not have met to celebrate His resurrection.
10. Upon what part of the first day of the week did Paul hold a farewell meeting with the church at Troas? Acts 20:7-8 -

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

Note: This was on the dark part of the first day of the week. In **Genesis 1:5** we find that the 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: "On Saturday night, in our assembly for the breaking of bread, Paul, who was to leave the next day, addressed them, and went on speaking until midnight." **Acts 20:7**.

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

Note: It was 19 miles between Troas and Assos, which was quite a long journey. This shows that Paul did not consider this day a rest or holy day.

12. What did Paul do EVERY SABBATH? Acts 18:4 -