

# Saturday 7<sup>th</sup> day or Sunday 1<sup>st</sup> day Rest and Worship

By David R Hughes

Since the early years of the Christian Church there has been much controversy over which day of the week to keep God's weekly Sabbath, the seventh day, Saturday or the first day Sunday. In 321 AD, Sun Day the first day of the week was universally mandated by the Roman Emperor Constantine to appease Roman pagan converts and settle the dispute over the day of rest and worship among Christians. Later in 364 AD, it was accepted as church doctrine by the Catholic church at the Council of Laodicea which decreed that Christians should not Judaize by resting on the Sabbath but should honor the first day of the week as the day of rest due to the belief that it was Christ's resurrection day or The Lord's Day. We must keep in mind that if the Roman Catholic Church instigated a change to God's day of rest and worship then it is a tradition of men, and in Mark 9 Jesus declared "Full well ye reject the commandment of God, that ye may keep your own tradition." Some churches teach that a weekly Sabbath should be kept on whatever day is convenient to each individual and some teach that it is not necessary to keep a Sabbath day at all because Jesus is our Sabbath. Some even teach that keeping God's Sabbath on the seventh day of the week is Satanic and evil.

There have been countless debates and arguments among Christians about this issue, and it would be unwise to accept one day over the other without diligently searching the Holy Scriptures for God's truth on the matter and not just blindly believe what any man or minister has taught. Keeping the Sabbath holy is the fourth of the Ten Commandments and the apostle John declares that "sin is the transgression of the law" in KJV 1<sup>st</sup> John 3:4. Also, Hebrews 10:26-27 makes this statement about converted sinners, <sup>26</sup> For if we sin willfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins, <sup>27</sup> But a certain fearful looking for of judgment and fiery indignation, which shall devour the adversaries. And John 8:34 states, "Jesus answered them, "Verily, verily I say unto you, whosoever committeth sin is the servant of sin." That means that anyone who continually and willfully sins is a servant of sin, not Jesus Christ. That is why it is extremely important for all Christians to know God's truth and His true meaning in the Holy Scriptures regarding the keeping of His Sabbath. This dissertation includes many of the scriptures that Catholic and Protestant Churches accept and teach for the Sabbath to be kept on Sunday, the first day of the week and an opposing argument from the scriptures showing that the Seventh day should be kept.

## Bible Verse On Why We Go to Church On Sunday – Giving to God

### 1 Corinthians 16:2 – Giving On the First Day of the Week

**1 Corinthians 16:1-5 NKJV** <sup>1</sup>Now concerning the collection for the saints, as I have given orders to the churches of Galatia, so you must do also: <sup>2</sup> On the first *day* of the week let each one of you lay something aside, storing up as he may prosper, that there be no collections when I come. <sup>3</sup> And when I come, whomever you approve by *your* letters I will send to bear your gift to Jerusalem. <sup>4</sup> But if it is fitting that I go also, they will go with me. <sup>5</sup> Now I will come to you when I pass through Macedonia (for I am passing through Macedonia).

*While in Ephesus, Paul wrote these words to the Corinthians. He was referring to a special collection by some of the churches in Greece of food and needed goods for the church in Jerusalem which was suffering from drought, famine and persecution. This was not a Holy Convocation worship service for if it was, they would not have been doing the work of gathering and storing food and goods on that day. Keeping the commandments of God, they would have rested and worshipped on the Seventh Day Sabbath and done the work on the first day of the week. According to verse 2, the collection would end when Paul arrived in Corinth. From Corinth Paul referred to the special collection in verses 23-28 of his letter to the Romans.*

**NKJV** <sup>23</sup> But now no longer having a place in these parts, (*Corinth*) and having a great desire these many years to come to you, <sup>24</sup> whenever I journey to Spain, I shall come to you. For I hope to see you on my journey, and to be helped on my way there by you, if first I may enjoy

your *company* for a while. <sup>25</sup> But now I am going to Jerusalem to minister to the saints. <sup>26</sup> For it pleased those from Macedonia and Achaia to make a certain contribution for the poor among the saints who are in Jerusalem. <sup>27</sup> It pleased them indeed, and they are their debtors. For if the Gentiles have been partakers of their spiritual things, their duty is also to minister to them in material things. <sup>28</sup> Therefore, when I have performed this and have sealed to them this fruit, I shall go by way of you to Spain.

*According to verses 25-28 Paul took and delivered the collection of goods to the church in Jerusalem and wrote that he would visit the church in Rome after Jerusalem and then go to Spain. These scriptures do not suggest in any way that the apostles had changed God's day of rest and worship.*

Bible Verse On Why We Go to Church On Sunday – First Day of the Week

Revelation 1:10 – John Was Worshipping On The First Day of the Week

**KJV Revelation 10:9-10** <sup>9</sup> I John, who also am your brother, and companion in tribulation, and in the kingdom and patience of Jesus Christ, was in the isle that is called Patmos, for the word of God, and for the testimony of Jesus Christ.

<sup>10</sup> **I was in the Spirit on the Lord's day**, and heard behind me a great voice, as of a trumpet, <sup>11</sup> Saying, I am Alpha and Omega, the first and the last: and, What thou seest, write in a book, and send it unto the seven churches which are in Asia; unto Ephesus, and unto Smyrna, and unto Pergamos, and unto Thyatira, and unto Sardis, and unto Philadelphia, and unto Laodicea.

*The Lord's day in verse 10 refers to God's Day of Judgement at the end time because it is obvious that the whole book of Revelation is about the end time or end of the age and beyond. God had placed John in a state of spiritual consciousness where he would receive visions of the end time from Jesus Christ. Also, it has been proven that Jesus was resurrected on Saturday just before sundown so the Lord's day referred is not the first day of the week. See the spreadsheet timeline of the crucifixion week on the Eternity Road page of the website. These verses do not warrant changing God's Sabbath day of rest and worship from Saturday to Sunday.*

Bible Verse On Why We Go to Church On Sunday – First Day of the Week

Acts 20:7 – Evening Church – The Disciples

**Acts 20: 7-12 NKJV** <sup>7</sup> **Now on the first day of the week**, when the disciples came together to break bread, Paul, ready to depart the next day, spoke to them and continued his message until midnight. <sup>8</sup> There were many lamps in the upper room where they were gathered together. <sup>9</sup> And in a window sat a certain young man named Eutychus, who was sinking into a deep sleep. He was overcome by sleep; and as Paul continued speaking, he fell down from the third story and was taken up dead. <sup>10</sup> But Paul went down, fell on him, and embracing *him* said, "Do not trouble yourselves, for his life is in him." <sup>11</sup> Now when he had come up, had broken bread and eaten, and talked a long while, even till daybreak, he departed. <sup>12</sup> And they brought the young man in alive, and they were not a little comforted.

*After observing the Days of Unleavened Bread in Philippi, Paul joined with several men who went ahead of him Troas, a city close to Troy in Greece. (See Acts 20:1-6) Paul stayed in Troas for seven days and on the last day there the event in Acts 20:7-12 took place. The disciples came together on Saturday evening, which began the first day of the week, to break bread, which was a general term for sharing a meal together. Paul was already packed and ready for the journey to Jerusalem which would begin the next morning. He was in a hurry to reach Jerusalem by the Day of Pentecost so he could observe the holy day there. (See Acts 20:16)* <sup>16</sup> **For Paul had decided to sail past Ephesus, so that he would not**

**have to spend time in Asia; for he was hurrying to be at Jerusalem, if possible, on the Day of Pentecost.** *This was not a weekly Holy Convocation worship service on Sunday but was an evening meal and farewell message from Paul who was leaving the next morning. If Paul had considered the day to be holy, he would not be travelling on Sunday morning. To break bread together means sharing a meal together and the disciples would have done this on many days during the week. These scriptures do not warrant changing God's commanded day of rest and worship to Sunday, the first day of the week. However, verse 16 indicates that Paul and the early church did keep the Day of Pentecost.*

## Bible Verse On Why We Go to Church On Sunday – First Day of the Week

**Matthew 28:1-2, Mark 16:2, John 20:1 & 19** – 2 Mary's go to Jesus's tomb on 1<sup>st</sup> day of the week.

**Matthew 28:1-2** Now after the Sabbath, as the first day of the week began to dawn, Mary Magdalene and the other Mary came to see the tomb. <sup>2</sup> And behold, there was a great earthquake; for an angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat on it. <sup>3</sup> His countenance was like lightning, and his clothing as white as snow. <sup>4</sup> And the guards shook for fear of him and became like dead men.

**John 20:1** Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. **Mark 16:1-2** When the Sabbath was over, Mary Magdalene, Mary the mother of James, and Salome bought spices so that they might go to anoint Jesus' body. <sup>2</sup> Very early on the first day of the week, just after sunrise, they were on their way to the tomb **John 20:19** On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!"

*When the two Mary's went to Jesus's tomb very early in the morning it was still dark and when the angel of the Lord rolled away the stone Jesus was already gone. Since Jesus was crucified on the Passover, the day of preparation, he had to be buried before sunset because the day after Passover is a High Sabbath day, the first day of Unleavened Bread. Three days and three nights later He arose from the grave just as He had prophesied in Matthew 12:40 using the story of Jonah being in the belly of the great fish three days and three nights as the only sign that He was the Son of God. In the year 31AD Passover ended at sunset on Wednesday evening so three days and three nights later Jesus arose on Saturday just before sunset. See the crucifixion week 31AD timeline to get a clearer understanding of the events. The truth is that Jesus had to have been crucified on Wednesday just before sunset that year and He was resurrected on Saturday just before sundown. Therefore, Sunday cannot be the Lord's resurrection day.*

## Bible Verses On Why We Go to Church on Sunday

**Luke 6:1-5** Jesus's disciples plucked and ate grain on the Sabbath

**Now it happened on the second Sabbath after the first that He went through the grainfields. And His disciples plucked the heads of grain and ate *them*, rubbing *them* in *their* hands. <sup>2</sup> And some of the Pharisees said to them, "Why are you doing what is not lawful to do on the Sabbath?" <sup>3</sup> But Jesus answering them said, "Have you not even read this, what David did when he was hungry, he and those who were with him: <sup>4</sup> how he went into the house of God, took and ate the showbread, and also gave some to those with him, which is not lawful for any but the priests to eat?" <sup>5</sup> And He said to them, "The Son of Man is also Lord of the Sabbath."**

*Some bible teachers twist these scriptures into saying it is acceptable to break the Sabbath commandment because the apostle Paul said that Christians are no longer under the law and Jesus had the authority to allow that change. Similarly, these teachers say that Jesus healed many people on the*

*Sabbath to show that it was acceptable to break the Sabbath because Christians are no longer under the law and the Sabbath commandment. Hebrews 13:8 states “Jesus Christ is the same yesterday, and today and forever. “As Lord of the Sabbath, only He has the authority to determine the correct keeping of the Sabbath day according to the Holy Scriptures and God’s plan of salvation for mankind. He is the only one who can make a change to the Sabbath day and there is no scripture in the bible that says He did that.*

- Old Testament Bible Verses On Why We Go to Church On Sunday
  - Exodus 20:8 – The Command of the Sabbath
  - Genesis 1:5 – The First Day of the Creation Week – Light
- New Testament Bible Verses On Why We Go to Church On Sunday
- Bible Verse On Why We Go to Church on Sunday – Our Good Works
  - Romans 12:1 – Our Bodies – A Living Sacrifice
  - Matthew 5:16 – Shine Your Light
  - Psalms 133:1 – The House of the Lord