

The Lord's Day

Introduction:

What if the only verse mentioning “the Lord’s Day” points back to the very day God blessed and sanctified at Creation? Jesus declared Himself “Lord of the Sabbath”—the seventh day. Why does Scripture repeatedly call it God’s holy day, a delight for worship and rest?

God rested on the seventh day—not from tiredness, but satisfaction in a finished creation. He blessed, sanctified, and hallowed it as an act of worship and benefit for mankind. How does weekly Sabbath observance guard against pride, ingratitude, and forgetting our Creator? Could neglecting it open the door to the same self-deception that led to Lucifer’s fall?

Which day is the Lord’s?

We find only one verse in the Scriptures that uses the term, “the Lord’s day.” It simply tells us that the Lord has a day. Revelation 1 says nothing else about “the Lord’s day,” so we cannot identify which day is the Lord’s from this context.

Revelation 1:10 I was in the Spirit on the Lord’s day, and heard behind me a great voice, as of a trumpet,

Mark records Jesus saying that He is the Lord of the Sabbath.

Mark 2:27 And He said unto them, The Sabbath was made for man, and not man for the Sabbath: 28) Therefore the Son of Man is Lord also of the Sabbath.

The fourth commandment reveals the seventh day of the week is the Sabbath.

Exodus 20:10 But the seventh day is the Sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

Isaiah calls the Sabbath the Lord’s “holy day.”

Isaiah 58:13 If thou turn away thy foot from the Sabbath, from doing thy pleasure on my holy day; and call the Sabbath a delight, the holy of the LORD, honourable; and shalt honour Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:

We can conclude from the above texts, the Lord has a day that is holy being the seventh day, and is called the Sabbath.

Where do we first find the seventh day?

Genesis 2:1 Thus the heavens and the earth were finished, and all the host of them. 2) And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made. 3) And God blessed the seventh day, and sanctified it: because that in it He had rested from all His work which God created and made.

We notice that the seventh day is not called the Sabbath in the above text. After God had rested in the seventh day, He then blessed and sanctified it and it became the Sabbath. We can verify from Exodus 20:10 that the seventh day is the Sabbath. So when did the seventh day Sabbath become a commandment to keep? In Exodus 20:8-11 we find the first time keeping the Sabbath is commanded. The commandments were given at Mt. Sinai along with the covenant God made with Israel. Here we find the Sabbath directly identified as the seventh day.

Exodus 20:8 Remember the Sabbath day, to keep it holy. 9) Six days shalt thou labour, and do all thy work: 10) But the seventh day is the Sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: 11) For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the Sabbath day, and hallowed it.

Why did the Lord command that Israel keep the Sabbath day? "For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day:" We found the very same language in Genesis 2.

Genesis 2:3 And God blessed the seventh day, and sanctified it: because that in it He had rested from all His work which God created and made.

When we compare these two passages we can conclude that God sanctified, blessed and hallowed the Sabbath day because of two things. 1) Because He had made heaven and earth, and 2) Because He had rested in it.

The word "rested" in both Genesis 2:3, and Exodus 20:11, simply means to cease, to repose, to settle down. In Genesis 1, five times God said, "it was good," in response to His creative works. "Thus the heavens and the earth were finished," and God said "it was good" and He ended His creative works and rested in His creation. He rested not because He was tired, but out of a sense of satisfaction for what He had created.

Let's look at the terms blessed, sanctified and hallowed to understand their meaning.

Blessed: H1288. barak, baw-rak'; a primitive root; to kneel; by implication to bless God (as an act of adoration), and (vice-versa) man (as a benefit); also (by euphemism) to curse (God or the king, as treason):

If used to bless God, it means an act of adoration. If used to bless man, it means as a benefit.

Sanctified: H 6942. qadash, kaw-dash'; a primitive root; to be (causatively, make, pronounce or observe as) clean (ceremonially or morally):

Sanctified means to make or observe as clean.

Hallowed: H 6942. qadash, kaw-dash'; a primitive root; to be (causatively, make, pronounce or observe as) clean (ceremonially or morally):

Hallowed in regards to the Sabbath is the same word as sanctified.

In conclusion, let us sum up what we have learned from the Scriptures and Strong's definitions. God declared observing the Sabbath not only as an act of adoration to Him, but also as a benefit to man.

Revelation describes acts of adoration to God for His creation.

Revelation 4:11 Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.

Revelation 14:7 Saying with a loud voice, Fear God, and give glory to Him; for the hour of His judgment is come: and worship Him that made heaven, and earth, and the sea, and the fountains of waters.

In Mark chapter 2, we find a verse that declares the Sabbath as a benefit to man.

Mark 2:27 And He said unto them, The Sabbath was made for man, and not man for the Sabbath: 28) Therefore the Son of Man is Lord also of the Sabbath.

Why remember?

Not only did the Lord command Israel to keep the Sabbath as an act of adoration to Him but also a benefit to them. He also commanded them to "Remember the Sabbath day." Why would God command that they remember?

It's obvious that God foresaw that the Sabbath would be forgotten, as it has, and that He would again before His return, remind us in Revelation 14:7, to honor and worship Him by keeping the Sabbath, but does it have an even deeper reason? I believe so.

The Scripture records how Lucifer fell into iniquity and lost eternal life by forgetting that God was the Creator of all his beauty and talents. As he became prideful of his beauty, crediting himself for it, his reasoning faculties were corrupted which led to his self-deception and ultimately will lead to his self-destruction.

Ezekiel 28:14 Thou art the anointed cherub that covereth; and I have set thee so: thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire. 15) Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee. 16) By the multitude of thy merchandise they have filled the midst of thee with violence, and thou hast sinned: therefore I will cast thee as profane out of the mountain of God: and I will destroy thee, O covering cherub, from the midst of the stones of fire. 17) Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness: I will cast thee to the ground, I will lay thee before kings, that they may behold thee.

The apostle Paul also teaches the cause and effect of being unthankful to God, and worshipping self instead of the Creator, leading to self-deception and ultimately leading to self-destruction.

Romans 1:21 Because that, when they knew God, they glorified Him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. 22) Professing themselves to be wise, they became fools, ... 25) Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen.

Romans 2:5 But after thy hardness and impenitent heart treasurest up unto thyself wrath against the day of wrath and revelation of the righteous judgment of God;

Keeping the Sabbath weekly would certainly help us remember that God is the Creator and the only One worthy of worship. Pride is a serious sin that we all struggle with. If we recognize God as the Creator of all our gifts and talents, wouldn't it help us not to be prideful?

Obadiah 3 The pride of thine heart hath deceived thee, thou that dwellest in the clefts of the rock, whose habitation is high; that saith in his heart, Who shall bring me down to the ground?

Psalms 10:4 The wicked, through the pride of his countenance, will not seek after God: God is not in all his thoughts.

Psalms 59:12 For the sin of their mouth and the words of their lips let them even be taken in their pride: and for cursing and lying which they speak.

Proverbs 16:18 Pride goeth before destruction, and an haughty spirit before a fall.

Proverbs 29:23 A man's pride shall bring him low: but honour shall uphold the humble in spirit.

1John 2:16 For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

Reasons why the Sabbath was made for man and not just the Jews:

We have looked at the verse below without focusing on the fact that it states that the Sabbath was made for man and not the Jews specifically.

Mark 2:27 And He said unto them, The Sabbath was made for man, and not man for the Sabbath: 28) Therefore the Son of Man is Lord also of the Sabbath.

Do we have more proof that the Sabbath was made for man and not the Jews only? We have noticed that Adam and Eve were not instructed to keep the Sabbath which was the first day of life for them, that the Sabbath was created after God had rested the seventh day. The Scriptures give no clues that the Sabbath was kept until we read in Exodus 16 regarding the manna falling six days and not on the Sabbath.

Exodus 16:28 And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws? 29) See, for that the LORD hath given you the Sabbath, therefore He giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day. 30) So the people rested on the seventh day.

This account happened before the giving of the commandments at Mt Sinai. Notice that the Lord asked, "How long refuse ye to keep my commandments and my laws?" "See, for that the LORD hath given you the Sabbath." Doesn't this prove that keeping the Sabbath was commanded before Mt Sinai?

The first time the word "Sabbath" is mentioned is in Exodus 16 when the Lord asked that question to Moses. God is addressing the desecration of the Sabbath by Israel. Would God reprove Israel for not keeping the Sabbath if He had not previously commanded them to keep it?

But what about Adam and Eve and their descendants? Were they instructed to keep the Sabbath? It only makes sense that because the keeping of the Sabbath was an act of adoration to God and as a benefit to man, and that the Sabbath was made for man, that Adam and Eve and all those who lived before Exodus 16, were also keeping the Sabbath.

It's interesting to note that Abraham, the father of the Jews, was a Gentile from the heathen country of Babylon. What made him the father of many nations was not his nationality but his faith. The Lord instructed Abraham to leave Babylon and his pagan relatives, that He might have a people to obey His commandments and witness to the heathen around them.

Genesis 26:5 Because that Abraham obeyed my voice, and kept my charge, my commandments, my statutes, and my laws.

What commandments did Abraham obey? The same commandments spoken by the Lord Himself at Mt Sinai, and wrote in stone by His own fingers?

The other nine commandments are not "just for Jews:"

Does "Do not commit adultery," "Do not murder," "Do not steal," and "Do not bear false witness" apply only to Jews? Why then would we only apply one of the commandments to the Jews?

The Sabbath commandment is for the "stranger" too:

"Stranger" means a foreigner in the following verses. Since humanity has been divided into Jew and Gentile, stranger must apply to Gentiles.

Exodus 20:10 But the seventh day is the Sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

Isaiah 56:6 Also the sons of the stranger, that join themselves to the LORD, to serve Him, and to love the name of the LORD, to be His servants, every one that keepeth the Sabbath from polluting it, and taketh hold of my covenant;

Gentiles kept the Sabbath in the Book of Acts:

Acts 13:42-44 And when the Jews were gone out of the synagogue, the Gentiles besought that these words might be preached to them the next Sabbath. Now when the congregation was broken up, many of the Jews and religious proselytes followed Paul and Barnabas: who, speaking to them, persuaded them to continue in the grace of God. And the next Sabbath day came almost the whole city together to hear the word of God.

Luke, a Gentile also kept the Sabbath:

Acts 16:13 And on the Sabbath we went out of the city by a river side, where prayer was wont to be made; and we sat down, and spake unto the women which resorted thither.

It was Christ's custom to keep the Sabbath:

Luke 4:16 And He came to Nazareth, where He had been brought up: and, as His custom was, He went into the synagogue on the Sabbath day, and stood up for to read.

It was Paul's custom to keep the Sabbath:

Acts 17:2 And Paul, as his manner was, went in unto them, and three Sabbath days reasoned with them out of the Scriptures,

Christ spoke of keeping the Sabbath before His return:

Matthew 24:20 But pray ye that your flight be not in the winter, neither on the Sabbath day:

"All" mankind will keep the Sabbath in the New Earth.

Isaiah 66:22, 23 For as the new heavens and the new earth, which I will make, shall remain before me, saith the LORD, so shall your seed and your name remain. 23) And it shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before me, saith the LORD.

Summary:

The Lord created, blessed, sanctified and hallowed the Sabbath, and commanded we remember to keep it as an act of adoration to Him and as a benefit to us to help us remember not to worship self but to only worship Him, thus saving us from self-deception and self-destruction. Is there any good reason for not honoring the day He set aside for these purposes? When we forget this sanctified day, we forfeit the blessings of keeping it.

Isaiah 56:2 Blessed is the man that doeth this, and the son of man that layeth hold on it; that keepeth the Sabbath from polluting it, and keepeth his hand from doing any evil.