

100 FACTS

YOU SHOULD KNOW
ABOUT
THE LORD'S DAY



100 FACTS

ABOUT THE CHRISTIAN SABBATH OR THE LORD'S DAY

compiled by ALAN SMITH

1. The Sabbath is not a Jewish institution. It dates back long before the Ten Commandments, and even *they* are not Jewish!
2. The Sabbath was instituted by God at Creation (*Gen.* 2.1-3).
3. There is evidence that nations other than Israel observed a Sabbath from earliest times.
4. During their captivity in Egypt the Children of Israel were unable to keep the Sabbath and religious knowledge was reduced to a low ebb.
5. After their deliverance, we read of the restoration in the wilderness of the well-known, though neglected, Sabbath institution (*Exodus* 16).
6. At Sinai the Sabbath was included in the Decalogue, the summary of God's Moral Law.
7. The Fourth Commandment is the only one beginning "Remember".
8. It is a positive command, not a "Thou shalt not . . ."
9. It is the longest and most detailed of the ten.
10. To break it is as serious as killing or adultery (*James* 2.10-11).
11. It links both the Godward and the manward aspects of the moral law.

12. It links both the moral and ceremonial aspects of the Law.
13. Christ abolished the ceremonial law, but not the moral law.
14. Christ came not to destroy the moral law but to fulfil it (*Matt.* 5.17).
15. He said that anyone who violated the moral law would be least in the Kingdom of God (*Matt.* 5.19).
16. The Lord Jesus kept the Sabbath holy.
17. It is significant that the only recorded "custom" of Christ was attendance at the synagogue on the Sabbath (*Luke* 4.16).
18. Jesus Christ did however disregard man-made laws imposed by the Pharisees over the years (*e.g.* *Matt.* 12.2).
19. He taught that works of mercy and necessity could be performed on the Sabbath (*Matt.* 12.11-12).
20. Jesus Christ healed on the Sabbath (*Matt.* 12.13; *John* 5.9).
21. He taught the people on the Sabbath (*Luke* 4.31).
22. Jesus Christ is "Lord of the Sabbath". It is HIS day. (*Mark* 2.28).
23. Christ hallowed the first day of the week when He rose from the dead (*John* 20.1-18).
24. The Risen Lord appeared to His disciples on the first day one week later (*John* 20.26).
25. The outpouring of the Holy Spirit at Pentecost was on the first day of the week (*Acts* 2.1; *Lev.* 23.15).

26. Christ, being Lord of the Sabbath, thus transferred the Sabbath from the seventh to the first day.
27. The Apostles kept the first day of the week (*Acts* 20.7; *1 Cor.* 16.2).
28. In the Greek the name "Sabbath" is applied to the First Day of the Week: (*Matt.* 28.1; *Mark* 16. 2, 9; *Luke* 24.1; *John* 20. 1, 19; *Acts* 20.7; *1 Cor.* 16.2).
29. It soon became known as "The Lord's Day" (*Rev.* 1.10).
30. Barnabas (A.D.74) wrote: "Wherefore we keep the Lord's Day with joyfulness, the day also on which Jesus rose from the dead."
31. The Lord's Day is the Christian Sabbath.
32. The Apostolic Fathers bear testimony to this transference.
33. Ignatius, companion of St. John, said: "Let us keep the Lord's Day on which our life arose."
34. Justin Martyr wrote: "On the day called Sunday there is an assembly . . . and the memoirs of the apostles and the writings of the prophets are read."
35. Irenaeus says: "On the Lord's Day every one of us Christians keeps the Sabbath, meditating on the law, rejoicing in the works of God."
36. Tertullian (A.D.200) says: "Every eighth day (i.e. the day after the last of the previous week) is the Christian's festival."
37. Dionysius, Bishop of Corinth, writing to the church at Rome, says: "Today we celebrate the Lord's Day, when we read your epistle to us."

38. Ambrose declares : " The Lord's Day was consecrated by the resurrection of Christ."
39. Augustine tells us that " the Lord's Day was by the resurrection of Christ declared to Christians, and from that time it began to be celebrated as the Christian festival."
40. Epiphanius says : " This is the day which God blessed and sanctified, because in it He ceased from all His labours which He had perfectly accomplished, the salvation both of those on earth and those under the earth."
41. Athanasius wrote : " The Lord transferred the Sabbath to the Lord's Day."
42. Christian martyrs were asked : " Do you keep the Lord's Day? "
43. The Sabbath or Lord's Day speaks of Creation.
44. It speaks of Resurrection, being the eighth day. Eight suggests a new beginning.
45. It speaks of the spiritual rest enjoyed by the Christian (*Hebrews* 4).
46. It speaks of the perpetual rest to come in heaven.
47. It speaks of the Holy Trinity : the Father (Creation), the Son (Resurrection), and the Spirit (Pentecost).
48. The Sabbath, as part of God's moral law, is binding upon all men, not just Christians.
49. To break one point of the law is to be guilty of all (*Jas.* 2.10).
50. The Christian has this law written in his heart. Obligation under grace is even greater than under the Mosaic Law (1 *Cor.* 9.21).

51. The Fourth Commandment has never been abrogated and never will be (*Matt.* 5.18).
52. Sunday observance is written into the laws of our land, just as the commandments concerning stealing and murder.
53. The Lord's Day is the heritage of our nation.
54. The violation of the Sabbath brings the judgment of God (*Neb.* 13.15-22).
55. The Lord's Day is a day of joy and gladness, not gloom. (*Psa.* 118.24; 122.1).
56. The Bible calls the Sabbath "a delight" (*Isa.* 58.13).
57. The Sabbath is for the benefit of man (*Mark* 2.27).
58. It is a day of rest and worship.
59. It is a day in which we should undertake as little work or travel as absolutely necessary.
60. To keep the old seventh-day-of-the-week Sabbath is legalism.
61. This seventh-day Sabbath was a sign given to Israel only, commemorating their deliverance from Egypt (*Deut.* 5.15).
62. The Christian looks back not to this deliverance but to the deliverance from sin. Just as we do not keep the Passover but the Lord's Supper, so we do not keep the Jewish Sabbath but the Lord's Day.
63. Under the New Covenant all things are changed (*Heb.* 7.12), including the Sabbath.
64. Speaking of the Gospel age, Isaiah says "Blessed is the man . . . that keepeth the sabbath from polluting it" (*Isa.* 56.2).

65. The Reformers, Cranmer, Latimer, Luther, Calvin, Melancthon and Beza believed in the obligation of the Lord's Day.
66. Luther says: "If Adam had continued in innocency, yet he would have had a sacred seventh day."
67. Beza says: "The day of the Sabbath continued from the creation of the world to the resurrection of our Lord, when it was at length changed by the apostles into the Lord's Day."
68. The Christian Sabbath has been kept and honoured by all the holy men of God—Wesley, Whitefield, Edwards, Spurgeon, Muller, Livingstone and others.
69. "The fourth commandment does not determine which day of the week we should keep as a Sabbath, but only that we should keep every seventh day, or one day after six." (*J. Edwards*).
70. The Sabbath is God's appointed day (*Ps. 118.24*).
71. In the Old Testament the prophets contended for the Sabbath (*Jeremiah, Ezekiel, Hosea, Amos, Isaiah*).
72. The great reformer Nehemiah contended for the Sabbath (*Neh. 13.17-19*).
73. The Lord's Day is essential to the spiritual welfare of the nation.
74. It is the Sabbath DAY which is to be kept holy, not merely part of the day.
75. The weekly Sabbath is a reminder of our covenant relationship with God (*Ez. 20.20*).

76. The 7th Article of the Church of England says :
"No Christian man whatsoever is free from the obedience of the Commandments which are called moral."
77. Chapter XXI, section vii, of the Westminster Confession, adopted by the Presbyterian and other reformed churches, says : "As it is of the law of nature, that, in general, a due proportion of time be set apart for the worship of God ; so, in his word, by a positive, moral and perpetual command, binding all men in all ages, he hath particularly appointed one day in seven for a sabbath, to be kept holy unto him . . ."
78. The Sabbath is given to promote sanctification (*Ez.* 20.12).
79. Sabbath observance will help to keep body, mind and soul in a healthy condition.
80. It strengthens family ties.
81. It helps to sustain Christianity.
82. It is "an indispensable preparation for the heavenly blessedness"—*Bishop Daniel Wilson*.
83. It honours Almighty God.
84. It promotes all that is highest and best in man.
85. It safeguards the interest of the workman.
86. It affords opportunities for the proclamation of the Gospel of the grace of God.
87. It acts as a weekly reminder to fallen man that there is a God in heaven Who claims his allegiance and worship.

88. It offers sinners an opportunity to find peace and happiness.
89. It is our privilege, as well as our duty, to keep the Christian Sabbath.
90. If we love the Lord, we will love His day.
91. Our obedience to His command is proof of our love (*John* 14.21).
92. We should use the Lord's Day to testify of the Risen Lord.
93. We should take an active stand against further secularisation of this blessed day.
94. We should pray for all who seek to uphold the Lord's Day.
95. The Sabbath is more commercialised today than ever.
96. Attendance at Sunday Schools has declined by well over 2 million in 30 years, while crimes among young people have shown a marked increase.
97. The Lord's Day Observance Society maintains a stand for the Christian Sabbath today.
98. Its work since 1831 has safeguarded the Day from the enemies of the Gospel.
99. All Christians should support the work of this Society.
100. We should pray for revival, so that the holy day will be re-established as a national institution.