



When is the Sabbath? Saturday or Sunday?

"Remember the Sabbath day by keeping it holy."
—Exodus 20:8



The Sabbath Controversy – What about Sunday?

- The Sabbath day – 7th Day of the week
 - Sunday – 1st Day of the week
 - Roman empire celebrated the day of the sun
 - Judaism celebrated the Sabbath as the day of rest
 - Sunday turned into a replacement Sabbath

Historical Context:

- Israel OT – Sabbath
 - NT – initially no issue
 - Gospel spread to the Roman empire
 - Disciples met on the first day of the week
– resurrection day
 - Constantine after legalising Christianity declared Sunday to be the day of rest

What should we do?

Stick to the Bible:

1. Council of Jerusalem
2. Evidence in Acts of the Apostles
3. Paul talks in the book of Romans about it

Conclusion:

freedom, law in your heart, be convinced in your own mind but don't upset your brother who is weak

Council of Jerusalem Acts.15

they wrote this letter by them:

The apostles, the elders, and the brethren,

To the brethren who are of the Gentiles in Antioch, Syria, and Cilicia:

Greetings.

24 Since we have heard that some who went out from us have troubled you with words, unsettling your souls, saying, "You must be circumcised and keep the law"—to whom we gave no such commandment—**25** it seemed good to us, being assembled with one accord, to send chosen men to you with our beloved Barnabas and Paul. **26** men who have risked their lives for the name of our Lord Jesus Christ. **27** We have therefore sent Judas and Silas, who will also report the same things by word of mouth. **28** For it seemed good to the Holy Spirit and to us, to lay upon you no greater burden than these necessary things: **29** that you abstain from things offered to idols, from blood, from things strangled, and from sexual immorality.^[3] If you keep yourselves from these, you will do well.

Farewell.

The first day of the Week:

- 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 Acts 20:7
- First day of the week is the Sunday!

1. Cor. 16:2

- 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.
- Suggesting that the Corinthians met on a Sunday!

Revelation 1:10 – Lord's Day = Sunday?

- **10** I was in the Spirit on the **Lord's Day**, and I heard behind me a loud voice, as of a trumpet, **11** saying, "I am the Alpha and the Omega, the First and the Last," and, "What you see, write in a book and send *it* to the seven churches which are in Asia:[**C**] to Ephesus, to Smyrna, to Pergamos, to Thyatira, to Sardis, to Philadelphia, and to Laodicea."

Romans 14 – Any day is ok!

- **5** One person esteems *one day* above another; another esteems every day *alike*. Let each be fully convinced in his own mind. **6** He who observes the day, observes *it* to the Lord; and he who does not observe the day, to the Lord he does not observe *it*. He who eats, eats to the Lord, for he gives God thanks; and he who does not eat, to the Lord he does not eat, and gives God thanks. **7** For none of us lives to himself, and no one dies to himself. **8** For if we live, we live to the Lord; and if we die, we die to the Lord. Therefore, whether we live or die, we are the Lord's. **9** For to this end Christ died and rose and lived again, that He might be Lord of both the dead and the living. **10** But why do you judge your brother? Or why do you show contempt for your brother? For we shall all stand before the judgment seat of Christ. **11** For it is written:
"As I live, says the Lord,
Every knee shall bow to Me,
And every tongue shall confess to God."
- **12** So then each of us shall give account of himself to God. **13** Therefore let us not judge one another anymore, but rather resolve this, not to put a stumbling block or a cause to fall in *our* brother's way.

Conclusion:

- Gospel is preached in cultural contexts where keeping a sabbath is not possible
- Having the rhythm of 6 days work one day rest is practised in most societies
- Romans suggests that it is not an issue of which day, if and when we keep it.
