

# Keep Sunday Special

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[ 0 : 00 ] The first of June. Keep Sunday special. For the Son of Man is Lord of the Sabbath. Matthew chapter 12 and verse 8.

There have often been arguments about what we should do or not do on a Sunday. Sunday is often referred to as the Christian Sabbath. In the Bible there is no mention of Sunday as such.

Rather it was called the first day of the week. Or as in Revelation chapter 1 and verse 10. The Lord's day. If we remember that Sunday really is the Lord's day.

That gives us a good idea as to how we should think about it. In the Old Testament the fourth commandment as mentioned in Exodus 20 verse 8. Tells us to remember the Sabbath day to keep it holy.

The first Sabbath day was when God had finished his six days of work of creation. And he rested on the seventh day. Sabbath is a word that relates to rest.

[ 1 : 03 ] There are many times in the Old Testament when the Sabbath is mentioned and there are some in the New Testament as well. We are guided about what we should do on the Lord's day by remembering that Jesus is the Lord of the Sabbath.

In the sense that he wants us to put away all false do's and don'ts and to concentrate on what is important. There are three great important things to remember about how we spend our Sundays.

One is the opportunity to worship the Lord. In heaven we will just love to praise and worship the Lord. And since Jesus rose on a Sunday it reminds us of his resurrection.

So it is a day of joy and gladness. Worshipping the Lord who rose again. Secondly, it is a chance to do good and to have fellowship with other Christians.

And thirdly, it is a time for busy people to relax and rest. And a prayer. Dear Lord, thank you for Sunday.