**Know the Truth – The Lord’s Day**

1. **The first day of the week is the Lord’s Day.**

*After the Sabbath, as it began to dawn toward the first day of the week. Mary Magdalene and the other Mary came to look at the grave…the angel said to the women, do not be afraid…He is not here, for He has risen, just as He said.*

Matt. 28: 1 -20

 Mark 2: 27 -28 – *the Son of Man is the Lord of the Sabbath*

1. **It is a Christian institution for regular observance.**

*On the first day of the week, when we were gathered together to break bread…Acts 20:7*

*On the first day of every week one of you is to put aside and save…1 Cor. 16:2*

1. **It commemorates the resurrection of Christ from the dead and should include exercises of worship and spiritual devotion, both public and private.**

*When it was evening on that first day of the week, the disciples were gathered together with the doors locked because of the fear of the Jews. Jesus came, stood among them and said to them, Peace be with you John 20: 19 -28*

*I was in the Spirit on the Lord’s day…Rev. 1:10*

1. **Activities on the Lord’s Day should be commensurate with the Christian’s conscience under the Lordship of Jesus Christ.**

**Saturday Sabbath – Deut.5:14 – you shall not do any work…so that you may rest**

**Sunday – Lord’s Day**

1. **Worship with the gathered church**
2. **Fellowship with the gathered church**
3. **Rest of the church**

*One person regards one day above another, another regards every day alike. Each must be fully convinced in his own mind. He who observed the day, observes it for the Lord, and He who eats, does so for the Lord, for he gives thanks to God and he who eats not, for the Lord he does not eat, and gives thanks to God Rom. 14:5 – 6*

**Steps to enjoying the Lord’s Day**

1. **Delight in the Lord’s day**

Delight in the Lord grace in Christ

Delight in salvation in Jesus Christ

Delight in God’s past provision in your life

Delight in the promise of coming heaven

1. **Sanctify the Lord’s day**

Join with God’s people to worship the Lord at the church house

Hear the word of God & reflect on the preached word of God

Examine the current condition of your life

Enjoy some time for quietness & reflection

Make Sunday a day with the Lord

1. **Honor the Lord’s day**

Spend time with your family honoring the Lord in times of rest & encouragement with each other

Practice spiritual reading

Slow down, rest & prepare for the coming week of service to the Lord Jesus

*In returning and rest you will be saved, in quietness and trust shall be your strength Is. 30:15*

**The Lord’s Day – Charles Naylor**

**1** O day of all the days the best,
When—laid aside each earthly care—
We meet with God’s dear saints so blest,
And in their praise and worship share.

**2** Not by a rigid code we’re bound
With death to all who disobey;
But through God’s love within us found,
We keep this precious worship day.

**3** This day our Lord in triumph rose
To give us hope beyond the grave;
He conquered all our many foes,
And proved His mighty pow’r to save.

**4** So in remembrance we will keep
This blessed resurrection day,
The pledge of all who wake or sleep,
That they shall live through Him for aye.