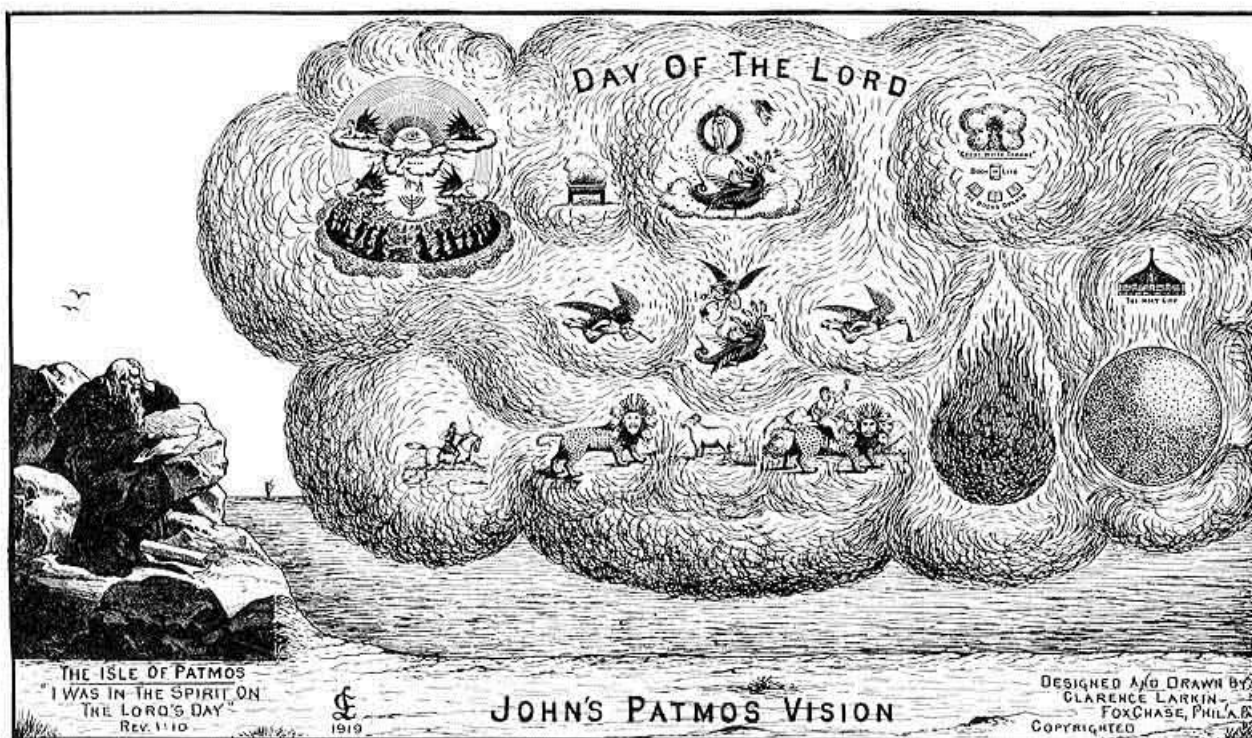


Sunday and The Lord's Day

Based on scripture, the phrase “**the Lord's Day**” does not refer to Sunday. The phrase “**the Lord's Day**” in Greek is the equivalent to “**the day of the Lord**” in Hebrew, which refers to the time of the future tribulation period.



There is a serious and dangerous problem that has been infiltrating Christian churches for a long time. The problem is that once Christians start labeling Sunday as “**the Lord's Day**”, it quickly becomes a required day of rest or a Christian “Sabbath”.

The root of this problem seems to be the Roman Catholic church. They have officially defined Sunday as “**the Lord's Day**”. They have also changed the ten commandments to have “**the Lord's Day**” replace the Jewish Sabbath day of rest. Thus creating a heretical and so called “Christian Sabbath” on Sunday (first day of the week) that replaces the Jewish Sabbath that was on Saturday (the seventh day of the week). This now makes it a sin (in their eyes) for people to miss church or to work on Sunday.

These are the Roman Catholic 10 Commandments:

- 1) I, the Lord, am your God. You shall not have other gods besides me.
- 2) You shall not take the name of the Lord God in vain
- 3) Remember to keep holy **the Lord's Day**
- 4) Honor your father and your mother
- 5) You shall not **kill**
- 6) You shall not commit adultery
- 7) You shall not steal
- 8) You shall not bear false witness
- 9) You shall not covet your neighbor's wife**
- 10) You shall not covet your neighbor's goods**

Here are the REAL 10 Commandments:

- 1) I, the Lord, am your God. You shall not have other gods besides me.
- 2) You shall not make unto you any graven images**
- 3) You shall not take the name of the Lord your God in vain
- 4) You shall remember the Sabbath and keep it holy**
- 5) Honor your mother and father
- 6) You shall not **murder**
- 7) You shall not commit adultery
- 8) You shall not steal
- 9) You shall not bear false witness
- 10) You shall not covet anything that belongs to your neighbor

Notice that the Roman Catholics have thrown away the 2nd commandment because they pray to statues of Mary and saints and other graven images. They have split the 10th commandment into 2 parts to make up for the lack of the 2nd commandment.

They have also changed the word “murder” to “kill”. By doing this, they deny the need of the death penalty for murderers. God makes it clear that capital punishment is appropriate for someone who commits murder.

[Genesis 9:6] "Whoever sheds man's blood, By man his blood shall be shed; For in the image of God He made man."

Unfortunately, many Christian churches have allowed this Roman Catholic “Lord’s Day” heresy to creep in. Calling Sunday “**the Lord’s Day**” is a dangerous first step toward a required Christian Sabbath and other issues as well.



One example of heretical “religious rules” negatively affecting society and Christianity are the “Blue Laws” that showed up in the United States as early as the 1750’s. These laws required nearly all stores to be closed on Sunday (no commerce) and specifically outlawed the sale of alcohol on Sunday. These “Blue Laws” are the work of Satan and are totally unscriptural “rules” that cause many problems including:

- 1) People that need to work on Sunday, like police or doctors, may feel guilty for not following the rule.
- 2) People that follow the rule may judge other people that are not following the rule.
- 3) People that follow the rule believe that they are pleasing God.
- 4) It gives Christianity a bad name because non-Christians falsely believe that God requires them to follow this rule.
- 5) The Roman Catholics use this rule to apply false sin and guilt to people. They force Sunday attendance at their churches which surely results in more donations.

I want to quickly address what the bible means by “rest”. The original reference to this comes from Genesis at the end of God’s earthly creations.

[Genesis 2:2] And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.

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

Notice that God rested on the seventh day (Saturday) and then sanctified it. This was later turned into the 4th commandment for the Jews to follow.

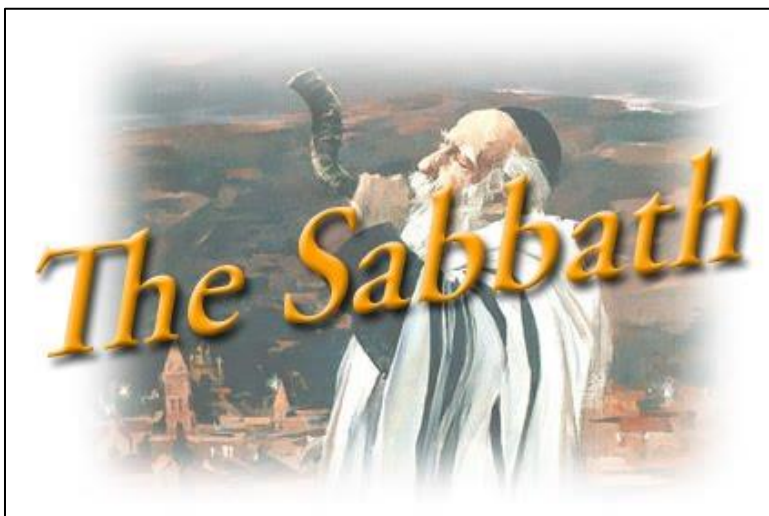
[Exodus 20:8] "Remember the Sabbath day, to keep it holy.

[Exodus 20:9] Six days you shall labor and do all your work,

[Exodus 20:10] but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates.

[Exodus 20:11] For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

Please Note: This was Saturday (the seventh day) and it was for the Jews only!



I need to make it very clear that when God rested, it was NOT physical rest. God was not tired and He did not need to rest physically. This was a “ceasing” from work and not a physical rest. The Hebrew word used is “shabath” which is where “sabbath” comes from.

The commandment given to the Jews was a “shadow” of the rest in Christ that would be coming for Christians. The Jewish Priests had to work all day and all night making sacrifices to atone for the people’s sins. They were never able to cease or rest from this and it showed them that they were unworthy and incapable of meeting God’s requirements to get into heaven.

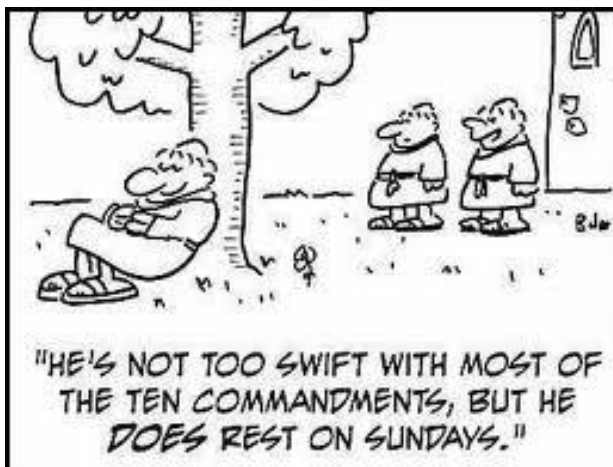
When Jesus came, He fulfilled the entire law (including the 10 commandments) and He became the true “rest” that Christians are able to enjoy. We are now under the law of “Liberty” which includes all of the commandments except for the requirement to observe the sabbath.

Jesus said to his Apostles:

[Mark 2:27] And He said to them, "The Sabbath was made for man, and not man for the Sabbath.

[Mark 2:28] Therefore the Son of Man is also Lord of the Sabbath."

Of course, God wants Christians to get the proper amount of daily physical rest; However, we do not need to rest all day on Sunday or adhere to a sabbath, we “rest” everyday in Christ...We do not need to perform continual animal sacrifices to atone for our sins...Jesus completed this for us!



Now Let's get back to "the Lord's Day"...

Here is the one and only location the phrase "**the Lord's Day**" is used in the Holy Bible:

[Revelation 1:9] I, John, both your brother and companion in the tribulation and kingdom and patience of Jesus Christ, was on the island that is called Patmos for the word of God and for the testimony of Jesus Christ.

[Revelation 1:10] I was in the Spirit on the Lord's Day, and I heard behind me a loud voice, as of a trumpet,

[Revelation 1:11] 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: to Ephesus, to Smyrna, to Pergamos, to Thyatira, to Sardis, to Philadelphia, and to Laodicea."

The book of Revelation is about the tribulation period which is what Jesus Christ is revealing to John. John wrote the book of Revelation in Greek so that when he said "**the Lord's Day**" he meant "**the day of the Lord**".



Island of Patmos

Let's start with "I was in the Spirit"...

Strong's Greek Definition of "Spirit":

Pneuma

a current of air, that is, breath (blast) or a breeze; by analogy or figuratively a spirit, that is, (human) the rational soul, (by implication) vital principle, mental disposition, etc., or (superhuman) an angel, demon, or (divine) God, Christ's Spirit, the Holy Spirit: - ghost, life, spirit (-ual, -ually), mind.

The way the word "**Spirit**" is being used by John, as the translators show by capitalizing it, is the Holy Spirit (or Christ's Spirit). What John is saying is that the Holy Spirit or Christ's Spirit took him (whether physically or spiritually is irrelevant) to see the events that will unfold during the tribulation period. When we look at the 3 other times John uses the term "**in the Spirit**" within the book of Revelation, it is very clear that the Holy Spirit is somehow showing John these future events as if he was watching a movie (or as a fly on the wall).



First Use:

[Revelation 4:1] After these things I looked, and behold, a door standing open in heaven. And the first voice which I heard was like a trumpet speaking with me, saying, "Come up here, and I will show you things which must take place after this."

[Revelation 4:2] Immediately I was in the Spirit; and behold, a throne set in heaven, and One sat on the throne.

Second Use:

[Revelation 17:3] So he carried me away in the Spirit into the wilderness. And I saw a woman sitting on a scarlet beast which was full of names of blasphemy, having seven heads and ten horns.

Third Use:

[Revelation 21:9] Then one of the seven angels who had the seven bowls filled with the seven last plagues came to me and talked with me, saying, "Come, I will show you the bride, the Lamb's wife."

[Revelation 21:10] And he carried me away in the Spirit to a great and high mountain, and showed me the great city, the holy Jerusalem, descending out of heaven from God,

[Revelation 21:11] having the glory of God. Her light was like a most precious stone, like a jasper stone, clear as crystal.

These passages show very clearly that when John was “**in the Spirit**” that he was taken (by the Holy Spirit) to view future events during the tribulation period. John did not need the Holy Spirit just to take him to Sunday. I hope that it is obvious what John meant by “**I was in the Spirit**” at this point.

Now, let's move on to the second half of the statement, “**on the Lord's Day**”...

Strong's Greek Definition of “Lord's”:

Kuriakos

Imperial, belonging to the Lord (Jehovah or Jesus): - Lord's.

This form of “Lord's” is only used twice in the bible, once in the passage we are studying (Revelation 1:10) and the other use is to define “the Lord's Supper” in (1st Corinthians 11:20).

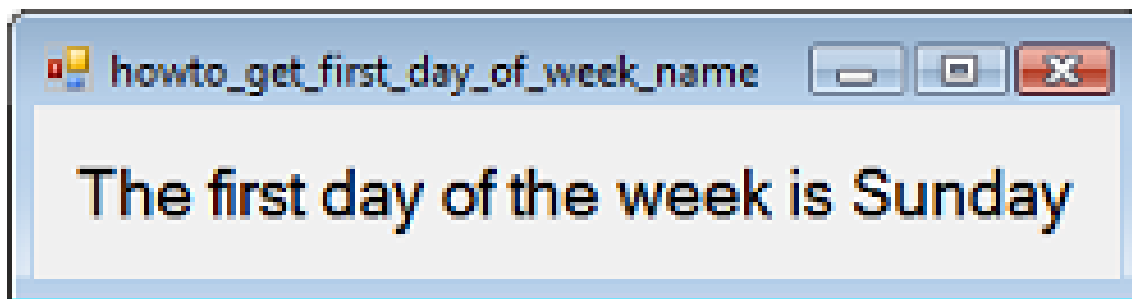
[1 Corinthians 11:20] Therefore when you come together in one place, it is not to eat the Lord's Supper.

“**The Lord’s Day**” is much more important than just Sunday. This is an “Imperial” or “Lordy” day, a day in which God will take his vengeance on those who have not come to Christ. Also, the term “Day” does not refer to a 24 hour day, it refers to a multi-year time period (i.e. “the day of the horse and buggy”).

The only day the bible ever named was the Seventh day (Saturday) which was called the Jewish “Sabbath”. Other than this, the days of the week are always referred to by their number (first day of the week = Sunday, second day of the week = Monday, etc...).

The bible makes important things very clear, God would not just suddenly decide to name Sunday “**the Lord’s Day**” without explaining it clearly and concisely. Below I have listed the passages in which Sunday is referred to as “**the first day of the week**”.

Please note the two verses written by John in which he uses the term “**the first day of the week**” to refer to Sunday and NOT “**the Lord’s Day**” (John 20:1, 20:19). John did not decide to suddenly change his label for Sunday to “**the Lord’s Day**”, he was fully aware that Sunday was to be referred to as “**the first day of the week**”.



The First Day of the Week:

[Matthew 28:1] Now after the Sabbath, as the first day of the week began to dawn, Mary Magdalene and the other Mary came to see the tomb.

[Mark 16:2] Very early in the morning, on the first day of the week, they came to the tomb when the sun had risen.

[Mark 16:9] Now when He rose early on the first day of the week, He appeared first to Mary Magdalene, out of whom He had cast seven demons.

[Luke 24:1] Now on the first day of the week, very early in the morning, they, and certain other women with them, came to the tomb bringing the spices which they had prepared.

[John 20:1] Now the first day of the week Mary Magdalene went to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb.

[John 20:19] Then, the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled, for fear of the Jews, Jesus came and stood in the midst, and said to them, "Peace be with you."

[Acts 20:7] 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.

[1 Corinthians 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.

I want to clarify that Sunday is a great day for Christian Church services to be held. Many wonderful things happened on the first day of the week (Sunday) such as the resurrection of Jesus Christ and Pentecost. Sunday is also when the Apostles and the early Church body came together to worship. But as Christians, we are not forced to meet or rest on Sunday. We rest every day, in Christ...Jesus Christ is our "Sabbath".

We could also meet to worship on Tuesday or Friday or whenever...It just happens to work well on Sunday and this has become a tradition. It is completely unscriptural to refer to Sunday as "**the Lord's Day**". We meet on the first day of the week (Sunday) because it is a tradition of man...not a command from God.

SUNDAY

John wrote the book of Revelation in Greek. John uses the word “**Lord’s**” as an adjective to describe the noun “**Day**”. The Old Testament books were written in Hebrew and/or Aramaic. There is no adjective for “**Lord’s**” in Hebrew; therefore, for a Jewish writer to say “**the Lord’s Day**”, they would have to use two nouns (day and Lord)...”**the day of the Lord**”. When the Old Testament Prophets used the term, “**the day of the Lord**”, they were referring to the time of tribulation...the same as what John is being shown by Jesus Christ for his writing of Revelation.

The Complete Jewish Bible translates this passage (Revelation 1:10) as:

[Revelation 1:10] I came to be, in the Spirit, on the day of the Lord; and I heard behind me a loud voice, like a trumpet,

This by itself is strong evidence that “the Lord’s Day” in Greek is equivalent to “the day of the Lord” in Hebrew.

Here is a list of the King James Version Old Testament passages from Isaiah, Jeremiah, Ezekiel, Joel, Amos, Obadiah, Zephaniah, and Zechariah where the phrase “**the day of the Lord**” is used mainly to refer to the future tribulation period but it also encompasses the millennial kingdom.

The Day of the Lord:

[Isaiah 2:12] For the day of the LORD of hosts Shall come upon everything proud and lofty, Upon everything lifted up-- And it shall be brought low--

[Isaiah 13:6] Wail, for the day of the LORD is at hand! It will come as destruction from the Almighty.

[Isaiah 13:9] Behold, the day of the LORD comes, Cruel, with both wrath and fierce anger, To lay the land desolate; And He will destroy its sinners from it.

[Jeremiah 46:10] For this is the day of the Lord GOD of hosts, A day of vengeance, That He may avenge Himself on His adversaries. The sword shall devour; It shall be satiated and made drunk with their blood; For the Lord GOD of hosts has a sacrifice In the north country by the River Euphrates.

[Ezekiel 13:5] You have not gone up into the gaps to build a wall for the house of Israel to stand in battle on the day of the LORD.

[Ezekiel 30:3] For the day is near, Even the day of the LORD is near; It will be a day of clouds, the time of the Gentiles.



Other Old Testament Verses that refer to “the day of the Lord include:

- Joel 1:15, 2:1, 2:11, 3:14
- Amos 5:18, 5:20
- Obadiah 1:15
- Zephaniah 1:7, 1:14
- Zechariah 14:1

There are also four New Testament mentions of “the day of the Lord”:

- 1st Corinthians 5:5
- 2nd Corinthians 1:14
- 1st Thessalonians 5:2
- 2nd Peter 3:10



I just want to reiterate the reason I wrote this paper. Many churches use the term “**the Lord’s Day**” to refer to Sunday. They then make the association to the Sabbath day of rest that the pre-Christian Jews were commanded to observe (Saturday). They then require that Christians rest on Sunday because they say that Sunday is “**the Lord’s Day**” and we must keep it Holy.

Any Church that believes that Christians must rest on Sunday is legalistic at best and a religious cult at worst (please see my paper entitled “Legalism and Religious Cults” for more information on this).

Remember What Paul Told Us:

[Colossians 2:16] So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths,

[Colossians 2:17] which are a shadow of things to come, but the substance is of Christ.



Paul tells us here that we should never judge anyone based on what they consider to be a holy day or a Sabbath (rest) day. These things are choices that individuals make based on the maturity of their faith and what the Holy Spirit puts on their hearts.

God has not commanded that any day be observed or be treated as holy by Christians...These things are choices of individuals and traditions of men.

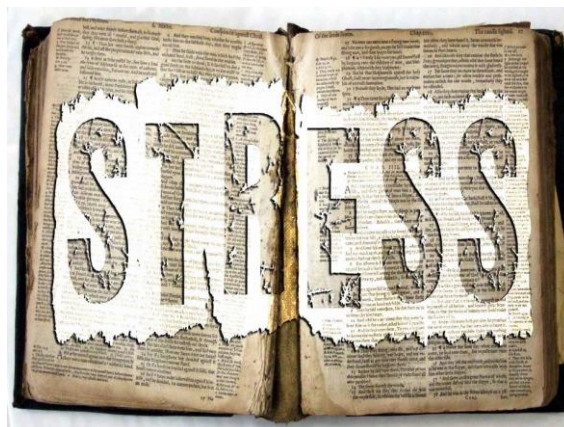
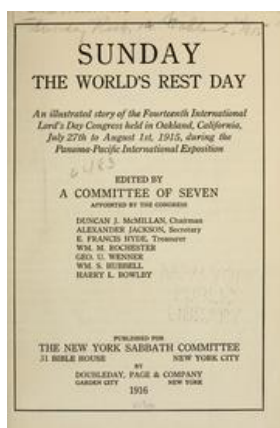
[Romans 14:5] One person esteems one day above another; another esteems every day alike. Let each be fully convinced in his own mind.

[Romans 14:6] 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.

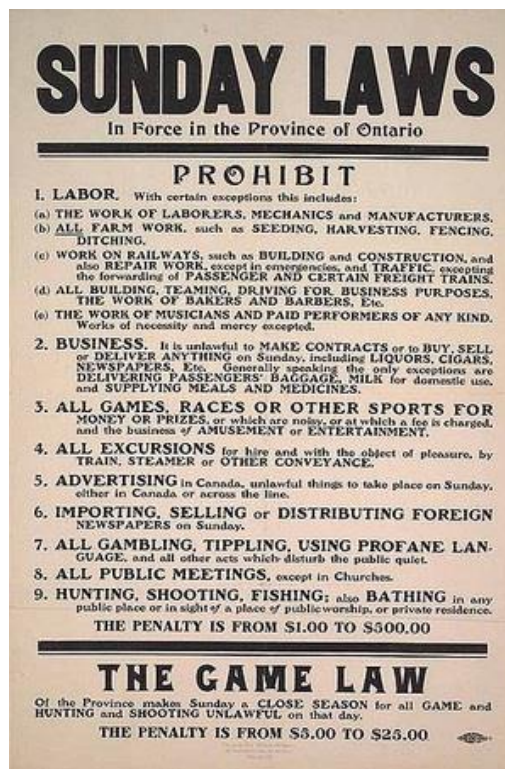
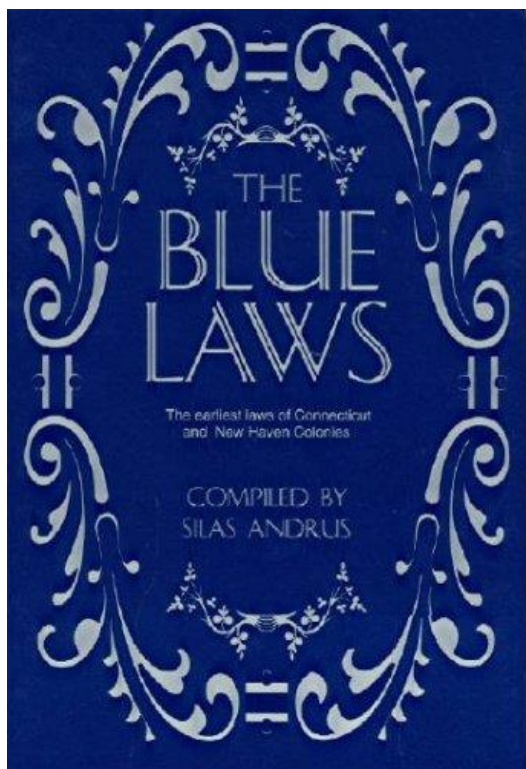
Paul makes it very clear that if someone wants to treat a certain day as special, he is free to do so. Also, if someone else wants to treat every day the same, he is also free to do so. There are no special days for Christians as a whole but any individual Christian may make any day special that he desires, as long as he does it for the Lord!



Let me point out that it would greatly please Satan to have all Christians rest on Sunday because that would mean that they would not be out spreading the word of God if they were resting. It would also mean that they do not believe that what Jesus Christ did for us is sufficient so they are performing their own "work" of resting.



Also, Satan is fully aware of all the “points of contention” in the bible and has used them to create strife and arguments among Godly people since Moses wrote the first five books of the bible (also known as the Torah or Pentateuch). This is a huge point of contention but with the help of the Holy Spirit and prayer, it should be very obvious that calling Sunday “**the Lord’s Day**” and/or believing you need to rest on Sunday is totally unscriptural.



I hope that this paper has made sense to you and you understand that a Christian rests in Christ, there is no such thing as a Christian Sabbath, and that “**the Lord’s Day**” is the time of the tribulation period and it is not Sunday.