

The first day of the week is a day to remember the Lord

Those of us who have long attended the services of the Lord's church on the first day of the week may have gotten to the point where Sunday is no longer anything special to us. If so, we urgently need to do whatever is necessary to regain a sense of just how great a day the Lord's Day is. This week, let's consider the fact that *the first day of the week is a day to remember the Lord*.

The Lord's Day is the day that God has commanded us to remember His Son, and He has filled it with good things we ought to treasure. Sunday is our best opportunity to be with the best people in the world — the Lord's people — to worship and learn and pray and sing, to give of our means and observe the Lord's Supper, to edify and be edified, to rejoice in the blessings we enjoy in Christ.

At the very center of all these good things is the Lord Himself. If we love Him, His day ought to be the day we look forward to most of all. John wrote, "For this is the love of God, that we keep his commandments. And his commandments are not burdensome" (1 Jn. 5:3). The fact that we are commanded to worship on the Lord's Day does not mean it has to be a dreary duty. If we love the One who commanded us to remember Him, the day on which we do that will be a pleasure.

It would be profitable for us all to spend some time thinking about how we can — particularly in our families — make the Lord's Day what it ought to be for us. What can we do to get out of the ruts we have gotten into? What can we do to make Sunday our favorite day of the week?

And consider this: how can we better prepare for the Lord's Day? What activities in our homes would make it more a day of remembrance about the Lord? How can we convey to our children the specialness of this day? What can we do to ensure that their childhood memories of Sunday in their parents' home involve more than the NFL and the NBA? What are some things we can do that will be conducive to growth in our understanding and observance of the Lord's Day?

Let's devote this week to working on the project. Think about it. Pray about it. Talk about it. Share the results with others. Together, let's work on letting the first day be the Lord's Day!

Monday: Luke 24:1-12

Key Idea: The first day of the week is the day of our Lord's resurrection.

Questions for Family Growth: Describe how the disciples felt at first when they found the tomb empty, and then later when they realized what had really happened to Jesus. How should the assurance of the Lord's resurrection make us feel on Sunday?

Wisdom for the Day: Proverbs 14:12.

Tuesday: Acts 20:7-12

Key Idea: In the New Testament, Christians met on Sunday for the Lord's Supper.

Questions for Family Growth: According to v.7, why did the disciples come together on the first day of the week? What else is said about their assembly? Why is the Lord's Supper something Christians should look forward to throughout the week?

Wisdom for the Day: Proverbs 14:13.

Wednesday: 1 Corinthians 11:23-26

Key Idea: The Lord's Supper reminds us that Christ died for our sins.

Questions for Family Growth: Who first commanded us to partake of the Lord's Supper? What does v.26 say we "proclaim" until Christ comes again? Why do we need a frequent reminder about this important event?

Wisdom for the Day: Proverbs 14:14.

Thursday: 1 Corinthians 16:1-4

Key Idea: Sunday is the day we give of our means for the Lord's work.

Questions for Family Growth: On what day did Paul say the Corinthians should "lay by in store" (KJV) for the financial needs of the Lord's work? Is any other day acceptable? How does our giving make Sunday a happier day?

Wisdom for the Day: Proverbs 14:15-19.

Friday: Revelation 1:9-16

Key Idea: The first day of the week is the Lord's Day.

Questions for Family Growth: What are the things in the New Testament that happened on the first day of the week that would make it appropriate to call it "the Lord's Day"? In practical terms, what are some things we could do to make this day truly the Lord's Day?

Wisdom for the Day: Proverbs 14:20,21.

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