
The Communion of the Saints

Part 8:

Understanding the Lord's Day



Introduction



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1902-1945

Isaiah 40:31: “But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

Introduction

	Old Testament	New Testament
Day of Worship	Saturday	Sunday
Day of Week	7 th	1 st
Known as	Sabbath	Lord's Day

Revelation 1:10: “I was in the Spirit on the Lord’s day.”

Introduction

	The Lord's Day	The Lord's Supper
Means Literally	The Day belonging to the Lord	The Supper belonging to the Lord

Reverence

- The Lord's Day is the Day of **Corporate Worship**
 - **Acts 20:7:** “On the first day of the week, when we were gathered together to break bread, Paul *began* talking to them, intending to leave the next day, and he prolonged his message until midnight.”
 - Gathering together
 - Communion
 - Preaching
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Reverence

- **1 Corinthians 16:2:** “On the first day of every week, each of you is to put something aside and store it up, as he may prosper, so that there will be no collecting when I come.”
 - Offering



Rhythm

- The 7 day week exists universally
- The 7 day week *must* be based on **Scripture**
- Other units of time correspond to **nature**
 - Day: Earth's Rotation
 - Month: Moon waxes and wanes
 - Year: Earth's orbit around the Sun
- **Genesis 2:2**: “And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done.”

Rest

- Sabbath means “Rest”
 - The Old Testament Sabbath is a type which points to **Salvation**
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Rest

- The Divine Work-Rest Dynamic
 - **John 5:17**, “My Father is working until now, and I Myself am working.”
 - After the Fall, God started working on a new creation
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Rest

- The New Creation is a **redeemed humanity, the church**
 - **2 Corinthians 5:17:** “Therefore if anyone is in Christ, that person is a new creation. The old has gone, the new is here.”



Rest

- Jesus came to work
 - **John 17:4:** “I glorified You on the earth, having accomplished the work which You have given Me to do.”
 - Jesus’ work was done on the cross
 - **John 19:30:** “It is finished.”
 - When Jesus ascended, He rested
 - **Hebrews 1:3:** ‘When He had made purification of sins, He sat down at the right hand of the Majesty on high.’
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Rest

- **Piper says,** “This is why the early church took the first day of the week as its day of worship and turned away from the seventh day. The seventh day marked the victory of the first creation. The first day marked the victory of the new creation with the resurrection of Christ. The Christian church made the change from the seventh to the first day for worship because it was the day that the Lord Jesus rose from the dead—the day he vindicated the completion of his Father’s redeeming work. The new creation, the new humanity, were purchased and established.”
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Rest

	First Creation	Second Creation
Day of Victory	Saturday	Sunday

Rest

- The Gospel Work-Rest Dynamic
 - We try to work our way to heaven
 - But when we trust in Christ, we rest from our works
 - **Hebrews 4:10:** “For the one who has entered His rest has himself also rested from his works, as God did from His.”
 - **Hebrews 4:3:** “We who have believed enter that rest.”
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Rest

- **Christ** is our true Sabbath rest
 - **Matthew 11:28-29:** “Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.”
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Rest

- In the first creation week, God did not rest because He was tired
 - God rested because He was **satisfied**
 - **Genesis 1:31** “It is very good.”
 - When God looks at Christ’s work of new creation, He is satisfied
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Rest

- **Colossians 2:16-17:** “Let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. These are a shadow of the things to come, but the substance belongs to Christ.”
 - The Sabbath was a shadow but Christ is the substance
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Rest

- The Heavenly Work-Rest Dynamic.
 - **Hebrews 4:9, 11:** “So there remains a Sabbath rest for the people of God... 11 Therefore let us be diligent to enter that rest, so that no one will fall, through *following* the same example of disobedience.”
 - There is a future Sabbath rest = **Heaven**
 - The new creation will be consummated in the New Heavens and the New Earth
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Refreshment

- Rest from Physical Labor to gain Refreshment
 - **Exodus 31:16-17:** So the sons of Israel shall observe the sabbath, to celebrate the sabbath throughout their generations as a perpetual covenant.' **17** It is a sign between Me and the sons of Israel forever; for in six days the Lord made heaven and earth, but on the seventh day He ceased *from labor*, and was refreshed.”
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Refreshment

- 10 Commandments Reveal God's **Character**
 - “Thou shalt not lie” = God of truth
 - “Thou shalt not covet” = God who satisfies
 - “Thou shalt not commit adultery” = God of covenant faithfulness
 - “Thou shalt not murder” = God who values life
 - “the seventh day is a sabbath” = God of **compassion, mercy**
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Refreshment

- **Mark 2:27-28:** Jesus said to them, “The Sabbath was made for man, and not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath.”
 - God made Sabbath because He is merciful to man
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Remembrance

- **Deuteronomy 5:15:** “Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.”
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Remembrance

- Sabbath = to remember freedom from slavery in Egypt
 - Lord's Day = to remember freedom from **slavery to sin**
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Remembrance

- “To Redeem” means **“to free from slavery”**
 - Redemption = the language of the Exodus
 - **1 Corinthians 1:30:** by God’s doing, we are in Christ, who has become to us redemption.
 - **Colossians 1:14:** in Christ, we have redemption, the forgiveness of sins
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Remembrance

- We were freed from slavery to sin to become **slaves of Christ**
 - **Ephesians 6:6**: “slaves of Christ, doing the will of God from the heart”
 - **Romans 6:18**: “having been freed from sin, you became slaves of righteousness.”
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Remembrance

- 10 Commandments reveals God's Lordship
 - 1st Commandment: Lord of our worship
 - 2nd Commandment: Lord of our wills
 - 3rd Commandment: Lord of our speech
 - 5th-9th Commandment: Lord of our relationships
 - 10th Commandment: Lord of our hearts
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Remembrance

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 - 4th Commandment: Lord of our **time**
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Practical Application

- Talk about the sermon on the Lord's Day



Practical Application

- Fellowship on the Lord's Day



Practical Application

- Come to church on the Lord's Day
 - **Hebrews 10:25:** “not forsaking our own assembling together, as is the habit of some, but encouraging *one another*; and all the more as you see the day drawing near.”



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- **J.C. Ryle:** “Never be absent from God’s house on Sundays, without good reason,—never to miss the Lord’s Supper when administered in our own congregation,—never to let our place be empty when means of grace are going on, this is one way to be a growing and prosperous Christian. The very sermon that we needlessly miss, may contain a precious word in season for our souls. The very assembly for prayer and praise from which we stay away, may be the very gathering that would have cheered, and established, and quickened our hearts.”
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Puritan Names for the Lord's Day

- The Marketday of the soul
 - The Day of Gain
 - The Day of Feasting
 - **Thomas Watson:** “This day a Christian is in the altitudes. He walks with God and takes, as it were, a turn with Him in heaven. The heart, which all the week was frozen, melts with the Word.”
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