

# WHY CHRISTIANS OBSERVE THE LORD'S SUPPER EVERY LORD'S DAY

by Reggie Thomas

God commanded the Israelites to keep the Sabbath Day. Exodus 20:8-11. How often did the Sabbath occur? Once a month? Once a quarter? Once a year? "Every Saturday."

The Old Testament law was nailed to the cross Col.2:14 Under the New Testament we were given a new day to worship-----the Lord's Day or First day of the week. Jesus arose on the First Day of the week. The church was established on the First Day of the week Acts 2 The Holy Spirit came on the First Day of the week. Christians met, sang, preached, gave their tithes and offerings, prayed, and observed the Lord's Supper on the First Day of the week. Acts 2:42 Acts 20:7 I Cor. 16:2.

How often does the First Day of the week occur? Once a month? Once a quarter? Once a year? The first day of the week occurs every week."

Would you want to attend a church if there was preaching once a month, or quarter, or year? NO.

Would you want to attend a church if they sang only once a month, or quarter, or year? NO.

Would you want to attend a church if they prayed only once a month, or quarter, or year? NO

Would you want to attend a church if they gave their tithes and offerings only once a month, quarter, or year? NO.

The Lord's Supper is certainly an act of worship just as much as preaching, praying, singing, and giving. So why leave out the Lord's Supper?

Jesus taught us "If you love me keep my commands" John 14:15 and "You are my friends if you do what I ask" John 15:14. Christians are glad to meet every Lord's Day and participate in the Lord's Supper because we love Jesus.

## THE FIRST DAY OF THE WEEK

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"I was in the Spirit on the Lord's day . . ." (Revelation 1:10)

The "First day of the week" is frequently mentioned in Scripture, and always with a note of approval. This is specifically said to be the time when Jesus rose from the dead. "Now when He rose early on THE FIRST DAY OF THE WEEK . . ." (Mark 16:9). This is also the day on which Jesus, following His resurrection, first appeared to His disciples. "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'" (John 20:19). It is also the day on which He appeared the second time to His disciples. John refers to it as eight days following the first appearance, which would put it on THE FIRST DAY OF THE WEEK. "And after eight days His disciples were again inside, and Thomas with them. Jesus came, the doors being shut, and stood in the midst, and said, 'Peace to you!'" (John 20:26).

In addition, the day of Pentecost occurred on the first day of the week. This feast took place 50 days after the high Sabbath of the paschal week (Lev 23:15-16). The Sabbath from which the count was made occurred the day after Jesus was crucified, and was the reason why His body was taken down from the cross (John 19:31; Mark 15:42). It was also the Sabbath honored by the women who came to anoint Jesus' body (Mark 16:1; Luke 23:54-56). Fifty days from that Sabbath day was THE FIRST DAY OF THE WEEK – the Day of Pentecost, on which the Spirit was poured forth.

We are categorically told that the early disciples came together to break bread "on THE FIRST DAY OF THE WEEK" (Acts 20:7). When instructing the Corinthians concerning setting aside special monies for the poor saints in Jerusalem, Paul specified that it be done on THE FIRST DAY OF THE WEEK" (1 Cor 16:2). As the church progressed, from Ignatius (A.D. 30-107) onwards, as one has noted, we "have a complete chain of evidence that The Lord's Day became the regular Christian name for the first day of the week." (T. Randal)

Suffice it to say, there is solid ground for perceiving as "the Lord's Day" the first day of the week." This was the day on which natural light was created (Gen 1:3-5). It was the day on which Christ Jesus arose from the dead (Mark 16:9). His two recorded appearances to His disciples occurred on this day (John 20:19,26). The day of Pentecost took place on this day (Lev 23:15-16), and the early church is said to have gathered together on the "first day of the week" (Acts 20:7; 1 Cor 16:2). This is not simply another day! The events that took place on the first day of the week are conducive to godly recollections that sanctify the soul.

Though exiled from society, and away from his brethren, John was "in the Spirit on the Lord's day." The day was too laden with sacred memories for him to be otherwise. If David, in his exile, could recall the house of God with joy (Psa 84:3-4), how much more could John recall the blessedness of the events associated with the first day of the week. He was in a state of spiritual ecstasy, or spiritual elation. His heart and mind were filled with the good things of God, the flesh was subdued, and he was dominated by the consideration of heavenly things. He was in a frame of spirit to receive from God!

A word is in order concerning the advantage of being in the proper frame of mind on the Lord's day. Over the years, I have observed a pitiful lack of this in the churches. Too many people come to the assembly "in the flesh" instead of "in the Spirit." Their minds are not obsessed with the consideration of the things of God. Their attention too often seems to be fixed on the passing things of "this present evil world." The highest that some people appear able to get, is to think of someone sick that needs our prayers. But they are not thinking of God, Christ, the benefits of the New covenant, or the glories of the world to come. The "exceeding great and precious promises" (2 Pet 1:4) are not prominent in their thinking. The consideration of Christ's return does not seem to have a place. Their speech is too earthy, and their ears are too dull. Is it any wonder they are not able to receive from God?

But it was not so with John! His heart was filled with considerations of a resurrected, ascended, and enthroned Savior. He knew the world had been reconciled to God, and the door of heaven had been opened! He was banished from men, but had access to God. He was on a desolate island, yet in fellowship with a vast assembly in

heavenly places. The rocky isle of Patmos did not restrict his spirit! Though surrounded by a murky sea, he was free to drink from the river of the water of life freely. He was in the Spirit on the Lord's day. His sufferings were great, but his blessings were greater! Domitian had passed judgment against him, but God was for him! He was in the Spirit on the Lord's day! We do well to expect great things to happen on the first day of the week.

PRAYER POINT: Father, in the name of Jesus, I thank You for the marvelous things that You have done on the first day of the week.