

Why Should the Church Assemble On Sunday?

by Heath Rogers

An article appeared in the April 18th issue of our local newspaper titled "Why is Church on Sunday instead of the Sabbath Day?" The purpose of that article was to answer the question posed in the title. I agree with some of the things that were said in the article (That the First Century church was troubled by Jewish Christians who tried to bind the Law of Moses upon Gentile converts, and that Sunday is not the "only day to go to church"). However, I take issue with idea that the church meets on Sunday because Paul personally chose that day over the Sabbath, as was stated in the paragraph quoted below.

"It is believed by some, that Paul was so adamantly against the idea of the Law being forced upon the Gentiles, that he chose the first day of the week to spite the idea of the sabbath. In Acts 20:7, Paul chose the first day of the week to break bread and to preach to the church. In 1 Corinthians 16:2, he chose the first day of the week for the churches of Corinth to take up an offering and have it ready when he arrived."

This paragraph leaves the impression that churches meet on Sunday because Paul decided that it would be a good idea. Unfortunately, nothing was said in the article that suggested otherwise. This explanation of why the church meets on Sunday is false and needs to be corrected.

It was Jesus, not Paul, who was responsible for making Sunday a special day for the church. Consider the following things that happened on a Sunday (the first day of the week):

The Resurrection of Jesus. Jesus came forth from the grave on the first day of the week. "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" (Mark 16:9).

Jesus Met With His Disciples. Jesus met with His disciples on the first day of the week after His resurrection (John 20:1, 19, 26).

Gospel First Preached. The fullness of the gospel was preached for the first time on the first day of the week. It was on the day of Pentecost (Acts 2), which was always on the first day of the week (Leviticus 23:15-16).

The Church Was Established. The promise that Jesus made to build His church (Matt. 16:18) became a reality on this same Pentecost (Acts 2:41), the first day of the week.

Worship. As noted in the paragraph quoted earlier, the church came together on the first day of the week to worship. However, there is nothing in the verses cited that confirms the claim that this was Paul's choice. One of these verses was Acts 20:7, which reads, "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."

According to this verse, the church in Troas was already in the practice of coming together on the first day of the week to break bread *before* Paul visited them.

The Lord's Day. John said that he was "in the Spirit on the Lord's Day" (Rev. 1:10). Considering the facts that we have observed thus far, which day of the week are we to understand to be the Lord's Day? The first day of the week: Sunday. Sunday was not Paul's Day – it was the Lord's Day.

The Bible teaches that Sunday was a day chosen by God, not by man. It is the Lord's Day. How do you spend the Lord's Day? Serving the Lord or serving yourself?

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