

Genesis 2:1-3

☐ Monday - Christ First.

Under the Old Covenant, God's people worshipped on Saturday, the *last* day of the week (Gen. 2:1-3, Exodus 20:8-11). But under the New Covenant, Christ set a new precedent and met with His people on Sunday, the *first* day of the week (John 20:19, 26; Acts 2, 20:7; 1 Cor. 16:1-2). And so, our pattern now is *Christ first*—in our week, in our offerings, in our thoughts, and in our lives. Dear Christian, give Christ not last place, but first; your best and not the worst, that Christ “might come to have *first place* in everything”. Read Colossians 1:18

☐ Tuesday - The Lord's Day.

It was an early Roman custom that whatever day of the week the reigning Caesar had been crowned be referred to as “Emperor Day” or “the Lord's Day”. But first-century Christians resolutely refused to confess “Caesar is Lord,” many at the cost of their own lives. Instead, the New Testament Church called Sunday “the Lord's Day” (Rev 1:10), for it was on the first day of the week that Christ rose from the tomb (Mt. 28:1), ascended His throne in Heaven, and there was crowned Lord of all (Heb. 1:3).
Read 1 Peter 3:15; Romans 10:9

☐ Wednesday - Some Assembly Required.

The Bible exhorts, “Let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some” (Heb. 10:24-25). Occasional or infrequent worship will satisfy stone idols and man-made gods, but not the Living God! Honor Him on His day, “the Lord's Day,” when His people congregate to worship the Lord, for “God takes His stand in His own congregation” (Psa. 82:1).
Read Psalm 35:18; 149:1

☐ Thursday - Lord of the Sabbath.

The Pharisees had reduced the worship of God to hundreds of “do's” and “don'ts”, especially concerning the Sabbath; but Jesus came to reform their worship. The Pharisees worshipped the *rules* of the Sabbath, not the *Lord* of the Sabbath, who stood in the flesh before them! (Mt. 12:8). Rules without a relationship with Christ are an empty shell (cf. 2 Tim. 3:5).
Read Colossians 2:16-3:3

☐ Friday - Christ Our Rest.

“The Sabbath was made for man, and not man for the Sabbath” (Mk. 2:27). Specifically, the Sabbath was made for man to *rest* from his labors and enjoy His Creator. Jesus is calling, “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 shall find *rest* for your souls” (Mt. 11:28).
Read Hebrews 4:1-11

☐ Saturday - Sabbath Delight.

The Lord promises, “If because of the Sabbath, you turn your foot from doing your own pleasure on My holy day, and call the Sabbath a delight, the holy day of the Lord honorable, and shall honor it, desisting from your own ways, from seeking your own pleasure, and speaking your own word, *then you will take delight in the Lord*, and I will make you ride on the heights of the earth” (Isa. 58:13-14). Our delight in the Lord's Day is one thermometer of our delight in the Lord. Read Psalm 16:11