

# Day 1 – The Lord’s Day

Section 8 of *The Baptist Faith & Message* says the following regarding the Lord’s Day:

“The first day of the week is the Lord’s Day. It is a Christian institution for regular observance. It commemorates the resurrection of Christ from the dead and should include exercises of worship and spiritual devotion, both public and private. Activities on the Lord’s Day should be commensurate with the Christian’s conscience under the Lordship of Jesus Christ.”

Sunday, the first day of the week, is the day of worship for Christians. However, the first day of the week was not always the day of worship for God’s people. The Jewish people observed the last day of the week as holy – that is, set apart and devoted to the Lord. This was based on God’s creation of the world.

Read *Genesis 2:1-3*.

- What did God do on the seventh day?  
(rested from all his work he had done)
- What do you think is the significance in this?
- Spend some time meditating on the creation account of Genesis 1:1-2:3 and/or discussing it with your family, focusing especially on the seventh day.

Close in prayer, praising God for his wisdom in creation in blessing the seventh day and making it holy.