

# THE LORD'S DAY

❖Market Day of the Soul❖



“Remember the Sabbath Day, to keep it holy”  
(Exodus 20:8).

Every Lord's Day is the market-day for your soul.  
Sunday is graced to you for our Lord to  
reveal Himself to you and sanctify your life.

Sunday sabbaths Christian souls.

## FOREWORD

The Christian walks in the King's highway of holiness. His obedience to the least desirable of God's commands authenticates his salvation and his holiness. He will not allow His Christ to be maimed by his slightest defiance.

God's word cannot be burdensome for its design is to improve Jesus' image in the saint.<sup>1</sup> Christians interpret the Bible in a light least favorable to what they *naturally* want to do because they know the bias of their hearts.<sup>2</sup> The disposition of fallen man is always to give God less than He requires and to construe God's commands with motives mixed in favor of diminutive obedience. Christians know Scripture to be eternally reasonable so God's sons and daughters do what they *ought* to do rather than what they want to do. Obedience to God's direction graduates the obeyer into increased freedom, assurance and peace.

The world does not keep the Lord's Day, the Christian does. Why? The Christian has committed himself to the task of not being conformed to this world in order that he may prove God's good, well-pleasing and perfect will.<sup>3</sup> Have you ever considered how your keeping of God's Sabbath testifies to your world the value you place upon your relationship with God?



**“Remember the Sabbath day, to keep it holy.”<sup>4</sup> “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; and I will feed you with the heritage of Jacob your father, for the mouth of the Lord has spoken.”<sup>5</sup>**

Every day is God’s day, but the Sabbath is particularly and peculiarly His. He characterizes Sunday as “My holy day.” He directs you to turn away from your own pleasure on the Lord’s Day and capture that day as God’s market day for your soul.

You are to abstain from your business and take upon yourself His business, and if you address His holy day in any other manner, you have wasted His gift to you. Every Christian’s principal pleasure is eternal engagements. You must determine where, how and through whom the Spirit will minister to your soul and pursue those rendezvous.

Do you “call the Sabbath a delight, the holy day of the Lord honorable?” Are you addressing His Day, as He would have it addressed? Keeping the Lord’s Day holy is an eternal creation ordinance coming from the Decalogue.<sup>6</sup> It is a vital moral law directly from the stylus of God commanding you to celebrate your relationship with Christ.

When God instructs you to honor His Sabbath, He expects you to protect it from invasions. The battle for the Sabbath is won or lost on the Sabbath-eve. The prince of the power of the air is an adversary of the Sabbath because he knows that wherever the Lord’s Day is neglected or misspent, civility decays. Honoring the Lord’s Day restrains your common nature.

Many want the Sabbath to end quickly so that they can get about their business.<sup>7</sup> Others practice sloth and idleness on the Lord’s Day, nonetheless how early did your Redeemer rise on the first day of the week? Have you ever

considered the experience of treating every Sunday like the Apostle of Thunder and Love who on the Island of Patmos was found “in the Spirit on the Lord’s Day?”<sup>8</sup>

The gift of Sunday is a sanctifying sign pointing to the reality of the holiness and worthiness of the One who ransomed you from the pit of hell. In light of that reality, why do many professing Christians fail to respect the Sabbath Day? Perhaps the reasons include an unregenerate heart, lack of teaching and scarceness of examples. Are you in one of those camps? If not, then what is your justification for any slight abuse of your Lord’s Day?

God offers three means assuring your honor of the Lord’s Day. Each of these arenas of abstinence is an expression of your love for your Christ. Each of these fields of obedience entails careful thoughtful living.

You must desist “from your own ways.” God calls for self-forgetfulness, a ceasing from self. Forgetting about you enables your discovery of spiritual employments whereby you improve what you experience on Sundays. Whatever you are trading for the Lord’s Day, you are trading down.

Secondly, you are to desist “from seeking your own pleasure.” Self-discipline is a most difficult spiritual discipline, yet it is one of the dynamic fundamentals assuring your growth in the grace and knowledge of your Lord Jesus Christ.<sup>9</sup> Oftentimes, organized recreations on the Lord’s Day spoil your capture of the entire day for the Lord.

Thirdly, you must desist from “speaking your own word.” God wants you to embrace and practice the language of Canaan. Christians are expected to deploy sober and wise words, eternal words. Your spiritual discourse is to be spiritual, not mere chatter, banter or human words void of sanctifying influence.

When Christians have thoroughly addressed these areas, Isaiah emphatically declares “then” three promises or blessings are given to those to whom He can safely grant these blessings because they have been faithful in these matters. Be mindful; obedience to the Lord’s commands is the means of grace allowing the obeyer highways of holiness leading to the Lord Himself. Obedience expresses appreciation for and satisfaction in the Lord’s allowances, and assures enjoyment of life.

The first blessing is that “you will take delight in the Lord.” You will begin to experience a richness in your relationship with your Lord Christ you never knew possible. God says, “Delight yourself in the Lord; and He will give you the desires of your heart.”<sup>10</sup> God always fulfills the desires of those honoring Him.<sup>11</sup> When you seek first His kingdom and His righteousness, your Lord shall provide all good things.<sup>12</sup> You will discover the glory of the Lord’s Day and that Sabbath observance is not a burden, but a delight.

Secondly, God “will make you ride on the heights of the earth.” The Sabbath is a sanctifier of souls flooding God’s sons and daughters with His grace. You will mature in your conformity to the image of Christ at such a quickened pace your teachers and brothers will be swept up in praise to God for your resolute pursuance of your holy Jesus. You can receive more of eternity in one Lord’s Day than the world can give you in all its days.

Thirdly, God “will feed you with the heritage of Jacob your father.” All God promised the patriarchs shall become yours. You will find your identity revealed in the pages of Scripture and you will journey where but few are privileged to travel. You will dine on the heavenly manna due the spiritual children of Israel.

How do you know all of these gracious benefits to be genuine? “For the mouth of the Lord has spoken.” You can receive no greater certainty than the voice of the Lord. Are you committed to building your life upon what the Lord has spoken?



## EPILOGUE

The Lord's Day is a time when God is most often found in His sanctuaries of worship. He expects you to seek Him throughout His Sundays, morning and evening. His Sabbaths reveal Himself to you, you to Him and Him through you to the world.

The consequence of not observing the Sabbath is increased fatigue, stress and fractured families. Does God intend for *you* to keep His Day holy, all day every Lord's Day? Search the Scriptures for the answer, not your heart or your culture, for the mouth of the Lord has spoken it!

**SOLI DEO GLORIA!**

***"Sanctify My Sabbaths; and they shall be a sign between Me and you, that you may know that I am the Lord your God."<sup>13</sup>***



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### (Endnotes)

<sup>1</sup> Ro. 8:29

<sup>2</sup> Ecc. 7:20; Jer. 17:9; Ro. 3:10

<sup>3</sup> Ro. 12:2

<sup>4</sup> Ex. 20:8

<sup>5</sup> Isa. 58:13f.

<sup>6</sup> Ex. 20:8

<sup>7</sup> Am. 8:5

<sup>8</sup> Rev. 1:10

<sup>9</sup> II Pe. 3:18

<sup>10</sup> Ps. 37:4

<sup>11</sup> Ps. 145:19

<sup>12</sup> Mt. 7:7-11

<sup>13</sup> Eze. 20:20