

# Whatever Happened to the Lord's Day?

by David Wilkerson

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*David Wilkerson emphasizes the importance of observing the Lord's Day as a time for worship and rest, reflecting on its biblical significance and spiritual implications.*

**Scripture:** Exodus 16:29-30, Exodus 20:8-11, Hebrews 4:9

**Topics:** "Sabbath", "Spiritual Rest"

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## Description

David Wilkerson addresses the decline of the Lord's Day, emphasizing that Sundays have shifted from a sacred day of worship and rest to a day filled with leisure activities for many Christians. He highlights the biblical significance of the Sabbath as a divine gift meant for rest and spiritual renewal, referencing Exodus 16:29-30 and the fourth commandment. Wilkerson urges believers to understand that keeping the Sabbath holy is not merely about legalistic observance but involves a deeper spiritual rest found in Christ. He encourages Christians to lay their burdens on Jesus and to embrace a life free from anxiety, making every day a celebration of their relationship with God. Ultimately, he calls for a return to honoring the Sabbath as a day dedicated to God.

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## Transcript

Sundays used to be the day set aside as the Lord's Day, a day to worship God and rest from all other activities. Today, however, Sunday is no longer a hallowed day. Sadly, many Christians no longer look on Sunday as a day to prioritize Christian activities. Millions of believers can be seen heading for their family hideaway -- a cabin in the mountains, a house in the country, a chalet at the lake. For them, Sunday is one big play day of boating, swimming, skiing, going on cruises or outings.

What does the Lord have to say about the Sabbath? Well, in one place, Moses said, "The Lord has given you the Sabbath ... so the people rested on the seventh day" (Exodus 16:29-30). In other words, the Sabbath was meant as a gift from God to man -- and it had a holy purpose. You see, sabbath means, literally, "to cease," or, "to stop what you're doing." And the fourth commandment tells us, "Remember the Sabbath day, to keep it holy" (Exodus 20:8).

The Bible describes it this way: "Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work ...for in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lords blessed the Sabbath day and hallowed it" (Exodus 20:9-11).

What does it mean to keep the Sabbath holy? If it is not just a matter of legalistic obedience, and is rather a spiritual observance, then what must we do?

It definitely involves rest -- physical rest -- but there's a holy rest that begins in the soul: "There remains therefore a rest for the people of God" (Hebrews 4:9). What is this rest? It is the laying of all our sin-burdens on Christ! God calls us to live all our days free of fear, worry and anxiety -- to walk in the Spirit, with no more heavy burdens.

Beloved, rejoice over your position in Christ and let every day be a day of Sabbath as you honor him.

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