

Why Sunday, And Not Saturday?

By Tony Melton

Have you ever just stopped to ask yourself why you went to church last Sunday? Why didn't you go last Tuesday or Saturday? Who decided when Christians should gather? Why do Christians meet every Sunday?

The church of Christ gathers on the first day of the week (Sunday or the Lord's day) for the primary purpose of gathering around our Lord's table. The Bible teaches us in Acts 20:7 that the early Christians gathered on Sunday. It says, "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." Notice that it was the first day of the week on which they gathered and not the Sabbath day, which is the seventh day. What was the reason for this gathering? The Bible says, "they came together to break bread." Breaking bread is a figure of speech the early Christians used to refer to the Lord's Supper. In Acts 2:42 the writer tells us how the early Christians worshipped: "And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers." Breaking of bread was a part of their worship. Then the apostle Paul says, "The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ?" (1 Co.10:16).

The first century Christians gathered on Sunday, not Saturday, not only to hear Paul preach, but also to "break bread." They gathered to commemorate the death of Christ.