

## What to Do on Day One

*Ps 150:1-6*

*150 Praise ye the LORD. Praise God in his sanctuary: praise him in the firmament of his power.*

*2 Praise him for his mighty acts: praise him according to his excellent greatness.*

*3 Praise him with the sound of the trumpet: praise him with the psaltery and harp.*

*4 Praise him with the timbrel and dance: praise him with stringed instruments and organs.*

*5 Praise him upon the loud cymbals: praise him upon the high sounding cymbals.*

*6 Let every thing that hath breath praise the LORD. Praise ye the LORD.*

*Matt 28:1 In the end of the sabbath, as it began to dawn toward the first day of the week, came Mary Magdalene and the other Mary to see the sepulchre.*

I. Introduction

1. Jesus had a conversation with a Samaritan woman that ended up on the topic of worship. She asked him a question that had troubled her regarding the subject of the right place to worship:

*John 4:20-21, 23*

*20 Our fathers worshipped in this mountain; and ye say, that in Jerusalem is the place where men ought to worship.*

*21 Jesus saith unto her, Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet at Jerusalem, worship the Father.*

2. *23 But the hour cometh, and now is, when the **true worshippers** shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.*

3. We read in Psalm 150 where the psalmist simply said,

*Ps 150:1 Praise ye the LORD. **Praise God in***

***his sanctuary: praise him in the firmament of his power.***

4. The woman was fixated on one thing, the important thing about worship was about WHERE, but Jesus let her know worship is about WHO and also how. Worshiper the Father in spirit [life, vitality] and truth.
5. Worship does not have to happen on this mountain or at the temple in Jerusalem, but where God meets people who gather to worship Him in spirit and truth.
6. Something important happens when people gather together with Jesus as the focus of worship:

*Matt 18:19-20*

*19 Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.*

*20 For where two or three are gathered together in my name, there am I in the midst of them.*

7. That is why we gather to praise God in the sanctuary. And we make it a priority as the first thing we do on the first day of the week. Giving God that first day makes a difference for the rest of the days.
- II. Importance of the first day
    - A. Pandemic withdrawals
      1. 2020 was a different year where we had to make the difficult choice not to gather in the sanctuary, but instead by ourselves or with our family in our homes and have our worship time experience online.
      2. And I am grateful for the technology that made it possible for us to at least have that kind of gathering, but it was not the same as gathering together.
      3. And not everyone has access to that technology, so they missed out on that.
      4. Truly, having an online experience last March through May in the early days of a world-wide health crisis, was a blessing.

5. But while we had to eliminate the in-person gatherings, and then began to gradually restart, we can be thankful that we are now able to make a priority of gathering together as the early church did.

B. First use of Day One

1. The word Jesus used to describe the assembly of saints, the “church,” is a word that means “called out ones.” We were called out of the world to be part of His family, and the weekly gatherings of His called out ones had an official start on the day of His resurrection.

2. Have you ever wondered why we make a big deal about being in church on Sunday?

3. Sunday didn't have any significance before Jesus's resurrection. The first day of the week was just like every other day. It was just one of the six days that man would labor.

4. However, now, all over the world you will find people going to church on Sunday.

5. And this is where it all started:

*Matt 28:1-6*

*28 In the end of the sabbath, as it began to dawn toward the **first day** of the week, came Mary Magdalene and the other Mary to see the sepulchre.*

*2 And, behold, there was a great earthquake: for the angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat upon it.*

*3 His countenance was like lightning, and his raiment white as snow:*

*4 And for fear of him the keepers did shake, and became as dead men.*

*5 And the angel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified.*

*6 He is not here: for he is risen, as he said. Come, see the place where the Lord lay.*

6. The first day of the week was called “Sunday” by the Romans, a reference to Sol, or Helios, the sun god.
7. But while the word “Sunday” began to be used popularly during the first century, you will not find that the early church used the word Sunday, either in scripture or in the writings of the early church fathers of the second century.
8. No they had a unique name for the day that is first seen in Matt 28:1.
9. *Matt 28:1 In the end of the sabbath, as it began to dawn toward the **first day** of the week, came Mary Magdalene and the other Mary to see the sepulchre.*
10. After the sabbath on the **first day** of the week.
11. There are not actually two words here in the original Greek for first day. It is only one Greek word, Mia (3391), which means one. The word is used 79 times in the New Testament and is translated as one or first.

12. It is the One Day, or Day One.
13. A more common word used in the New Testament for first is “proton”, but whenever the first day of the week is referenced, it is simply referred to as Mia, One, or First.
14. And it began at dawn on that day when the stone in front of Jesus’ tomb was rolled away and He came out victorious over death. One Day or Day One or First Day became a very important reference to the early church.
  - c. First worship service on Day One
    1. And a few hours after dawn on the first day of the week, was the first worship service:  
*Matt 28:8-10*  
*8 And they [the women who had went to the tomb] departed quickly from the sepulchre with fear and great joy; and did run to bring his disciples word.*  
*9 And as they went to tell his disciples,*



*behold, Jesus met them, saying, All hail. And they came and held him by the feet, and worshipped him.*

*10 Then said Jesus unto them, **Be not afraid**: go tell my brethren that they go into Galilee, and there shall they see me.*

2. This is important: [slide] **The disciples had gathered on Day One and Jesus met them, and they worshiped Him.**
  3. A benefit of gathering on the first day of the week to worship Jesus is that Jesus meets His disciples there and relieves their fears and builds their faith that He is alive.
  4. I'm preaching to you about Something to Do on Day One, and here we find in the chapter of the Bible that introduces the use of the word that a practice was begun of gathering together early on Day One to worship Jesus.
- D. First Day One evening gathering

1. They had one worship service on Day One, but later on that same day, we find another gathering occurred.
2. Jesus appeared to two men who had been walking from Jerusalem to a nearby village, Emmaus. The scriptures said their eyes were kept from recognizing Jesus, but He walked and talked with these men. The men told Jesus things that were greatly troubling them.
3. And Jesus opened the scriptures to them and helped them gain understanding of what was going on.
4. They enjoyed this meeting with Jesus on the first day of the week and asked for more: *Luke 24:29 But they constrained him, saying, Abide with us: for it is toward evening, and the day is far spent. And he went in to tarry with them.*
5. This was the First Day of the week, Day One, and Jesus had met His disciples for a

Sunday morning worship, and also some good Sunday evening preaching.

6. And what an experience it was! Listen to their testimony about it:

*Luke 24:32 And they said one to another, Did not our heart burn within us, while he talked with us by the way, and while he opened to us the scriptures?*

7. Oh, but the Sunday evening service wasn't over yet. They took this joy back to the disciples so they could enjoy Sunday night church:

*Luke 24:33 And they rose up the same hour, and returned to Jerusalem, and found the eleven gathered together, and them that were with them,*

8. The two men told the disciples of their meeting with Jesus, and just as they were testifying, Jesus showed up again:

*Luke 24:36 And as they thus spake, Jesus himself stood in the midst of them, and saith unto them, Peace be unto you.*

9. It further goes on to explain the joy they experienced in fellowship and they shared a meal together.
10. Let's jump to John's account of this Sunday night meeting:

*John 20:19-22*

*19 Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came **Jesus and stood in the midst**, and saith unto them, **Peace** be unto you.*

*20 And when he had so said, he shewed unto them his hands and his side. Then were the **disciples glad, when they saw the Lord.***

*21 Then said Jesus to them again, Peace be unto you: as my Father hath sent me, even so send I you.*

*22 And when he had said this, he breathed on them, and saith unto them, Receive ye the Holy Ghost:*

11. **[slide] Sunday night church brought the presence of Jesus, understanding from the Word, fellowship, a burning heart full of peace and joy, and a Holy Ghost experience.**

E. What you miss when you missed Sunday night church

1. But unfortunately, somebody missed church that night, Thomas, and even though the disciples told him all about what had happened, it just wasn't like being there.

*John 20:25 The other disciples therefore said unto him, We have seen the Lord. But he said unto them, Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe.*

2. We miss out on something that our faith really needs.

3. For a full week, Thomas seemed to be trapped in that status of weak faith.
4. It was one of those times “you just had to be there” held true. In order to get this blessing, you just have to be there when the blessing flows.
5. However, the important thing for Thomas was that he wasn’t about to skip church the next Sunday. He came back. And it is a good thing:

*John 20:26-28*

*26 And after eight days [after 8 days is how a week was accounted for at this time because they would count the current day] again his disciples were within, and Thomas with them: then came Jesus, the doors being shut, and stood in the midst, and said, Peace be unto you.*

*27 Then saith he to Thomas, Reach hither thy finger, and behold my hands; and reach hither thy hand, and thrust it into my side: and be not faithless, but believing.*

*28 And Thomas answered and said unto him, My Lord and my God.*

6. Jesus gently rebuked Thomas, but there are times we need Jesus' rebuking to set our convictions to match God's will.

F. Day one important in Asia Minor

1. If you continue to read the New Testament, in both the history told in Acts and in the letters describing later practices, the first day of the week continued to be an important gathering time.

2. This next event happened in the city of Troas in Asia Minor, many miles from Jerusalem, and about 20 years later.

*Acts 20:7 And upon the **first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight.***

3. In fact, Paul preached until day break.

4. So in the decades that followed the resurrection, it had become the practice that the disciples came together on the first day of the week.

G. Day One important in Europe

1. Paul even wrote about it in his letter to the Corinthian church, not in Jerusalem, not in Asia, but far removed in Europe:

*1 Cor 16:1-3*

*16 Now concerning the collection for the saints, as I have given order to the churches of Galatia, even so do ye.*

*2 Upon the first day of the week let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come.*

*3 And when I come, whomsoever ye shall approve by your letters, them will I send to bring your liberality unto Jerusalem.*

H. Benefits of faithfulness to Day One gatherings



1. We see that there is something important to do on Day One. Gather together with other believers. Worship, teach and preach the Word, lose your fears, gain understanding, build your faith, enjoy fellowship.
2. Yes, we had to set aside some of these blessings because of a pandemic, but there is something that our faith gains by these times of gathering together on the Day One.
3. Day One is the first day. And it is the proper thing to do to give God the first fruits. First fruits of our income, as in the tithe, and first fruits of our time as in morning prayer, and first fruits of the week as in gathering on the first day of the week.
4. I will add that we may come together and perhaps don't understand the sermon, or don't get as much as you had hoped for on that day. There are many reasons for that.
5. But gathering faithfully is still important.

6. You may not remember what you had for dinner last Monday, but it still sustained you.
7. And the message you hear today may mean more to you after you experience what you are going to experience perhaps some days or years later.
8. Jesus told His disciples a puzzling statement that didn't make sense until a week later:

*Luke 9:27-29*

*27 But I tell you of a truth, there be some standing here, which shall not taste of death, till they see the kingdom of God.*

*28 And it came to pass about an eight days after these sayings, he took Peter and John and James, and went up into a mountain to pray.*

*29 And as he prayed, the fashion of his countenance was altered, and his raiment was white and glistering.*

9. What made no sense to them then, was fully displayed before them a week later.

This will be important later. Pay attention now.

10. Jesus will bring His Word to remembrance in the day you need it:

*John 2:19-22*

*19 Jesus answered and said unto them, Destroy this temple, and in three days I will raise it up.*

*20 Then said the Jews, Forty and six years was this temple in building, and wilt thou rear it up in three days?*

*21 But he spake of the temple of his body.*

*22 When therefore he was risen from the dead, his disciples remembered that he had said this unto them; and they believed the scripture, and the word which Jesus had said.*

- III. Conclusion: Benefits of worship
  1. It is time to draw near, be cleansed in heart, have our faith strengthened, encourage others by gathering together.

2. *Heb 10:22-25*

*22 Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.*

*23 Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)*

*24 And let us consider one another to provoke unto love and to good works:*

*25 Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.*

3. What to do on Day One—gather with the believers and worship Jesus!