

Why do we worship on Sunday?

Do you remember on what day Jesus rose from the dead? On what day did Jesus appear to His disciples on the road to Emmaus? If you guessed Sunday, you are right! The Early Church gathered on Sunday because it

directed our attention to Jesus' resurrection from the dead.

Many other miraculous events in the early Christian Church, such as Pentecost, happened on Sunday.



When did Christians begin gathering together for worship on Sundays?

We know from the Bible that during Paul's lifetime Christians met on Sunday to hear God's Word and celebrate Holy Communion (Acts 20:7; 1 Cor. 16:2). Though Christians in different regions of the world sometimes worshipped on different days, by A.D. 325 most Christians worshipped on Sunday because they considered it "the Lord's Day." Wow, what a great tradition we share with our Christian ancestors!



Parents: In the Early Church, Christians used different terms for their day of worship such as "First Day" or "Eighth Day." The label "the Lord's Day" stands out as the most significant title chosen by the Church. Direct your children to the significance in having a particular day set aside for receiving God's wonderful gifts through Word and Sacrament.





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