

Foundations 08

Seven Day Week

Why do we have a seven day week?

“... God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.” (Genesis 2:3)

Introduction

Our lives are punctuated by a number of cycles.

Days - Each day there is a day and night and generally we go to bed at night and get up in the morning.

Years - Each year there is a summer and winter (and spring and autumn). Generally we, we plant our crops in the spring, (or the autumn), and harvest them in summer and early autumn.

But why do we have a week?

Now before we go forward.

Having a seven day week is not normally one of the most important theological point the church might argue about.

But it is important.

The week, and the Sabbath rest, is an important foundation for a healthy society.

And... it shows the truth of the biblical creation account.

The seven day week.

Just why do we have a seven day in a week?

- Is seven a good division of the year? - No.

There are 52.17857 weeks in a year!

- What about the movement of the moon? - No!

There is 4.218653571428571 weeks in a Lunar month.

- Is it a good division of a twelfth of a year, or the month? No!

There are 4.348214155 weeks in the average month.

- Does it work well with the decimal system... ten fingers... No.

So just why do we... pretty much the whole earth, have a seven day week?

The French Republican calendar

During the bloody and evil French Revolution, France tried a decimal week.

The French Republican calendar was a calendar created and implemented during the French Revolution, and used by the French government for about 12 years from late 1793 to 1805, and for 18 days by the Paris Commune in 1871.

The revolutionary system was designed in part to remove all religious and royalist influences from the calendar, and was part of a larger attempt at decimalisation in France.

The month is divided into three *décades* or "weeks" of ten days each.

The 10-day *décade* was unpopular with labourers because they received only one full day of rest out of ten, instead of one in seven,

although they also got a half-day off on the fifth day. It also, by design, conflicted with Sunday religious observances.

Egypt and Greece experimented with 10 day weeks but they could not be made to work.

Rome even tried a 8 and a 10 day week, but again it did not stick.

Babylon

Some people trace the 'seven day week' to the Jewish exile in Babylon, but the biblical records of a 'seven day week' goes back way before Babylon was a nation.

God gave us one day off in seven!

There is only one reason why you have a seven day week, and that is because of creation and God giving us one day off in seven.

Thus the heavens and the earth were finished, and all the host of them. v2
And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. v3 And
God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

(Genesis 2:1-3)

The Biblical record tells us that God created all things in 6 days

That He rested on the 7th day

Not because he was tired, but for our sakes

That He "Sanctified" the seventh day.

Sanctified - to make or pronounce as clean or set apart.

So one day in seven is to be set apart from the others.

"Remember the sabbath day, to keep it holy. v9 Six days shalt thou labour, and do all thy work: v10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: v11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it." (Exodus 20:8-11)

So we are to...

“Remember the sabbath day”

We must remember the Sabbath.

We are responsible to keep the sabbath and not to let it fall out of keeping.

“keep it holy”

Not just to remember it, but to KEEP it set apart - Holy or Clean.

“Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates”

On the Sabbath we should not do our LABOUR.

Not that we can not switch on a light, as some jews would have you believe. That is not your labour.

“For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.”

Why?

Because God modelled this for us.

And because He told us to keep it.

God takes it seriously.

Now this was for Israel, a nation that was to be a special example to the other nations. But it gives us something of an idea just how important God considers the Sabbath.

“Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people.” (Exodus 31:14)

We the church, nor the other nations are not under this regulation.

This was just for the Nation of Israel, and then for when they were still the people of God.

But it gives you an idea that this is more than just a suggestion.

"Six days thou shalt work, but on the seventh day thou shalt rest: in earing time and in harvest thou shalt rest." (Exodus 34:21)

Not even the pressing work of Harvest comes before the sabbath, you are to take the seventh day off.

Some work can be done

"... in the seventh day there shall be an holy convocation to you; no manner of work shall be done in them, save that which every man must eat, that only may be done of you." (Exodus 12:16)

You can prepare your dinner.

But not go to work.

The sabbath is important... but.

But it is not more important than human life.

Man was not made so the sabbath could be kept.

"... he [Jesus] said unto them, The sabbath was made for man, and not man for the sabbath: " (Mark 2:27)

The sabbath as made for man's good.

Saturday vs Sunday.

We will not look in any detail at the arguments that, whether we should be keeping the the jewish Sabbath of the Saturday, or the "Lord's Day remembrance that the church has been keeping for the best part of the last 2,000 years.

The jewish Sabbath was the last day of the week, the seventh day. The day we now call Saturday.

Saturday, from sundown Friday to sundown on the Saturday evening.

Following the **Resurrection of Jesus** on the first day of the week.

The Holy Spirit was also given in the Sunday.

After Passover, there are seven weeks, and after the last Passover Sabbath, which was the 49th day, comes the day of Pentecost, or 50th day, so Pentecost took place on Sunday.

Early christians often met on a Sunday.

"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." (Acts 20:7)

John the Apostle spoke of being "In the Spirit" on the Lords day, in a way apparently familiar to his readers.

"I was in the Spirit **on the Lord's day**, and heard behind me a great voice, as of a trumpet," (Revelation 1:10)

Not all, but much of the church has taken the view that we have a sort of New Sabbath.

The Lord's Day

Sunday,

The day that Jesus rose from his work of Redemption.

What may be most important thing about, the Sabbath vs Sunday, is that you take a day of rest, and a day to spend more dedicated time seeking God at church and at home.

Gospel:-

For those who do not know.

Jesus took the punishment that each one of us deserves for our sin. Our rebellion against the loving and good rules that God put on us.

The wages of sin is death - Jesus died on our place, on the cross 2,000 years ago.

He was raised to life again on what we often call easter, but might better be called Resurrection Sunday.

If you ask God, He can now be both Just and forgiving.

He could not let you off with no punishment, that would be unjust.

But because Jesus has paid the price, you can now be forgiven, Jesus took the punishment for you.

Sunday Trading

In England,

I live in England and will only speak concerning here, but much the same probably applies in other countries.

In England and Wales, Sunday trading was not generally permitted until 1994.

Garden centres, small "corner" or family-run shops, and chemists were permitted to open.

In 1986 Margaret Thatcher's government attempted to allow Sunday shopping but this was defeated in Parliament.

Opposition coming from Conservative MPs who saw it as a threat to family life and church attendance.

Labour MPs who were concerned about workers' rights.

This led to the formation of the Keep Sunday Special campaign, backed by church groups and USDAW, the trade union representing shop workers.

The Sunday Trading Act 1994 permitted "large shops" – those with a "relevant floor area" in excess 3,000 sq ft to open for up to six hours on Sunday between the hours of 10 am and 6 pm.

This year around June the British government considered relaxing Sunday trading laws to boost the economy.

On one hand they are shutting the economy due to fake COVID reporting.

On the other they are undermining the sabbath to try to boost the economy.

Britain, along with most of the west has been becoming more and more ungodly and un-christian.

Britain has never been Christian, it just had more Christians living in it and the nation was more effected by Christian teaching.

Today, that is a thing of the past.

Post Christian World.

Today we are in a post Christian world if ever there was a, 'Christian world'.

There are a great many more important ways that we have left the foundations of a Godly life.

But, the wholesale abandonment of Sunday, as a day set aside for

Rest

Worship

Is one of the big foundation stones that we have pulled out from the building of our lives and our society.

Family life, mental health, church attendance and much more will be impacted by the arrogance of a society that believes it knows better than God.

Conclusion

From the very beginning of time,

From the very first week.

God put in the very **Foundation of a Day of Rest.**

Why

Presumably because it is good for man.

Not because God is a kill joy and will not let you work every day of your live.

But because it is good for man to have a break. A rest.

Man - thinking he knows better than God is more and more doing away with the idea of a Sabbath days rest.

For some this may feel like freedom.

Though it still may be at the cost of their health

But for many other

For most...

It will be the removal of a protection from over work.

When you remove a foundation.

The building becomes more unsafe.

When you remove a foundation from your life or from society.

They will begin to crumble and suffer from collapse.