

The King's Highway

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THE SABBATH — KEEP IT HOLY

Rev. A. J. Baughey in "Pilgrim Holiness Advocate"

The Bible says that God blessed the Sabbath day, and sanctified it, and God said, "Remember the sabbath day, to keep it holy!"

I am well aware that when we mention the Sabbath day, the question arises as to which day of the week we should keep and, why is it that most churches observe the Sabbath on Sunday instead of Saturday or some other day!

Sunday, the "first day of the week," is the Christian Sabbath. It is the immortal memorial day of our Lord's resurrection. The Mohammedans observe Friday and the Jews observe Saturday, but followers of Jesus Christ have kept Sunday, "the first day of the week," persistently and consistently, and without intermission since that first Easter Sunday morning when the Christ of Christianity arose from the tomb, the Lord also of the Sabbath. Thus, the first day of the week is recognized throughout Christendom as the Sabbath of rest and worship. Some people will hasten to say that Constantine changed the day, or that we are following the decree of some pope, but this is not true. Constantine did not give us the Christian Sabbath. After he came to power, he was converted to Christianity, and sought at once to marry Church and State, and give new authority by the edicts of the State, to the Christian faith and the Christian Sabbath which had been held in remembrance by the Apostolic Church, as we have already pointed out, from the resurrection of Jesus Christ on "the first day of the week!" Although Constantine did not change the day, he did however, make legal enactments for the keeping of the Christian Sabbath, and to secure unity of Sabbath worship throughout his kingdom.

God sanctified the Christian Sabbath by sending the Holy Ghost on the day of Pentecost, which was the first day of the week, the "Lord's Day." Christ arose on the first day of the week, and the early Christians kept it by "breaking bread on the first day of the week!" The old covenant is superseded by the new; "a better covenant"; a "more excellent way"; and a "new and living way." The Christian Sabbath, or first day of the week, is an irrevocable memorial of redemption the day sealed to the apostles by Jesus himself; the day which the Apostle Paul observed, and charged the church to observe; this is the day which the new-born church has recognized through all the centuries, and which will be recognized until the Sabbath of time shall be merged in the never-ending Sabbath of eternity!

One small New England village gave to America and to the world in a single generation, one hundred and thirty-two preachers, doctors, lawyers, editors, scholars, journalists, statesmen, many of whom became noted, and twenty-four preachers' wives. These people have been the product of the old-fashioned home, church, and Sunday school. Voltaire, the noted infidel, was once asked, "How can Christianity be destroyed?" His answer was, "By

destroying the Christian Sabbath." However, Voltaire did not dream that church members of the Twentieth Century would go as far to destroy it by their sheer neglect and indifference. One-third of all the Christian churches of America are now closed on Sunday night, due to the wicked indifference and unconcern of the church members. One-third of our churches have locked doors and darkened windows on Sunday night; and the other churches are attended by a mere baker's dozen, with ghostly, empty seats staring up into the face of a disheartened, discouraged, despairing minister.

"The Sabbath is the day for leaving the valley of toil and climbing the Mount of Vision," Christ, "as his custom was, went into the synagogue on the Sabbath day." Note the words, "as his custom was", or the fixed habit of his life. He did so as a child, as a youth, and as a man. To him, the Sabbath was the day of soul renewing, refreshing, and rebuilding. If Christ needed this, surely we need it also.

Even from a physical standpoint, both man and machinery need a day of rest. For example, a businessman drives himself seven days a week for many months. Finally, one day he staggers into the doctor's office. The doctor looks him over about fifteen dollar's worth and says, "Get on a boat, and sail the seas for six months." All the doctor is doing is giving the Sabbath-breaking businessman six months of Sabbaths in one dose, for which he will pay dearly. A rank unbeliever was heard to say, "If anything could make me believe in the truth of the Scriptures, it would be their anticipation of the scientific fact that man requires one day in seven for rest."

Speaking relative to the importance of the Sabbath-day rest. Thomas Macaulay wisely said, "The day is not lost! While the plow lies in the furrow; the exchange is silent; no smoke ascends from the factory; the wheels of commerce are stilled, a work is going on quite as important to the wealth of nations as any that is performed on the busy days. Man, the machine to which all the contrivances of the Watts and Arkwrights are worthless, is being thus repaired and wound-up, so that he goes forth to his labor on Monday with clearer intellect, brighter vision, livelier spirits, and renewed vigor. The day is not lost!" If we obey the law of the Sabbath, we prolong our days. If we defy it, we destroy ourselves before our time. Man's physical well-being demands the Sabbath.

Did you ever stop to think just what you really do in 24 hours if you are an adult of average weight? Your heart beats 103,689 times; your blood travels 168,000 miles; you breathe 23,040 times; you inhale 438 cubic feet of air; you eat 3¼ pounds of food, you perspire nearly 1½ pints; you give off 85 degrees of heat; you speak about 4,800 words; you move 750 muscles, and exercise 7,000,000 brain cells. Certainly man needs the physical rest provided by the Sabbath, but, what is even

(Continued on Page 6)