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### **SUNDAY – TOO LAZY...OR TOO BUSY?**

By David Samuel

The Christian's attitude toward Sunday is important not only for himself and the church, but also for society. Christian life and witness is the salt that preserves society from corruption. If standards are slipping today, Christians are to blame.

The Christian attitude to Sunday should never be—How little can I get away with? What is the minimum that is acceptable? The disparity often seen between the attendances at morning and evening services suggests that many people consider it sufficient to attend church once on Sunday. Yet the whole of the Lord's Day is holy, to be set apart for him. We should be glad that we have such a wonderful privilege to worship him publicly, and the freedom to exercise it. Only the most pressing necessity should keep us from attending church morning and evening. Besides, we do not know what we are missing if we are not there. Christ may reveal himself in some special way at that service. Thomas missed the risen Lord through not being present in the company of the disciples.

#### **We should avoid Christian activism which can make Sunday burdensome**

The Lord's Day is intended to be a day of rest as well as worship. Attendance at the house of God should bring a sense of peace, but sometimes it does not. Some churches on Sunday are hives of industry, with so much happening, so much to do, people running hither and thither, noise and chatter. Is there not a case for PCCs to re-examine the nature of worship and the programme of activities on a Sunday? Has the whole organisation become so overloaded that the Lord's Day is no longer one of peace and rest spiritually, of being still and knowing God? In the multitude of our activities, are we in danger of missing out the one thing that is really needed?

#### **We should prepare for worship so that we may benefit from God's ordinances**

It is recorded of Dr Johnson that he would not receive the sacrament on one occasion because he was not expecting it and had not prepared for it. It would appear that the idea of preparing oneself to receive Communion has largely died out. This is strange in view of the clear word of Scripture. 'Let a man examine himself'. We should prepare ourselves not only to receive the sacrament in a devout and holy frame of mind, but also to receive the preaching of the Word of God. James tells us to free our minds from wickedness and worldliness so that we may receive with meekness the Word of God (James 1:21). Amongst Richard Baxter's directions for hearing sermons are the following:

'Read the Scriptures... Come not to hear with a careless heart... Learn your catechism at home [teach yourself some Christian doctrine]... refrain from a hasty climbing up upon the smaller parts... and meditate upon what you hear.'

All of which indicates that Christian worship, rightly understood, does not begin when we enter church nor finish when we leave.

There is, of course, a wider application of the use of Sunday to the whole community—not just to Christians—because it is a part of the moral law of God. But if we make a beginning with ourselves and the church, it will act as a witness to the community as a whole.

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