

REMEMBER THE SABBATH

Rt. Rev. Alfred Acton

Lesson: Exodus 20:8-11; Luke 15

Children, in our world we work or study for six days, and we rest the seventh day. Six days' work has to do with the evil spirits that try to tempt us. The seventh day is the Sabbath, or Sunday for Christians. The reason Sunday is the Lord's day, or our Sabbath, is that the Lord rose from the sepulcher on Sunday. In those days, and on our calendar, Sunday was and is the first day of the week.

Sabbath is a word which is very much the same in many languages, such as English, French, Latin, Greek, and Hebrew. It means a day of rest, or seven. And it is easy to see that Sunday means the day of the sun.

The Lord wants us to rest from our regular work one day a week, and to turn our minds and hearts to Him. He wants us to learn about Him and to worship in His house. We do these things when we go to church.

The number "seven" stands for very holy things, and the number "one" stands for the one God that we worship. And do you know that in the other world the Lord is seen in the midst of the sun there? And many holy things come from Him and fill the lives of the angels with good and so make them happy and glad.

When the Lord gave the Ten Commandments to the Children of Israel, there were certain things that they could not understand then. He wanted them to keep the Sabbath day holy, so He told them not to do any work on the Sabbath. And when the Lord came on earth in person and went into the fields and picked corn or wheat, the Jews asked Him why He worked on the Sabbath. And do you remember what He said? The Lord said, "Which of you, having a donkey or an ox that has fallen into a pit, will not immediately pull him out on the Sabbath day?" (Luke 14:5).

So we can see that the Lord does want us to do the work that we should do on Sunday. It is proper for us to help with the dinner or with the dishes, or with brothers and sisters. Ministers work on Sunday, and nurses do also, and policemen.

What the Lord really means by telling us to keep the Sabbath day holy is for us to worship Him in church, to learn about the things that He teaches us, and

then to try to follow Him and to have a feeling of good will toward others all day long. He also wants us to enjoy the day.

The Heavenly Doctrine for the New Church tells us that when we are trying to be charitable to others, then the Lord has rest. And this is the real Sabbath. Because the angels in heaven are always charitable, it is always like the Sabbath in heaven. This is what is meant by “Remember the Sabbath day to keep it holy.” *Amen.*