
THE SUNDAY DELUSION

6 PROVEN FACTS WHY CHURCH ON
SUNDAY IS UNBIBLICAL

BEGINNERS GUIDE



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INTRODUCTION

EVERYBODY DOES IT

Most Christians you'll meet are convinced that part of being a Christian is going to church. To ask why they go to church on specifically Sunday, would almost sounds like a ridiculous question. 'Sunday is church day, everyone goes to church on Sunday'.

And it's not that strange, as the vast majority of Christian churches have their services on Sunday. It is so common, that it is something you 'just do'. It's what your parents did, it's what your friends do. If TV-series or Hollywood productions occasionally have some scene in church, it's never any other

day than Sunday. The day for worship is not something many Christians even think about.

There are some though, who can give you a more nuanced answer. And I was among this group, as I too attended Sunday-keeping churches. There was a standard set of arguments we used to prove from the Bible that Sunday was the day that Christians were to go to church. These arguments consist out of one theory and three Bible verses.

In this guide we are going to look at these, as well as some additional points, to see whether the Bible indeed tells Christians today to go to church on Sundays. And as we come to a conclusion, you will see how this is something you don't want to get wrong.

Let's go!

#1

SHOULD WE CELEBRATE JESUS' RESURRECTION ON SUNDAY?

This is hands down the most common argument in favor of going to church on Sunday. And I am all for celebrating Jesus' resurrection. This historic event is the only reason why we have a hope for life after death.

Resurrection Sunday showed the world that we have a living Savior who overcame the power of evil and death and is able to save us from it too. So of course this event is worthy of celebration! But how do we do that?

A few years ago, my dad turned 50 and we threw him a surprise party. Many family members and friends had gathered together. We managed to get my dad there without him suspecting anything, and SURPRISE! Everyone jumped up as he turned on the lights.

Being a social extrovert, we knew that he would appreciate this kind of celebration. But imagine that a week before his birthday he would have said that he wanted to celebrate his birthday with only his wife, myself and my brother. Just the four of us. That's the way he would want us to celebrate that moment... Would a surprise party still be a good idea? No, right?!

To really celebrate him, we would honor the ways that he said he wants us to celebrate it. So before we get any ideas of our own, let's see what Jesus says about how He wants us to celebrate His resurrection.



We don't need to search long before we find a clear statement from Jesus about how He wants us to celebrate His resurrection. In the end of the first book of the New Testament, Matthew, which describes the life of Jesus, we find Him instructing His disciples to **baptize** those who want to follow Him¹.

In the act of baptism, we celebrate Jesus' resurrection². The only reason why we can be raised out of the water into a new life with Christ, is because Jesus rose from the dead. This is the tradition Jesus set up and commanded, for us to honor and celebrate His resurrection.

You can read the Bible from cover to cover, and it might surprise you, but you will not find a single verse where Jesus instructed us to go to church on Sunday to celebrate His resurrection. It's not there.

It might shock you even more when I say that going to church on Sunday to celebrate His resurrection, is actually the same as if I would throw my dad a surprise party anyway! Why, you ask?

God has set one day of the week apart, already back in creation week, which is to be a special day of celebration. A day on which we reflect and celebrate the fact that God is our Creator, Savior (which includes His resurrection), and Re-Creator. God appointed this special day to be the day where we are to go to church, spend quality time with Him and with other believers. And this day, is the **seventh day of the week**, Saturday.

[Read: 'The Forgotten Day, Why More and More People Love the Sabbath'](#)

Yet most Christians set aside what Jesus said He wants, and instead do as they want themselves. They replace the day for worship and celebration that Jesus appointed, with another day.

FACT: To celebrate Jesus' resurrection you celebrate baptism, and the seventh-day Sabbath, not the Sunday.

¹ Matthew 28:19-20

² Colossians 2:12, Romans 6:4-6





2

DID THE DISCIPLES KEEP SUNDAY?

It is argued that after Jesus' resurrection, His closest followers immediately began having church on Sunday. This claim is based on John 20:19 *“Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled....”*.

It is common knowledge that the first day of the week is Sunday¹. So it is clear that Jesus' followers indeed gathered together on Sunday. So that proves it then, right? Not quite. Were they indeed having a church service, celebrating Jesus' resurrection, or

was there a completely different reason for why they gathered together that particular Sunday?

The story lets us know that this Sunday is the same day as when Jesus resurrected. Earlier that morning, Mary, together with some other women, and later a number of the disciples, had found the tomb where Jesus was buried empty. They were told that Jesus had resurrected! Great news right?! Surely they immediately came together to celebrate this historic event.

Again, not quite. Do you want to know how the very same verse we read continues? Let's see what's on those dots: *“Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews”*.

Wait, what? Far from celebrating, **they were afraid!** Why? Well, first of all, they didn't even believe that Jesus had resurrected². They had forgotten the many times where Jesus predicted that He would die and resurrect on the third day. Ironically, Jesus' opponents had not forgotten those words. To prevent Jesus' disciples to fake Jesus' resurrection, the Jews and the Romans had secured the tomb with many strong soldiers.

Yet Jesus' body was missing and the news of His resurrection spread like wildfire that Sunday. The disciples knew very well that neither the Jews nor the Romans would be pleased with this revival, so fearing for their lives, they came together, and locked the doors.

FACT: The disciples did not gather to celebrate Jesus' resurrection that Sunday. They did not even believe Jesus had resurrected. They feared for their lives, so they hid together.

¹ [Encyclopedia Britannica](#), Sunday

² Mark 16:13, Luke 24:37



3

DID PAUL KEEP THE SUNDAY?

Paul is one of the early church pioneers. He traveled, preached, and even wrote about two thirds of the New Testament letters. There is a verse which is often quoted to suggest that he and the early church were having church on Sundays.

“And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ...” Acts 20:7.

Pretty clear right? Paul preaches on the first day of the week, Sunday, just like many churches today are doing. Is it true that Paul and the early church were now regularly meeting for church on Sundays instead of on the Sabbath? Let's continue reading what it says behind the comma of that verse:

“...ready to depart on the morrow; and continued his speech until midnight. and had broken bread, and eaten, and talked a long while, even till break of day, so he departed.” Acts 20:7, 11

This changes the way we read the first part of that verse drastically doesn't it? The text doesn't say that meeting on Sunday was their custom, but rather that this was a special occasion, as **Paul would leave them the next day!**

When someone close to you is leaving and you don't know if you will still see each other person in the future, wouldn't you want to spend as much time with them as you can? Of course!

So, say that you go to a goodbye party the day before one's departure. The only reason why that day would be significant, is not because of the day in itself, but because of what happens the day after.

They were eager to hear and learn as much as possible from Paul before he would leave. They listened to him all night, 'till the break of day!' The fact that they are up all night emphasizes that this is a special occasion, not a weekly custom.

FACT: Paul and the disciples did not regularly meet for church on Sunday. Rather, they continued their custom to keep the Sabbath¹. The reason why they met on Sunday here, is because Paul would leave them the next day.

4

DID THE EARLY CHURCH HAVE CHURCH OFFERINGS ON SUNDAY?

“Upon the first day of the week let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come.”
1 Corinthians 16:2

This verse describes some form of a financial offering. Many Christians take this verse on face value, and assume that this must describe the same kind of offering as they have every week in their own church. And since they are instructed to do so on the first day of the week, Sunday, this must imply that they were having church on Sunday. That's the popular assertion.

Though it is indeed standard practice for churches to have an offering some time in their program, is this what Paul, the author of this letter, is instructing the believers in Corinth about?

The context tells us that this special offering was meant to financially support the believers in Jerusalem. So, Paul instructs them to lay aside money every Sunday. But now notice something very crucial. Where does Paul say the money must be kept? **"by him"**. This means by yourself at home, not at the 11am church service!

There was nothing special about the Sunday, more than that it came after a day that was special, the Sabbath. They had rested from



doing any financial administration on the Sabbath. Then, as a new week started, the first thing they were instructed to do, before they would spend all the money on themselves, was to lay aside money for their church family in Jerusalem.

Nowhere whatsoever in this verse, nor in the context, does it say anything about a gathering of people at church.

Paul simply wanted to make sure that when he would arrive at Corinth, that everyone would be ready to give their share. Not that he would need to wait for all of them to first do their own personal administration,

calculations, decision-making with their partner of how much to give, etc. That would all delay the offering from getting to its destination. That was all to be done beforehand. So after heeding Paul's instruction, the only thing they would need to do it take what they had already set apart, and give it to Paul.

FACT: This offering does not in the slightest suggest that they were having church services on Sunday. They were told to set money apart at their homes, so they could immediately give it to Paul when he would arrive.



5

IS SUNDAY CALLED 'THE LORD'S DAY'?

In the last book in the Bible, there is a verse that has caused quite some confusion for many Christians. John, one of Jesus' closest followers, in his later years receives a vision from God.

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

The claim is that 'the Lord's day' refers to Sunday, because Jesus resurrected on that day. Is it? Interestingly enough, this is the only time in all of Scripture that this exact phrase is used. However, it is not the only time that the Bible talks about a day belonging to the Lord.

In a number of places throughout the Bible, there are references to a day that God claims to be His. And the only day of the week which God claims as His own, is not Sunday, but the **seventh-day Sabbath!**¹ Jesus even literally says that He is Lord over the Sabbath day².

Though it might be a popular theory amongst Christians, there is literally zero evidence from the Bible to believe that John is talking about the Sunday being the Lord's day. All evidence points to the Lord's day being the Sabbath.

FACT: The Lord's day is the Sabbath, not Sunday.

¹ Isaiah 58:13, Ezekiel 22:8

² Matthew 12:8

6

WHY DO CHRISTIANS GO TO CHURCH ON SUNDAY?

In the 4th century, the Roman religion was the worship of the sun-gods¹. They had their own temples, priesthood, robes, statues, etc. And the main day of their worship, was 'the day of the Sun', from which we get 'Sunday'.

When one day Roman emperor Constantine² saw a vision of a flaming cross in the sky with the Latin words under it translated as "*in this sign conquer*", he professed to have been converted to Christianity. However, he did not abandon his pagan religion, but rather blended the two popular religions together. A smart political move to further unite his kingdom³. This move came however with the cost of pagan ideas and mindsets being introduced into the Christian church.

On the seventh day of March, 321 AD, Constantine gave the decree for the observance of the 'day of the Sun' as not only the official day of worship, for both the pagans as well as the Christians.

*"All judges, city dwellers, skill workers, and the offices of all should honor the venerable day of the sun and rest. However, those placed in the country freely serve the fields of culture..."*⁴

This meant that on top of the Biblical Sabbath rest that God commanded, Christians now were commanded by civil law to also rest on

this pagan day of sun-worship. Many countries today still have Saturday and Sunday as days of rest, the weekend.

However, the real danger came in 364 AD, when the Catholic Church took it a step further and passed a law at the Council of Laodicea, which **forbade Christians to keep the seventh-day Sabbath.**

*"Christians must not judaize by resting on the Sabbath, but must work on that day, rather honouring the Lord's Day; and, if they can, resting then as Christians. But if any shall be found to be judaizers, let them be anathema from Christ."*⁵

The false teaching of Sunday keeping was enforced during the dark ages wherein the Roman Catholic Church had incredible religious and political power. Christians who did not recognize the church' solemn authority and doctrines, which included Sunday worship, were persecuted and millions were put to death. And so the Christian world got used to the 'counterfeit' Sabbath, the human replacement for the divine commandment.

[Watch: What Is the Mark of the Beast?](#)

Here are a few quotes from Catholic sources about this 'change' from the seventh day of the week, to the first.

*"But you may read the Bible from Genesis to Revelation, and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday, a day which we never sanctify."*⁶

Q. Which is the Sabbath day? A. Saturday is the Sabbath day. Q. Why Do we observe Sunday instead of Saturday? A. We observe Sunday instead of Saturday because the Catholic Church transferred the solemnity from Saturday to Sunday."⁷



*"If Protestants would follow the Bible, they should worship God on the Sabbath day by God is Saturday. In keeping the Sunday, they are following a law of the Catholic Church."*⁸

*"Of course the Catholic Church claims that the change was her act...And the act is a MARK of her ecclesiastical power and authority in religious matters."*⁹

*"But since Saturday, not Sunday, is specified in the Bible, isn't it curious that non-Catholics, who claim to take their religion directly from the Bible and not from the Church, observe Sunday instead of Saturday? Yes, of course, it is inconsistent; but this change was made about fifteen centuries before Protestantism was born, and by that time the custom was universally observed. They have continued the custom even though it rests upon the authority of the Catholic Church and not upon and explicit text in the Bible."*¹⁰

FACT: Going to church on Sunday is a pagan tradition that the Catholic Church has made the custom for the Christian church. The Bible teaches to keep the seventh-day Sabbath, and go to church on that day.

¹ [Britannica](#), Sun-worship

² [Britannica](#), Constantine I

³ [Catholic Encyclopedia Vol 4](#)

⁴ CJ.3.12.2: Emperor Constantinus

⁵ Canon 29, Council Of Laodicea

⁶ Cardinal James Gibbons, *The Faith of Our Fathers*

⁷ *The Convert's Catechism of Catholic Doctrine*

⁸ Chancellor Albert Smith for Cardinal of Baltimore Archdiocese, letter dated February 10, 1920

⁹ Letter from C.F. Thomas, Chancellor of Cardinal Gibbons on October 28, 1895

¹⁰ John A. O'Brien, *The Faith of Millions: the Credentials of the Catholic Religion Revised Edition* (Our Sunday Visitor Publishing, 1974): 400-401

CONCLUSION

SUNDAY OR SABBATH

You might be pretty shocked to now have discovered that the Sunday is actually a pagan day of worship, not a Biblical one. As a matter of fact, Sunday-keeping within Christianity was intentionally pushed by the Catholic Church to draw humanity away from God's true day of worship, the Sabbath.

Why did the Catholic Church do that, you might wonder? And maybe even more surprising, why are Christian churches today still choosing the Catholic tradition over what the Bible teaches?

Those are great and very important questions. As a matter of fact, they play a crucial role in end-time Bible prophecies. What we have seen happen in the Roman empire in the early centuries, is foretold to repeat itself, but this time on a global scale.

[Watch: What Is the Mark of the Beast?](#)

[Read: "Who Is The Antichrist?"](#)

Essential to keep in mind, is that the only reason why this false teaching plays such a significant role in Bible prophecy, is because it is a 'counterfeit' to a teaching that is of immeasurable value.

The seventh-day Sabbath was made by God in creation week. It is the day God told us to worship on. It is the day on which we are to celebrate in a special way that God created us, saves us and re-creates us. It is the day Jesus said He was Lord over. This is the only

day of the week that God claims as His. He even wrote the commandment to keep holy this seventh-day with His own finger in stone, meaning, it is unchangeable.

[Read: "The Forgotten Day, Why More And More People Love The Sabbath"](#)

I am sure that many Sunday-keeping Christians genuinely worship God, but simply don't know what you now know. And praise God that He is so gracious, that He is willing to wink at ignorance¹. But they are missing out on the blessing of the Sabbath-commandment, and without knowing it, they are actually profaning God².

And I was part of this group! But when I learned about the Sabbath, I decided that I wanted to follow the commandments of God, rather than the traditions of man, and became a Sabbath-keeper.

Are you too willing to make the decision today to keep holy the day that God has told us to keep holy, the seventh-day Sabbath?

If so, here's three things we recommend you do next:

1. Get in touch with a local Sabbath-keeping church. Click [here](#) to find a church near you.
2. Read our other resources about the Sabbath, to solidify your decision and understanding, as well as get practical tips on how to have a rich Sabbath experience.
3. Send us an email (contact info on next page) and share how this ministry has been a blessing to you. We are always excited to hear stories of how God is working in people's lives.

¹ Acts 17:30

² Ezekiel 22:26



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Maranatha

COME, OUR LORD
