

THE ORTHODOX WEEKLY BULETIN VESTAL, CLIFFWOOD, NEW JERSEY

KEEP HOLY THE SABBATH

THE FORGOTTEN COMMANDMENT

Once a religious periodical conducted an interesting survey among its readers. One of the questions asked was this: “Which of the 10 Commandments do you consider the LEAST important one to follow?” The resposnse was overwhelming: REMEMBER TO KEEP HOLY THE SABBATH DAY. Yes, the 4th commandment of the Lord directs that 6 days be spent in labor and in performing duties connected with one’s vocation. God clearly expects us to devote the 7th day of His service, and to use it as a time for holy works and acts pleasing to Him. Sadly, many Christians choose to ignore this sacred law!

In the Old Testament, the Sabbath which literally means “rest” in Hebrew, was celebrated on Saturday, in commemoration of God resting at the completion of the creation of the world. With the coming of the Christian era, the Church proclaimed that the first day of the week – SUNDAY – should be observed as the Sabbath in remembrance of the Resurection of Christ.

If we are “too busy” to dedicate one day of the week to God, then, truly we are too busy! Sunday should still be a time of prayer, both at home and at church. It should still be a day for refreshing ourselves spiritually by participating fully in the Divine Liturgy. There are other excellent ways for us to “keep holy the Sabbath.” Time should be allotted for reading the Scriptures. Family discussions about the Sunday Gospel lesson and the sermon for the day are certainly appropriate ccnversations in which we should be engaged. Sunday is also a wonderful time to vsit with our loved ones and friends.

We must remember that God never ‘revised” the 10 Commandments! We are still expected to obey and follow ALL of them! Remember to keep HOLY the Sabbath day!