Sunday's During the COVID-19 Pandemic

Last Sunday was strange. I felt it! Sunday's are normally a very purposed day. The first day of the week is when Christians assemble and remember Christ's death…the death by which we have life! For 2000 years this has been typical. It's uplifting to be with others who stand with God through Jesus Christ. Now we are confronted with isolation in our homes due to the virus which plagues the globe. This is not normal.

It makes me think about the weekly day God purposed for the Israelites. Each week the Sabbath, the seventh day, was a day of rest. What did the Israelites do with themselves? Do not misunderstand, I'm not paralleling Sabbath's with Sunday's.   Sunday is not the "Christian's Sabbath." The point I'm making is that God's people in Canaan were taught how to spend a day with their family.

- Israelites rested from their daily work, enjoying the Sabbath. This relief from burdens was granted by God (Deuteronomy 5:15). As they rested throughout the Sabbath they should think about God and give him thanks.
- Israelites made offerings to God on the Sabbath. With joy these offerings were directed towards God (Numbers 28:9-10; Amos 2:11).
- Israelites spent time on the Sabbath in God's scriptures and in prayer to God (Luke 4:16-21; Acts 16:13).

Thus, the focus of this day was God. It wasn't a case of "what are we going to do today?" They did plenty—towards God!

On Sunday's (not Sabbath observance), even though we are not gathered in the assembly during this viral pandemic, we have plenty to do. We can spend quality time focusing on God. We can praise and thank God, sing hymns, pray, read the Word, eat the Lord's Supper, purpose our giving, and communicate electronically with those who are doing the same. It's not ideal to be apart on Sunday's, but it will be time richly spent.

Can we focus on God, putting other incidentals of life on hold? We can. Then, when we add back in the normal assembly on Sunday's, it will be even richer!

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