Question:
What did John mean when he said, *“I was in the Spirit on the Lord’s Day”*? Which day is the “Lord’s Day,” and why is it specifically mentioned in Revelation 1:10?

> *Revelation 1:10 (ESV):*
> “I was in the Spirit on the Lord’s Day, and I heard behind me a loud voice like a trumpet.”

The Apostle John wrote this while exiled on the island of Patmos (Revelation 1:9), a place of isolation due to his testimony for Jesus Christ. The phrase *“in the Spirit”* indicates a state of deep spiritual communion or being led by the Holy Spirit, often associated with prophetic revelation (cf. Ezekiel 37:1; Acts 10:19-20).

When John says he was on the *“Lord’s Day,”* he is referring to a particular day of the week that early Christians recognized as sacred because of Jesus’ resurrection. Historically, the Jewish Sabbath is Saturday (the seventh day), but the early church shifted its primary day of worship to Sunday, the first day of the

week, to commemorate Christ’s resurrection (Matthew 28:1; Mark 16:9; Luke 24:1; John 20:1). This day became known as the *“Lord’s Day”* (Greek: Kyriake hemera) a term that appears only here in the New Testament.

The Lord’s Day as Sunday:

> *Mark 16:9 (NIV):*
> “When Jesus rose early on the first day of the week, he appeared first to Mary Magdalene…”

- This passage identifies the first day of the week as the day of Jesus’ resurrection, foundational for Sunday worship.

> *John 20:19 (NIV):*
> “On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them…”

- Here, Jesus’ post resurrection appearances also take place on Sunday, emphasizing its significance.

> *Acts 20:7 (ESV):*
> “On the first day of the week, when we were gathered together to break bread, Paul talked with them, intending to depart on the next day…”

- This shows the early church gathering for worship and communion on Sunday.

> *1 Corinthians 16:2 (ESV):*
> “On the first day of every week, each of you is to put something aside and store it up, as he may prosper, so that there will be no collections when I come.”

- This illustrates Sunday as the designated day for Christian fellowship and giving.

The shift from Saturday (Sabbath) to Sunday (Lord’s Day) in early Christianity was not a rejection of rest and worship but a fulfillment in Christ. Sunday worship celebrates the *new creation* inaugurated by Christ’s resurrection (2 Corinthians 5:17), symbolizing the *new covenant* and *eternal rest* in Him (Hebrews 4:9-10). The Lord’s Day thus becomes a weekly celebration of the

paschal mystery Christ’s death and resurrection, which redeemed humanity.

John’s being *“in the Spirit”* on the Lord’s Day underscores the spiritual readiness and sanctity of the day for receiving divine revelation. This suggests that the Lord’s Day is more than a routine day of worship; it is a special time appointed by God for divine encounter and prophetic insight.

Practical Application:

The early church’s recognition of the Lord’s Day as Sunday set a pattern of dedicated worship, teaching, fellowship, and rest that continues today. It is not that the day itself is inherently holy, but that God honors the commitment of His people when they consecrate time to Him. This dedicated time fosters spiritual renewal and openness to the Holy Spirit’s guidance.

If your day of worship is Saturday or any other day, the principle remains: honor it as sacred by preparing your heart and spirit, as John did. Avoid worldly distractions that hinder your spiritual experience. Seek solitude, prayer, and scripture study so God can reveal Himself to you.

Warning Against Neglect:

Today, many treat weekly worship as a mere obligation, often distracted by worldly concerns or entertainment. Yet, the Lord’s Day is a divine appointment an opportunity for intimate fellowship with God. Neglecting it risks missing the powerful encounters and transformation God desires to bring about.

Blessing:

Value your day of worship, whether it’s Sunday or another day, and God will surely reveal Himself to you as He did to John on Patmos.

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