



## [Hebrews 10:25](#)

(25) not forsaking the assembling of ourselves together, as *is* the manner of some, but exhorting *one another*, and so much the more as you see the Day approaching.  
*New King James Version*

**Not forsaking the assembling of ourselves together** - The Revised English Bible renders this verse: "We should not stay away from our meetings, as some do, but rather encourage one another, all the more because we see the day of the Lord drawing near." Since the New Testament church observed the [Sabbath](#), it is evident that Paul is saying, "We need to be attending church services, especially since the end is coming soon!"

A good friend of mine and I were talking about how the church keeps the Sabbath. He commented that, generally, church members baptized before the mid-1970s seem to have a greater zeal for making sure they always get to services on the Sabbath than those baptized later.

This may or may not be true, but there does seem to be a trend not to consider assembling on the Sabbath as important as it used to be. In the past, we would never think of missing church services to attend a wedding or visit with family coming into town. We would never stay home because we were tired. When someone became ill, the whole family did not stay at home; we thought that everyone else should still go or at the very least one of us should represent the family at church. Since it was the most important event of the week, we would always plan to be at services, even if we "ruffled the feathers" of relatives or neighbors.

We obediently honor [God](#) in coming before Him at services. Each Sabbath is to be "a holy convocation" ([Leviticus 23:3](#)), meaning we are "called together" to worship Him. In a way, it is like a weekly Family reunion to pay homage to our Father, and in turn, He instructs us further in His way of life.

In addition, we partially fulfill some of the elements discussed in [Hebrews 10:22-24](#). The

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Sabbath allows us to draw near to God and strengthen our [faith](#). It helps us to hold fast our belief in doctrine through the messages we hear. And through fellowship with the brethren, assembling on the Sabbath enables us to know and consider others' needs, showing us how we may aid them.

Are there reasons to stay home on the Sabbath? Of course. Personal or family sickness, as when a child is ill. Business trips and family vacations will interfere occasionally with attending services, but we can still livestream services. We may have put in an especially difficult, exhausting week, but even here, we can plan and prioritize to avoid these situations so we can attend services. In fact, having a difficult week is all the more reason to make sure we make it to Sabbath services.

Many consider that keeping the seventh-day Sabbath is just a tradition, not a law. It is interesting that the only part of the Bible that God did not inspire to be written by a human being is the Ten Commandments. God wrote them Himself with His own finger. He did this because the commandments are His mind, the foundation upon which everything else stands. Thus, the keeping of the Sabbath is not a "tradition." It is a direct, eternally binding command of God, and thus we should do all we can never to forsake the assembling of ourselves on it.

— John O. Reid (1930-2016)

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