Why We Meet Three Times a Week

Zanesville, OH | October 6, 2019 | John Pollard | Sermon Notes

**Foundational Scripture:**

**Intro**:

* The saints here at the Zanesville Church of Christ meet regularly three times a week. We meet on Sunday mornings, Sunday evenings and Wednesday nights. It was decided years ago for various reasons that we would make this our regular practice. Many churches across the US and the rest of the world meet various times throughout the week. Most churches, if not all, meet every Sunday at least once. The scriptures teach us in Acts 20:7 that the brethren met together on the first day of the week to partake of the Lord’s Supper and that’s one of the major reasons Christians get together every Sunday at least once on that day. However, we choose to meet 3 times a week here at this location. The question is: **Why do we meet three times a week?**

1. **Worshipping/Glorifying God**
   1. While it is true that there is no explicit command to meet 3 times a week every week in scriptures, we choose to do so because there is nothing better than getting together to worship God as much as we can (Acts 17:26-28; Rom. 15:5-6; Heb. 12:28-29; 13:15).
   2. America is known for its very fast paced lifestyle that encourages everyone to work a lot of hours in order to make as much money as possible so we can spend it on things like adventure, material stuff, entertainment etc.
   3. It’s not evil to want to enjoy life and make good money but I am saying we spend a lot of our time in this country doing things that will not necessarily help us spiritually. Consider this: there are 168 hours in a week.
   4. Most Americans work 40-50 hours every week. They spend somewhere between 30-40 hours on social media/TV/internet. That’s a total of 90 hours already gone. The rest of time is split between family time, trips, running errands, sleep and religious activities.
   5. Of the 168 hours there are in a week, we gather together for 4 hours every week to worship God. If we were to represent that in terms of a percentage it would amount to a whopping 2.4% of all our time during the week.
   6. Now, obviously that’s no big amount but here’s what I am saying. If we can be sure to carve out time for things such as social media, TV, vacations, spontaneous trips, work, running errands etc. then by all means we can meet for the 4 hours a week we put aside to assemble here at this location.
   7. We meet three times a week because worshipping God is number one in our lives and it should be number one. All the things we are blessed to be able to do and enjoy throughout the week comes from God (1 Pet. 2:9).
   8. Setting aside 4 hours in our week to worship and glorify God together is nothing in the grand scheme of it all. The truth is, 4 hours isn’t that much. The truth is, we don’t worship God enough and there will never be a time where we can say that this much time is too long or too much to worship God or glorify God (Acts 2:42, 47).
   9. Four hours a week helps us to keep our perspective where it belongs. It helps us to see that we need God and we depend on Him for everything. Four hours a week helps us to face the other 164 that remain.
   10. We meet three times a week, because we choose to honor, worship and glorify God who is absolutely worthy of every single minute of worship we give to Him. We choose to do this because Christ died for us and He is worthy of our time.
2. **Nourishing our Souls**
   1. We also meet three times a week because we need food for our souls. We feed our bodies everyday with food, nutrients and vitamins because we need to survive and be nourished. If several hours go by and we don’t eat, some of us may feel like we will die.
   2. Well just as the body needs food so our souls should be hungering and thirsting for God’s word (Matt. 5:6). Jesus recognized on multiple occasions the need for physical food for the body. He even fed multitudes of people on two separate occasions because they were hungry.
   3. But Jesus would often use such situations to teach something more important (Matt. 4:4; Jn. 6:27). Jesus although starving in the wilderness after fasting for 40 days and 40 nights and despite feeding the multitudes, He understood that food for the soul supersedes food for the body.
   4. That’s why we have a time for bible study set aside every Sunday at 10 am and every Wednesday at 7pm. These occasions may not be explicitly commanded in the scriptures but if we have to ask, *“Do I really need to be there for that?”* is our priority really God? If we don’t see the need to study His word and learn from it, can we be the Christians He wants us to be and this world needs us to be?
   5. We need these opportunities more than ever if we have any hope of making it to Heaven. We ought to take advantage of these opportunities as much as we can if we want to be better disciples (1 Pet. 2:2).
   6. These times we set aside for bible study help us to grow spiritually in the grace and knowledge of our Lord Jesus Christ. They help us to be prepared to fight the devil and those that would question our faith and the reason for why we believe in God (Eph. 4:11-16).
   7. If we aren’t taking advantage of these opportunities then we are only harming ourselves by doing our souls a great injustice (Psa. 19:7-10). Let’s be sure to come together to study our bibles on these occasions. We meet three times a week because we worship God and because we need spiritual food.
3. **Edifying One Another** 
   1. We also meet three times a week to edify one another. The word edify means that we build up one another in order to be solid and to be prepared and equipped for the days and weeks ahead (Eph. 4:11-16).
   2. The world is a very discouraging place at times and many times we may feel emotionally drained and spiritually beat because of what we face out there every day. It is no secret that the world praises that which is evil and despises that which is good.
   3. We fall under that good category and so sometimes we may get more that we bargain for which can cause us to question our faith and beliefs. It is times like Sundays and Wednesdays, when we meet three times a week, that we can refuel ourselves with spiritual food and words from our brothers and sisters in Christ that can help us to get up and keep fighting the good fight (Eph. 5:19; Col. 3:16; 1 Thess. 5:11).
   4. Sports teams, usually just before a game, can be seen talking to one another to get each other “fired up” and ready to go for what is usually a hard-fought battle. Usually there’s a certain person or persons that is really good at elevating the confidence of everyone else and that talk can have a lasting impact on the outcome of the game.
   5. Likewise, when we come together to worship God and to grow spiritually, we may need to hear that person or persons tell us why it’s important to keep serving God. We may need to hear that we are not in this alone and that we will help one another no matter what the case might be (Acts 2:42, 44-47).
   6. When someone chooses not to meet with their brethren, that may impact others and how they face the rest of their week. If we can meet but choose not to, we are not only letting God down, but we also let our brethren down. We need that edification and we need that encouraging talk or comment or smile (Heb. 10:24-25).
   7. Whatever it might be, we meet three times a week because it helps us to get one step closer to Heaven (Heb. 3:13). Let’s take full advantage of meeting 3 times a week and all the opportunities we might have to worship God, grow spiritually and edify one another. Can you spare 4 hours of your week for God and your brethren?

**Conclusion:** Should our worship to God, nourishing of our souls and edifying of one another be limited to three times a week? Being a Christian doesn’t mean showing up to the specified meeting times for group gatherings each week. If we believe that, then we have woefully misunderstood why Jesus came and what NT Christianity is all about. Meeting three times a week should represent a microcosm of who we are, not a macrocosm. If an individual Christian has the hardest of times coming to even one of these meeting times (Sunday morning worship for example) let alone all three times a week, what does that say about their lives outside of these specified group gatherings and their love for the brethren?

On the other hand, the individual Christian who makes Christ a central part of his/her life in service, sacrifice, suffering and love in their time away from specified group gatherings will have no issue in being at all these meeting times. In fact, they look forward to it. It’s the highlight of their week. The more we make Christ a part of our lives outside of these services, the more likely it will be that we will grow to appreciate these group meetings and the more we will look forward to them. The less we make Christ a part of our lives, the less likely it becomes that we will be meeting with other Christians and looking forward to our group meetings.

There are two types of Christians. The ones who look at meeting three times a week as the minimum and the ones who look at is as the maximum. Which ones are we?