

## **Sunday: A Day for Restoring God's Priorities**

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Through the years, Christians have understood Sunday in various ways. In years past, even during my childhood, Sunday was a day of rest and most businesses were closed. In many parts of the world today, Sundays are so secularized that Sunday differs little from other days of the week. In the United States, most of the population is not in church on Sunday morning.

Why is the assembly of God's people important? Why does worship matter? One benefit of assembly and worship is that they help me rebalance my life. I need continued transformation, adjusting my mind and heart. I need to be reminded. I need to be refilled. The average time it takes for the human brain to react is measured in milliseconds. This is how long it takes for what is inside of you to come out. "Out of the abundance of the heart, the mouth speaks" (Matthew 12:34).

When I was a youngster, my family and I spent most of our summers visiting Grandma. One of the jobs I had to help with was watering and slopping the pigs. Every day, we had to carry water to the pigpen. We filled the water bucket as full as possible so we did not have to make as many trips. I learned a few things about a water bucket that is filled to overflowing. First, when the bucket is full, you cannot put any more water in it. Second, it is almost impossible to carry a full bucket without sloshing a little water out. Third, what is in the bucket is what comes out of the bucket. We also had to carry the slop bucket to the pigpen. Knowing the "full bucket" principles just mentioned, we made sure we got around to slopping the pigs before the slop bucket got full.

Lessons for life. When our hearts are filled with God things, there is no room for other things. We get bumped as we go through life and what is within us will spill out. What comes out is what is within us, what is in our heart. The nature of our lives is reflected in how we react. What is in you will come out...so let the Word of Christ dwell in you richly.