

## How's Your Sunday?

By Paul Jetter, Pastor, Upper Valley Community Church, Piqua, Ohio  
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I recently read about Truett Cathy, the founder of the Chick-fil-A restaurant chain. About 50 years ago, Cathy opened a tiny grill in Atlanta across from a Ford assembly plant. Today that one restaurant has grown to a \$2 billion chicken empire with 1,250 locations.

In a world where building corporate wealth and personal success dominates many companies, Chick-fil-A takes another approach. The company's purpose statement reads, "We exist to glorify God by being a faithful steward of all that is entrusted to us and to have a positive influence on all who come in contact with Chick-fil-A."

Cathy, now 85, is known as a soft spoken man with a generous heart. He and his wife, Jeannette have been married 57 years and delight in helping students around the world. Those who know him well say that he keeps the same Christian attitude at home, at work and at church. According to Cathy, "There's no such thing as 'business ethics.' It's all personal ethics. Courtesy is very cheap, but it pays great dividends."

I like the food at Chick-fil-A, and I have always been treated with courtesy and respect. However, what impresses me even more is that they are never open on Sunday. Cathy says, "Being closed on Sundays gives people time with their family and the Lord, which have both virtually disappeared in America."

God intends for us to take a break once every seven days because he knows we need to recharge our batteries, take time with our families, and worship Him. Jesus said, "*The Sabbath was made for man, not man for the Sabbath*" (Mark 2:27). People today are harassed and pressured from every side. Marriages and families are disintegrating because people do not take time for each other. People are physically sick and mentally frazzled because they have joined the human rat race. God never intended it to be that way. Our society has brought it on itself.

The only way to break the cycle is to do what Truett Cathy has done. It is not natural to close all your restaurants on what many consider to be the most profitable day of the week. But Cathy is not about doing what is considered normal; instead he is about doing what he believes to be God's will.

Every Christian needs to carefully examine what they do on Sundays. Is it building their families, bringing them to God, and helping them relax, or have they been sucked into the idea that Sunday is just another day? I know a couple of families who have children that are exceptional athletes. Their kids have been invited to play select sports on Sundays, but they have turned down the offers because character and family are more important. When our own children were teenagers, we insisted that they get their weekend homework done by Saturday evening and that they never take a job that involved Sunday work. Sunday was a special day for us all.

Sadly, many Christians have become part of the problem. They work and shop on Sunday just as if it were any other day. The result is predictable: more hassle, less worship, more tension, less stable relationships. Because our society has abandoned many of its Christian principles, it may not always be possible for Christians to avoid Sunday work. But the question is: how many really try? God has a way of honoring those who honor Him. It can start with Sundays.