

The Seven-Day Week

一个星期有七天

为什么一个星期是七天，不是六天或是八天？这种算法是怎样产生的？

原来是源于《圣经》。《圣经》创世纪¹，记载上帝的创造工作，说他第一天创造了光，第二天造空气和水，第三天造陆地、海和各类植物，第四天造日、月、星辰和定昼夜、节令、日子和年岁，第五天造各类动物，第六天上帝按着他的形象造人，第七天创造工作完毕，上帝歇了他一切的工作，安息了，并赐福给第七日，定为圣日。这就成为流传至今日的礼拜天，礼拜一、礼拜二、礼拜三、礼拜四、礼拜五、礼拜六等一星期有七天。

礼拜天，是一个星期的第一天，又称为“主日”，是纪念耶稣复活的日子。昔日以色列人耶稣来到世界上传扬上帝的真理，教训人，帮助和医治病人，但不信他的人把他钉死在十字架上。死后第三天，即礼拜天的清早，他从死里复活。当时他的门徒马利亚、约亚拿和居住在耶路撒冷城的众信徒都亲眼看见耶稣从死里复活。他们知道耶稣是又真有活的救赎主，而充满喜乐和盼望。

今天，世界上无论信或不信耶稣的地方，都以七日为一个星期来计算，而大多以星期天休假。正合乎上帝六日创造天地万物，第七日便放下工作休息的原则。它却提醒我们，星期天是纪念主耶稣为我们受死而复活的日子。

1 创世纪是《圣经》中的第一卷经卷，它从上帝创造天地万物开始叙述。

Why are there seven days in a week, and not six or eight? How did this originate?

The origin can be found in the Bible. In the Bible the book of Genesis¹ records God's work of creation and states that he created light on the first day. On the second day he created air and water. The dry land, the sea and all kinds of plants were created on the third day. God made the sun, moon, stars, day and night, and fixed the seasons, the days and the years on the fourth day. All living creatures were made on the fifth day, and God made man in his own image on the sixth day. On the seventh day, having finished his task, God rested from his work. God blessed the seventh day and declared it holy-different from the other six days. So all throughout the ages there have been seven days in a week: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday and Saturday.

Sunday is the first day of a week. It is called the Lord's Day, the day on which we remember Jesus' resurrection. When Jesus, an Israelite, came to the world, he preached and taught the truth of God, he helped and healed people. He was crucified on the cross by those who did not believe in him. Three days later, on a Sunday morning, he rose up from death. His disciples, Mary, Joanna and other believers in Jerusalem, saw him after his resurrection. They knew that he was a real and living Saviour, and were filled with joy and hope.

Today, all over the world, no matter whether people believe in Jesus or not, they use a seven-day week. For most of them Sunday is a public holiday. This follows God's pattern of working six days and resting on the seventh day. It also reminds us that Sunday is the day on which we remember that Jesus died and was raised up for us.