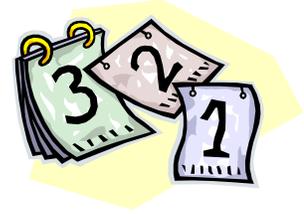


# THE ORIGIN OF THE NAMES OF DAYS IN A WEEK

by Bruce Woolard



There are seven days in a week. The number seven represents perfection and therefore seven days represent completeness.

**SUNDAY** is the first day of the week derived from the fact that in Genesis 1 God said let there be light and there was light. This was the first day of restoration or creation of life on earth. The light comes from the sun. Ancient pagans embraced the sun as an object of worship and they believed that it was the greatest god. The first day was acknowledged, by pagans, in tribute to the sun god from whom they thought all life had come.

**MONDAY** as the second day of the week Monday is so called because it is named after the second more dominant light in the sky namely the moon. “Moonday” became known as Monday.

**TUESDAY** as the third day of the week received its name from the ancient Germanic people who identified the planet Mars as a significant star in the sky and they called it “Tiwesdag” (old English). This developed into the present pronunciation of Tuesday.

**WEDNESDAY** the fourth day of the week is derived from the ancients who believed in the god of Oden. In old English “Oden” became “wodnes” from which they derived the word “Wodnesdag” our Wednesday.

**THURSDAY** is derived from the Greek god Thor and became Thursday our Thursday.

**FRIDAY** the sixth day of the week is derived from “Frig” the wife of Oden and became known as “Frigedag” our Friday.

**SATURDAY** is derived from the planet Saturn also considered to be an ancient pagan god and therefore “Saturday” became known as Saturday.

*Note:* It is important to note that it was on the first day of the week that Jesus Christ rose from the dead and for this reason as Christians we worship on the first day, Sunday, and not the ancient Jewish Sabbath day which is Saturday.

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