



KEEPING THE LORD'S DAY HOLY

Why We Celebrate on Sunday

"Jesus rose from the dead 'on the first day of the week.'¹⁰⁴ Because it is the 'first day,' the day of Christ's Resurrection recalls the first creation. Because it is the 'eighth day' following the sabbath,¹⁰⁵ it symbolizes the new creation ushered in by Christ's Resurrection. For Christians it has become the first of all days, the first of all feasts, the Lord's Day (*he kuriake hemera, dies dominica*)—Sunday:

We all gather on the day of the sun, for it is the first day [after the Jewish sabbath, but also the first day] when God, separating matter from darkness, made the world; and on this same day Jesus Christ our Savior rose from the dead.¹⁰⁶" *Catechism of the Catholic Church (CCC)* 2174

104 Cf. *Mt* 28:1; *Mk* 16:2; *Lk* 24:1; *Jn* 20:1.

105 Cf. *Mk* 16:1; *Mt* 28:1.

106 St. Justin, *I Apol.* 67: PG 6, 429 and 432.

Why We Celebrate Together

"A *parish* is a definite community of the Christian faithful established on a stable basis within a particular church; the pastoral care of the parish is entrusted to a pastor as its own shepherd under the authority of the diocesan bishop.'¹¹⁵ It is the place where all the faithful can be gathered together for the Sunday celebration of the Eucharist. The parish initiates the Christian people into the ordinary expression of the liturgical life: it gathers them together in this celebration; it teaches Christ's saving doctrine; it practices the charity of the Lord in good works and brotherly love:

You cannot pray at home as at church, where there is a great multitude, where exclamations are cried out to God as from one great heart, and where there is something more: the union of minds, the accord of souls, the bond of charity, the prayers of the priests.¹¹⁶" *CCC* 2179

115 CIC, can. 515 § 1.

116 St. John Chrysostom, *De incomprehensibili* 3,6: PG 48, 725.

The Sunday Obligation

"The precept of the Church specifies the law of the Lord more precisely: 'On Sundays and other holy days of obligation the faithful are bound to participate in the Mass.'¹¹⁷ 'The precept of participating in the Mass is satisfied by assistance at a Mass which is celebrated anywhere in a Catholic rite either on the holy day or on the evening of the preceding day.'¹¹⁸

The Sunday Eucharist is the foundation and confirmation of all Christian practice. For this reason the faithful are obliged to participate in the Eucharist on days of obligation, unless excused for a serious reason ... or dispensed by their own pastor.¹¹⁹ Those who deliberately fail in this obligation commit a grave sin." *CCC* 2180-2181

117 CIC, can. 1247.

118 CIC, can. 1248 §1.

119 Cf. CIC, can. 1245.

What Did You Learn About Keeping the Lord's Day Holy?

for younger saints

1. We can learn what God tells us about the Sabbath in:
 - a. the Old Testament.
 - b. the New Testament.
 - c. both the Old and New Testaments.
2. God tells us to "keep holy the Sabbath day" in:
 - a. the Ten Commandments.
 - b. the Beatitudes.
 - c. the Parables.
3. On which day of the week do Christians celebrate the fulfillment of the Sabbath?
 - a. Friday
 - b. Saturday
 - c. Sunday
4. Why do we celebrate on that day?
 - a. Because God told Adam and Eve to celebrate on that day.
 - b. Because God told Pope Francis to celebrate on that day.
 - c. Because Jesus rose from the dead on that day.
5. Name two things you can do to make the Lord's Day holy.
6. Name one thing you should not do on the Lord's Day.
7. Recite your memory verse.

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5. Name two things you can do to make the Lord's Day holy.

Answers will vary, but the most important one is "go to Mass." Also, doing any works of mercy, praying, reading Bible stories, going to Eucharistic adoration, being involved in family activities, etc. are all good answers.

6. Name one thing you should not do on the Lord's Day.

Answers will vary but may include any type of deliberate sin, missing Mass, hard work (on this day of rest), or any other thing that does not focus on and honor God.

7. Recite your memory verse.

"Blessed are those who have not seen and have believed." John 20:29

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2. Which commandment tells us to "keep holy the Sabbath day"?
 - a. the seventh commandment.
 - b. the third commandment.
 - c. None of the commandments say this.

3. On which day of the week do those of the Jewish faith celebrate the Sabbath?
 - a. Sunday
 - b. Saturday
 - c. Friday

4. On which day of the week do those of the Christian faith celebrate the fulfillment of the Sabbath?
 - a. Sunday
 - b. Saturday
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5. Why do we celebrate the Lord's Day on that day?

6. Recite the five Luminous Mysteries of the Rosary.

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5. Why do we celebrate the Lord's Day on that day?

Sunday is the day that Jesus rose from the dead, and Christians celebrate each Sunday as a “little Easter” in remembrance of that great occasion!

6. Recite the five Luminous Mysteries of the Rosary.

The Baptism in the Jordan. The Wedding Feast at Cana. The Proclamation of the Kingdom. The Transfiguration. The Institution of the Eucharist.