

LESSON 10: THE LORD'S DAY



When God created the world, He worked for six days and on the seventh day, He rested. In the Old Testament, God's people gathered together for worship on the Sabbath, or Saturday. Early Christians rested and came together to rejoice on Sunday because Jesus, our Lord and Saviour, rose from the dead, on Easter Sunday morning.

The Third Commandment given to us is "Remember to keep holy the Lord's Day". The greatest gift we can offer to God on His day is to go to Mass faithfully. At every

Mass, we give ourselves to God and join ourselves with Christ's gift of Himself to the Father. The Father in turn gives us His own Son as "the Bread of Life".

Holy Days of Obligation like Christmas (25 Dec), Assumption of the Blessed Virgin Mary (15 Aug), Solemnity of Mary Mother of God (1 Jan), all Sundays and Saturday evenings and in the Middle East every Friday.

Sunday is not only a day of worship but a day of joy and family closeness. Just like the Risen Lord, who spent Easter Sunday sharing peace and joy with His friends, we are meant to reach out and spread warmth and happiness to others. This is a part of God's plan for our holiness.

Words to Know:

Holy Day of Obligation: a special feast day, besides Sunday, when Catholics are required to participate at Mass and not do unnecessary work.

Question and Answers

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| 1 | <i>What are we ordered to do by the Third Commandment?</i> We are ordered to know God on Sundays and Holy Days of Obligation by acts of external worship and the most important way is the Holy Mass. |
| 2 | <i>What is forbidden by the Third Commandment?</i> The Third Commandment forbids us to do unnecessary works on Sundays and Holy Days of Obligation. |
| 3 | <i>How are we supposed to observe the Sabbath Day?</i> By regular attendance at the House of God; by joining with His people in praise and prayer; by reading and hearing God's Holy Word; and by partaking of the Lord's Supper. |
| 4 | <i>When was the Church born?</i> The Church was born on 50 th day after Easter which is a Sunday, when the Holy Spirit descended on the Apostles and they proclaimed the Word of God in different tongues. |
| 5 | <i>What do we commemorate in the Holy Mass?</i> In the Holy Mass we commemorate the passion, death and resurrection of our Lord Jesus Christ. |

Prayer: Precepts of the Church

HOLY DAYS OF OBLIGATION

Sunday is a Holy Day of Obligation. Like Sundays there are other days of obligation to attend Holy Mass.

These are called Holy Days of Obligation and Solemnities.

Mary, Mother of God

Wednesday, January 1, 2020

Holy Day of Obligation

Ash Wednesday

Wednesday, February 26, 2020

Palm Sunday

Sunday, April 5, 2020

Holy Thursday

Thursday, April 9, 2020

Good Friday

Friday, April 10, 2020

Holy Saturday

Saturday, April 11, 2020

Easter Sunday

Sunday, April 12, 2020

Divine Mercy Sunday

Sunday, April 19, 2020

Ascension of the Lord

Thursday, May 21, 2020

Holy Day of Obligation

transferred to

Sunday, May 24, 2020

in most U. S. dioceses

Pentecost Sunday

Sunday, May 31, 2020

Trinity Sunday

Sunday, June 7, 2020

Corpus Christi

Sunday, June 14, 2020

Sacred Heart of Jesus

Friday, June 19, 2020

Assumption of Mary

Saturday, August 15, 2020

All Saints Day

Sunday, November 1, 2020

Holy Day of Obligation

First Sunday of Advent

Sunday, November 29, 2020

Immaculate Conception

Tuesday, December 8, 2020

Holy Day of Obligation

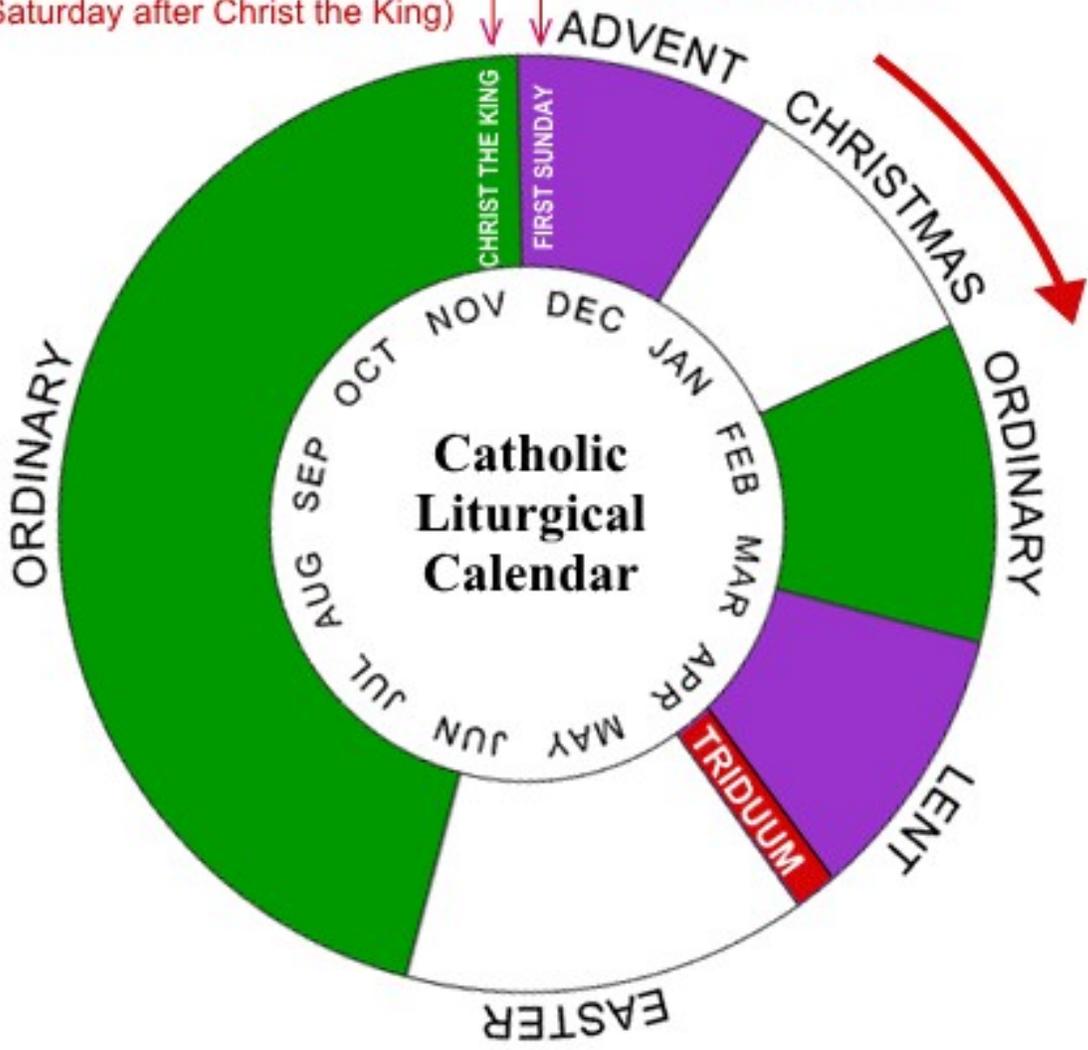
The Nativity of the Lord (Christmas)

Friday, December 25, 2020

Holy Day of Obligation

The Liturgical Year ends with the Last Saturday of Ordinary Time (Saturday after Christ the King)

The Liturgical Year begins on the First Sunday of Advent



EASTER

LENT

TRIDUUM

ORDINARY

CHRISTMAS

ADVENT

CHRIST THE KING

FIRST SUNDAY

AUG SEP OCT NOV DEC JAN FEB MAR APR MAY JUN JUL

Catholic Liturgical Calendar