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THE LORD'S DAY

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The third commandment (Exodus 20:8-11) is to keep the Sabbath holy. Exodus 31:15 explains “Six days there are for doing work, but the seventh day is the Sabbath of complete rest, holy to the Lord. Anyone who does work on the Sabbath day shall be put to death.”

Frequently in Mark’s Gospel we find the Pharisees being legalistic about what is and isn’t work that is allowable on the Sabbath and Jesus being upset with them. However, Jesus did not abolish the concept of the Sabbath. On the contrary, the Sabbath (which occurred on Saturday) has been replaced/fulfilled in the Lord’s Day (Sunday). A Jew that broke the third commandment was literally put to death and a Christian mortally wounds their soul/sins when they do not “Keep the Lord’s Day Holy”.

So how do you “Keep the Lord’s Day Holy”? There is no legal framework of what is and is not acceptable. Essentially Jesus gave us some guidelines (see CCC 2185-2187) and then sent us the Holy Spirit to help us follow our hearts. At a minimum you *must* attend Mass and have a sense of reverence that the Lord’s Day is special and not just another day.

Unfortunately, the sense of reverence for the Lord’s Day has largely disappeared in America. 100 years ago in Christian America stores closed, everyone rested, and people took it as their sacred duty to party hard every Sunday (and people were happier for it!). Luckily, there is still one day that most people still have reverence for. It is called Christmas and people look forward to it all year. On Christmas you go to Mass, eat a lot, rest a lot, play a lot, spend time with your family, and go out of your way to be nice to people. Can you imagine doing homework that you hate, doing unnecessary labor, doing extreme conditioning for sports, not talking with your mom, or fighting with your friend on Christmas?! No! You know Christmas is a special day and you revere it. Likewise, every Sunday is supposed to be special. You should spend the whole week looking forward to Sunday and when it comes you should act differently and live on a different schedule that is heavy on relaxing/fun things that lift your spirit. Could there be an easier and more joy inducing command from God than this command resulting in >52 Christmases a year?! We often complain when God gives us difficult commands, but then he gives us this command that we’d be crazy to complain about and still we complain that he is trying to affect our schedules... #Concupiscence.

Answer the prompts below. Share with your small group. Make a commitment to yourself to live next Sunday (and every Sunday) like it is special (like Christmas) from now on!

- Last Sunday I did this:

- If last Sunday were Christmas I would have done this instead: