

LESSON 11

The Lord's Day



Learning Objectives

In this lesson you will:

- Explain the third commandment and how the Israelites observed the sabbath.
- Understand why Sunday became “the Lord’s Day” for Christians.
- Affirm that the Resurrection of Jesus makes all time — past, present, and future — holy.

Opening Prayer

O Lord, I praise you for this day to worship you and to celebrate your Resurrection. Help me to rest in your love and to use this day for your glory. Amen.



Opening Activity

Scan the QR code to access the online resources.

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Introduction

To follow Jesus means to act like Jesus and, most of all, to be with Jesus. When we love someone, we make time to visit with them. There is nothing like visiting a loved one or a friend whom we have not seen in a long time. Jesus Christ waits for us in every tabernacle and in every Divine Liturgy. He wants us to come to his holy house to worship him as spelled out in the third commandment, which will be explored in this lesson.

Reflection Questions

1. *God has no need of our worship. Our worship does not make him better or holier, so why do you think God asks us to give one day out of our week to praise him?*
2. *What do you like best about Sundays?*

Point 1

The Seventh Day

The **sabbath** is a day of the week when God's people are supposed to stop working and rest. The idea of this day goes back to the Genesis creation story. God created the world in six days. Then God rested on the seventh day. The third commandment tells people to do what God did: rest after work. In the time of Jesus, the **Pharisees** were Jewish people who were very strict about the way they spent the sabbath. For instance, they couldn't cook or bake food. They couldn't plant seeds or do any farming activity.

Point 2

What Purpose does the Sabbath Serve?

Jesus reminded people of the real purpose of the sabbath: "The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath" (Mk 2:27-28).

Throughout his life, Jesus did what was most important on the sabbath. He showed love for God and other people. He prayed in the **synagogue**, which is a place of worship for Jewish people. He spent time with family members and friends.

Loving God is the most important part of sabbath rest. We love God when we love others and take care of their needs.



Point 3

Why Is Our Sabbath on Sunday?

Before the sun rose on Sunday morning, Jesus rose from the dead. We call this great event the **Resurrection**. After the Resurrection of Jesus, his disciples continued to meet in the synagogue for prayer on the sabbath (Saturday). They met on Sunday to listen to stories about Jesus. They also shared a meal of thanksgiving, just as Jesus did at his Last Supper. Then the Christians started celebrating the Holy Mystery of Eucharist on Sunday. Today Maronites call the Sunday worship the “Holy Offering,” or “**Qorbono**” in Syriac.

Activity 1

Keeping the Lord's Day Holy

Directions: *In Leviticus 23:3, we hear the words, “For six days shall work be done; but the seventh day is a sabbath of complete rest, a holy convocation; you shall do no work: it is a sabbath to the Lord throughout your settlements.” Pick which answer is the correct way to keep the Lord’s day holy.*

1

- A. Watch hours of television
- B. Play hours of video games
- C. Go to the Divine Liturgy

3

- A. Eat lots of junk food all day
- B. Go for a walk and enjoy nature
- C. Fall asleep during the Divine Liturgy

2

- A. Play alone all day
- B. Spend time with your family
- C. Talk to your friends all day

4

- A. Pray the Rosary and read a good book
- B. Skip Divine Liturgy because you have a sports game
- C. Do your homework all day

Activity 2

Sabbath Chairs

Move around the chairs (placed in a circle) as the teacher names different days. When the teacher says “Sunday,” everyone sits to symbolize rest. The last one seated wins.





Maronite Wisdom

Holy, holy, holy, mighty Lord, God of hosts. Heaven and earth are full of your great glory. **Hosanna** in the highest. Blessed is he who has come and will come in the name of the Lord. Hosanna in the highest.

— *Book of Offering: Common to all Anaphoras*

My Role Model

Saint Justin Martyr



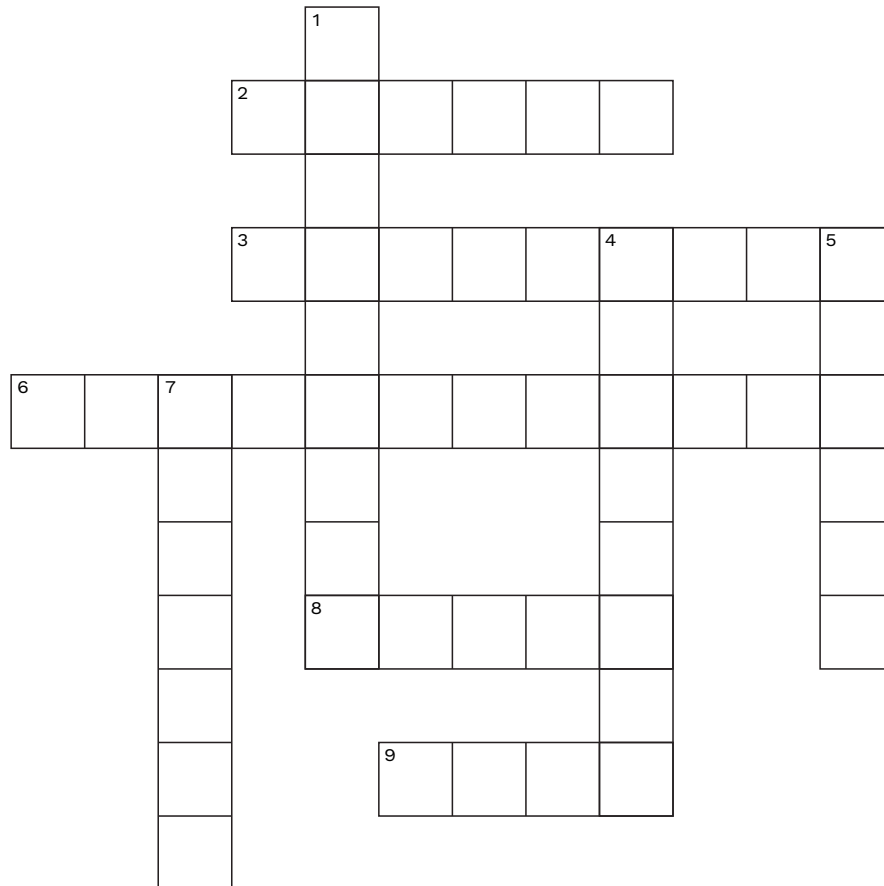
Saint Justin Martyr lived in the second century. He was a philosopher who became a Christian. His writings show the importance of Sunday worship in the early Church. He called Sunday “the Day of the Eucharist.” Justin loved the Sunday Eucharist. He took part in it faithfully. He did his best to keep holy this day. The emperor killed him for his faith. We honor Saint Justin on June 1.

Saint Justin Martyr, pray for us.

Recall



Complete the crossword. Use the following clues.



Down

1. Holy Mystery that is celebrated at the Divine Liturgy
4. Sabbath day for the Jewish people
5. The Lord's Day for Christians
7. Day to stop work and rest

Across

2. Saint who honored Sunday as "the Day of the Eucharist"
3. Jews who believed in keeping every detail of the law
6. What happened Sunday morning after Jesus died
8. Which commandment tells us to honor the sabbath
9. The sabbath reminds us that all time is _____

Weekly Journal



How did you spend last Sunday and did you make it holy?

Write: What is one thing you can do today to make your Sunday holy?

Concluding Prayer



Jesus Christ, our Loving God, at your Resurrection, you overcame death and rose to eternal life. You made all time—past, present, and future—holy. Every day is a good time to worship you. Every day is a chance to grow in your friendship. Give us the grace to always seek you first and learn to serve you. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Mk 2:23-28

Pronouncement about the Sabbath

One sabbath he was going through the grainfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, “Look, why are they doing what is not lawful on the sabbath?” And he said to them, “Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.” Then he said to them, “The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.”

Reflection

Jesus comes to fulfill the sabbath. By his actions and teaching, Jesus reminds us of the sabbath’s true purpose. Worshipping God and loving Him and our neighbor are at the heart of the sabbath. The *Catechism of the Catholic Church* says that the Sunday celebration meets a commandment in our hearts to worship God in a visible and public way (2176). Our love for God must also spill over to our neighbor. In the Gospel according to Luke (14:1-6), Jesus even heals a man on the sabbath. He shows us how caring for our neighbor is essential to properly fulfilling the sabbath.

Saintly Quote

“But Sunday is the day on which we all hold our common assembly because it is the first day on which God, having wrought a change in the darkness and matter, made the world; and Jesus Christ our Savior on the same day rose from the dead.”
— *Saint Justin Martyr*

Questions

1. How do you feel about Jesus saying that the sabbath was made for humankind?
2. How can we find better rest on the Lord's Day?

Reaching the Summit

For Teachers & Parents



“As does the whole of the Christian life, the moral life finds its source and summit in the Eucharist sacrifice.” — CCC 2031

The Sabbath

The third commandment is “Remember the sabbath day and keep it holy” (Ex 20:8). The word “sabbath” means “to stop” or “to rest.” This rule is explained in another Bible passage:

“You yourself [Moses] are to speak to the Israelites: ‘You shall keep my [God’s] sabbaths for this is a sign between me and you throughout your generations, given in order that you may know that I, the Lord, sanctify you’” (Ex 31:12–16).

The Jewish Sabbath

For the Jewish people, Saturday was their day for sabbath rest. All work stopped from sundown on Friday to sundown on Saturday. During this time people met in synagogues and homes to pray. Those in Jerusalem went to the temple to offer sacrifices. The people also spent time relaxing with their families. They read stories from the Bible and talked about them.

Some Pharisees believed the only way a person could truly be good was to obey every small detail of the law. Their goal was to make sure they followed all sabbath rules exactly and keep the day holy.

Sunday Worship

Sometime after the Resurrection of Jesus, the Christian religion became separate from the Jewish religion. They called the sabbath the “the Lord’s Day” because Jesus rose from the dead on Sunday. Then the Christians celebrated the Eucharist on Sunday. The word “Eucharist” means “thanksgiving.” In the Eucharist, we give thanks and praise to God for the gift of his Son Jesus Christ. The Divine Liturgy is the center of our Maronite faith. We call it *Qorbono* in Syriac. We obey the third commandment when we take part in the *Qorbono*, and we grow in holiness and receive the strength to live good moral lives.

The Sabbath (On Sunday)

Jesus was crucified on a Friday, and died on the cross at three in the afternoon. His mother and disciples only had a few hours to take down his body and bury him. The sabbath would start at sundown. No work was to be done then. After his death, Jesus Christ visited Sheol (the place of the dead), where people awaited the hope of the Resurrection. Jesus descended to them on that day so that he may conquer death and raise the righteous with him. Once again, Jesus shows us that on the Sabbath it is important to also care for others. The Jewish sabbath was changed to the Christian Sunday because of Jesus’ Resurrection.

Discussion Questions

1. How can you set an example for your child when it comes to working on Sunday?
2. What can you do to cultivate proper rest in your home?



Words to Know

Q. What is the **Qorbono (Eucharist)**?

A. A Holy Mystery in which we become one with God and others. The word Eucharist means “thanksgiving.” The sacrifice of Jesus is present, and we offer him and ourselves to the Father. The blessed bread and wine truly become the Body and Blood of Jesus. We give thanks and praise to God for the gift of his Son, Jesus.

Q. What is the **Resurrection**?

A. A word that means “to rise from the dead.” The rising of Jesus from death to new life. We celebrate the Resurrection of Jesus every Sunday, on Easter, and throughout the Season of the Glorious Resurrection. Jesus truly died, but he truly rose again to new life.

Q. What is the **Sabbath**?

A. A day during the week when God’s people are supposed to rest and be restored to a good relationship with God and others. This was a way of worshipping God and loving others for the Jewish people, who observed the sabbath from sundown on Friday to sundown on Saturday.



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