We Keep the Lord's Day Holy

GRADE 4

CHAPTER 12 Study Guide

*Keep these ideas in mind as you study **Chapter 12**.*

The Third Commandment says to keep holy the Lord's Day. God rested on the seventh day after the creation of the world. He told his people to do as he had done.

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The early Christians kept Sunday as the Lord's Day because Jesus rose from the dead on Easter Sunday. They came together to celebrate the Eucharist. We continue to do so today.

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We observe the Lord's Day by participating in Mass, resting from work, spending time with family, and doing works of service for others, especially those who are sick or lonely.

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Participating in Mass on Sundays and holy days of obligation is one of the precepts of the Church, the requirements for the minimum effort we must make in prayer and in moral life.

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The Eucharist is the greatest act of worship because it is Jesus' greatest prayer and ultimate offering to the Father.

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During Mass, we join our prayers to Jesus' offering. We offer our happy and sad times, our successes and our hope, and give the Father praise and thanks.

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The Mass is at the heart and center of the life of the Church. Everything we do during the week leads to the celebration.

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