The Way of Worship

GRADE 8

CHAPTER 22 Study Guide

Keep these ideas in mind as you study ***Chapter 22****.*

The Third Commandment tells us to keep the Lord's Day holy. This commandment guided the people of Israel to set aside the seventh day—the *Sabbath*.

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Early church leaders changed our Christian Sabbath from Saturday to Sunday because it is the traditional day of the Resurrection and Pentecost. Sunday is the Lord's Day—a day to rest from work, be together with your family, and join with them in worshiping God.

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Home is where we first hear the Word of God proclaimed. For this reason, we can call our family home the *domestic church*—a community of grace and prayer.

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The Eucharist is the very heart of Catholic life and the greatest prayer we can offer God. Christ is truly with us during the Eucharist—in the people gathered in Christ's name, in the priest who is offering the sacrifice, in the Word that is proclaimed, and in the bread and wine that we offer to the Father.

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The ritual of the Mass provides us with a structure and rhythm that help us express praise and thanksgiving to God. It allows us to fully participate even when we celebrate in another language.

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Sunday is the foundation of the liturgical year, which revolves around the life, Death, and Resurrection of Jesus Christ. The Church begins the liturgical year with the season of Advent, when we prepare to celebrate Jesus' coming to us in the Nativity.

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The holy days of obligation are decided by the bishops of each country. The holy days of obligation in the United States are the Solemnity of Mary, the Ascension, the Assumption, All Saints Day, the Immaculate Conception, and Christmas.

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Through the Liturgy of the Eucharist and the Liturgy of the Hours, the Church is praising God somewhere in the world at all hours of the day and night.

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