

When God had finished making everything, he rested. He blessed that day and made it a holy day.



Jesus and his parents ate the Sabbath meal together.

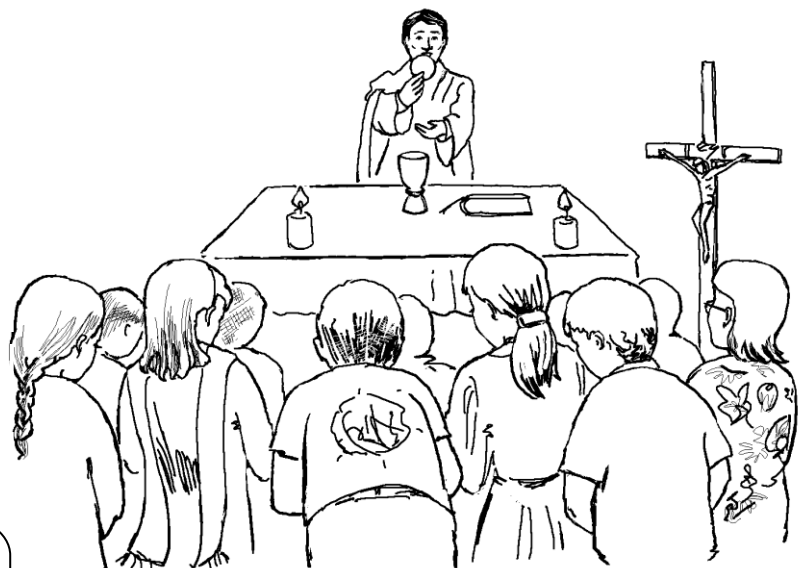


Jesus had a special meal with his friends. He gave them bread and wine and said, "This is my body. This is my blood. I am going to die for you. Remember me and have this same meal."

After Jesus died he became alive again on Easter Sunday.

Sunday is the Lord's Day. We must all go for Mass.

We must also rest, spend time with our family, and visit old or sick people.



Last Sunday, we...



Talk about the Lord's Day with your family. Decide what you will do next Sunday. Then write what you did.