



## THE STORY OF CREATION

### UNIT ONE: GOD CREATED HEAVEN AND EARTH

#### Lesson 10: The Day of the Lord

##### CONTENT:

1. After God had finished making everything, he rested. He blessed this day of rest and made it a holy day, a special day for God. [CCC 2168]
2. When Jesus was a little boy, he and his family kept aside the special day for God. It was called the Sabbath. On that day they stopped all their work and had a special family meal with prayers and bread and wine and candles. [Cf. CCC531]
3. When Jesus was grown up, he had a very 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. You must keep having this meal after I go away."
4. Soon after that Jesus died on the cross and became alive again on Easter Sunday. So Sunday became the happiest day for all Jesus' friends. [CCC2174]
-  5. We too are happy on Sundays. We call it the Lord's Day and we all go to church for Mass like a big family. [CCC2177-79]
-  6. On Sundays we also rest, spend time with our family and visit sick or old people. [CCC2184-86]

**ASSIGNMENT:** Read the handout at home. Talk about the Lord's Day with your family. Decide what you will do next Sunday. After Sunday, write what you did.

**REFERENCES:** Gen. 2:1-3; Luke 22:14-20. CCC 531; 2168; 2174; 2177-79; 2184-86.

**MATERIALS NEEDED:** Handout, blackboard. Props for Sabbath meal.

#### SOMETHING ABOUT THE LORD'S DAY FROM POPE JOHN PAULII TO INSPIRE US:

'Sunday is a day which is at the very heart of the Christian life. From the beginning of my Pontificate, I have not ceased to repeat: "Do not be afraid! Open, open wide the doors to Christ!". In the same way, today I would strongly urge everyone to rediscover Sunday: *Do not be afraid to give your time to Christ!*

Yes, let us open our time to Christ, that he may cast light upon it and give it direction. He is the One who knows the secret of time and the secret of eternity, and he gives us "his day" as an ever new gift of his love.

Time given to Christ is never time lost, but is rather time gained, so that our relationships and indeed our whole life may become more profoundly human.'

[No7. 'Dies Domini']

#### I. **STARTER:**

- Look at the picture on your files. What are all the things God made? [*Sun, angels, mountains, fish, birds etc*]
- What do you think God did after he had finished making everything?... The Bible tells us that after God finished making heaven and earth, he rested. And he said, "Keep this day as a holy day."
- Can you tell me the days of the week? [*Children name them together.*]
- Which day do we keep specially for God? [*Sunday.*] This day is called 'The Lord's Day'.

## II. DEVELOPMENT:

[This scene could be enacted by a few children as the teacher narrates it. The children would have to be briefed before-hand, but the teacher could help them as the story is told. They could just mime, without words if there is not enough time to practise.]

Keep the atmosphere happy and peaceful, so that this impression remains with the children.

PROPS NEEDED: White tablecloth, wine glass and juice, 2 dinner rolls/buns, 2 white candles, veil for mother, cap for boy, prayer shawl for father.]

When Jesus was a little boy living with his father and mother, everyone obeyed God and kept one day every week holy. It was called the Sabbath Day. It started on Friday evening and ended on Saturday evening.

Jesus and all his friends loved the Sabbath. It was a happy day for them. On Friday morning everyone started getting ready. Joseph would work hard in his carpenter's shop to finish all his work before the Sabbath. Mary would cook a special meal and clean the house. Jesus would help too. Maybe it was his job to get the table ready.

First he would have to put a white tablecloth on the table. Then he put two special loaves of bread on the table and covered them with a decorated cloth. He may have asked his mother,

“Mama, why do we have these 2 special loaves today?”

“Because long ago, when our people were out in the desert and had nothing to eat, God sent bread from heaven for them. It fell down from the sky. On Friday they got double the normal share, because they did not do any work on the Sabbath.”

“Oh! That's why! God always looks after us!”

Jesus also put two white candles on the table and a cup for the wine.

When everything was ready they would all wash and change into nice clothes. Joseph wore a prayer shawl over his head.

Then, as the sun began to go down, they would start the meal. First Mary would light the candles and her hands would go round and round the candles 3 times. Each time she would say, “Blessed is God, and blessed is his name.”

Then Joseph would say a prayer over the wine and the bread.

After that he would put both his hands on Jesus' head and ask God to bless him. Then they would read from the Holy Book.

At last they would eat the bread, drink the wine and enjoy the food Mary had cooked. When the meal was over, they thanked God for his kindness to them.

## III. ACTIVITY:

[Give out handouts. Read the words next to the first picture and let the children colour the first picture.]

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## NEXT CLASS:

- Does anyone remember what day Jesus and his family kept for God? [Saturday, the Sabbath]
- What did they put on the table? [A white tablecloth, bread, wine, candles.]
- Why did they put the bread on the table? [To remember how God sent them 'bread from heaven' when they were travelling in the desert and had no food.]

When Jesus became big, he went around teaching people about God. He told them, “God loves you. He sent me to save you. I am the bread from heaven! I will die for you and then I will become alive again.”

One day Jesus had a very special meal with his friends. There was bread and wine on the table.

Jesus took the bread in his hands and thanked God for it. Then he broke the bread and gave it to his friends to eat. He said, “This is my body. I am going to die for you.” They all ate a bit of it.

Jesus also gave them wine to drink and said, “This wine is my blood. I am going to give my blood for you. Remember to have this same meal after I go away.”

That same night Jesus was caught and he died on the cross. But on Sunday, he became alive again. So Sunday became the happiest day for all Jesus’ friends. They called it the Lord’s Day. All those who followed Jesus came together on Sundays to have the meal with bread and wine. We call it Mass or the Eucharist. Whenever we join in the Mass, Jesus is with us again. That’s why Sunday is the happiest day for us, too.

*[Ask the children to take out the handouts and look at the other pictures.]*

- Do you like Sunday?... Why? [Accept the children’s answers]
- Do you go to church on Sunday with your family?... God wants us all to come to church every Sunday because we are all part of his family. It is good for us to remember Jesus and thank God for giving us Jesus. He is our bread from heaven. He makes us happy.
- What do you do when you go home after Mass? [Accept answers] God wants us to stop our normal work on Sundays and rest. He wants us to be with our families and also to visit sick or old people.

#### **IV. PRAYER:**

- Let’s ask God to help us to keep his day Holy.

*[the children make the sign of the cross and say after the teacher:]*

Thank you God for Sundays. Thank you for Jesus, who is our bread from heaven. We will try our best to come for Mass every Sunday. We will also try to spend the whole day happily with our family, and to make other people happy too. Amen.

#### **Home Assignment:**

Read the words on the handout at home.  
Talk about the Lord’s Day with your family.  
Decide what you will do next Sunday.  
After Sunday, write what you did.