

What is the meaning of “You shall keep holy the Sabbath”?



PRAY

My Lord and my God!

Your resurrection has filled the world with light and joy. Teach us how to put aside our sadness. Make us raise our heads! Show us how to rest when we look up to you. Amen.



CONTEMPLATE

One person reads the Bible passage aloud. Short silence.

Exchange: *What particularly appealed to you?*



STUDY

1. Read YOUCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).



DISCUSS

Also discuss your own questions on this topic!

Treasure Book: *Take five minutes to write down what you don't want to forget.*



CHALLENGE

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at feedback@youcat.org.

#YOUCATChallenge: *Share your experience on Facebook or Instagram.*



Mk 2:27

Then he said to them, "The sabbath was made for man, not man for the sabbath."

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How do Christians make Sunday “the Lord’s day”?

A Catholic Christian attends Holy Mass on Sunday or on the vigil of Sunday. On that day he refrains from all work that would prevent him from worshipping God or which disturbs the festive, joyful, restful, and restorative character of the day. [2177–2186, 2192–2193]

Since Sunday is an Easter celebration that occurs each week, Christians from the earliest times have gathered together on that day to celebrate and thank their Redeemer and to reunite themselves with him and with others who are redeemed. So it is a central duty of every conscientious Catholic Christian to “keep holy” Sunday and the other holy days of the Church. One is exempted from it only by urgent family duties and important responsibilities in society. Because participation in the Sunday Eucharist is fundamental for a Christian life, the Church explicitly declares that it is a serious sin to stay away from Sunday Mass without good reason.

1. Why is the first priority for a Catholic Christian to attend Holy Mass on Sunday?
2. Are there any reasons for which you would once not attend Holy Mass on Sunday?
3. Why do people say that every Sunday is like a „little Easter“?
4. The Christian Sunday derives from the Jewish Sabbath. What has been carried over from it?

Set up a workshop called “Make the best of your Sunday” and invite people to it.

You can organize this in your community and invite competent speakers to discuss “Eucharist” or “creative community”.

Do you accept this challenge?

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