



Sunday: Day of the Lord

Talking Points

- **Day of the Lord:** It was on the 7th day that God rested and so too should we.
 - But this rest isn't simply for its own sake: God rested on the 7th day to reflect upon what had been created and to affirm its goodness.
 - Sunday is our opportunity reflect upon our past week, our successes and failures at discipleship, and to bring our life to the altar of God at Mass.
- **Day of Days:** Sunday is the first and last day of the week, just as Christ is both alpha and omega, beginning and end.
 - Jesus' resurrection on "the first day of the week" gives us all the reason we need to mark Sunday as holy.
 - As the eighth day, Sunday also reminds us of the goal of eternal life...something to ponder in quiet moments on a restful Sunday
- **Day of the Eucharist:** While the celebration of Mass on Sunday is not different than on other days, because the entire Church comes together and because it is celebrated on the day of the Resurrection, the Sunday Eucharist is the center of life in the Christian community.
- **Day of the Church:** Since Sunday Mass is the center of the Church's life, Sunday is the day of the Church.
 - On Sunday, the Church gathers for its essential activity: praise and thanksgiving to God in the Eucharistic liturgy.

Discussion Questions

How is Sunday a different day of the week for me than the other six?



How do I keep holy the Lord's Day?

What more could me or my family do to observe Sunday in a special way?