

## Chapter 7

***The Lord's Day***

This is the day the Lord has made; let us rejoice and be glad.

*Psalm 118:24*

**For the Parent:**

In chapter 7 your child learned to:

- Describe actions that keep the Lord's Day holy
- Name the holy days the Church celebrates
- Identify Sunday as the day of Jesus' resurrection

The third commandment tells us to keep holy the Sabbath day. For the Jewish people in Jesus' time, this meant spending time in sacrifice and prayer to God and avoiding all activity that would be considered work. Often Jesus would be accused of not keeping the Sabbath day, but he never failed to respect the holiness of this day. He declared that the Sabbath was for doing good rather than harm; it is a day of mercies and a day to honor God. There are many ways to honor God on the Sabbath. Whether we find ourselves preparing a meal for the family or working at our place of employment, or sharing precious leisure time with our friends and family members, we can be honoring God with the way we live our lives and use our time.

**With Your Child:**

1. Find a way to make Sunday special for someone who is alone or housebound on Sunday—a family member, a neighbor or a friend. Think of something that you can do face to face, like a game, mixing up a surprise dessert for Sunday dinner, or sharing the Sunday Gospels message with them.
2. Do some research. Choose a patron saint for your family. Choose a saint who showed qualities that your family values. Plan a special feast day celebration for your saint. Include food and prayer.
3. Read about Saint Caedmon on the Review and Explore page.