



TEACHINGS OF JESUS

CATECHETICAL TEXTBOOK SERIES OF THE SYRO - MALABAR CHURCH

LESSON 4

THE DAY OF THE LORD



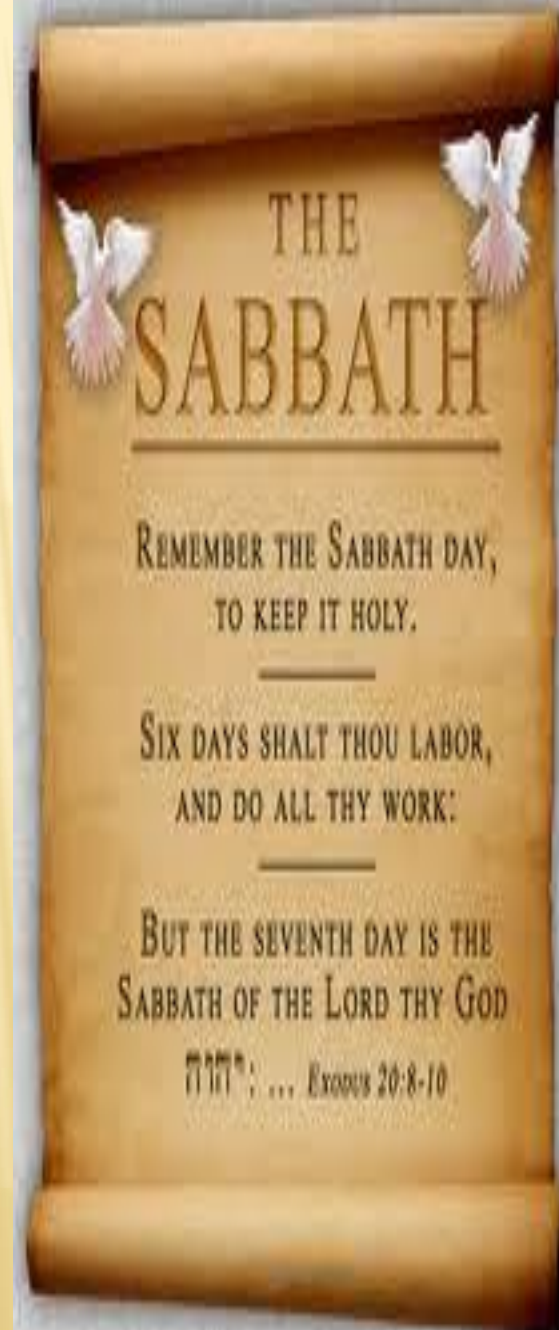


On Sabbath day , Jesus was walking through the cornfields and his disciples were picking ears of corn , rubbing them in their hands and eating them : Seeing this, some of the Pharisees asked : “Why are you doing something that is forbidden on the Sabbath day?” Jesus answered : “Have you not heard what David did when he and his followers were hungry?” How he went in to the house of God , took the loaves of bread offered to God , and ate it and gave it also to his followers , loaves which only the priests are allowed to eat. Then he said to them : “The Son of Man is Lord of the Sabbath too” {LUKE 6 : 1-5}

SABBATH IN OLD TESTAMENT

The third commandment which God gave to Moses on Mt. Sinai is connected with the Sabbath. “Remember the Sabbath day and keep it holy”. For six Days you shall labour and do all your work but the 7th day is the Sabbath to the lord your God. You shall not do any work on that day.” {Ex:20:8-10}.

The people in the old testament celebrated Sabbath on the last day of the week i.e from Friday sunset to Saturday sunset. They celebrated Sabbath remembering how God completed the work of creation within 6 days and rested on 7th day {Gen 2:3} . For the people of old testament the word Sabbath means keeping away from all types of work – the day of rest and worship.



JESUS AND SABBATH



Once Jesus was teaching in the synagogue. There was a man with withered hands in the assembly. Some of the people wanted to find fault with Jesus and asked : “Is it against the law to cure a man on the Sabbath day?” Here is the answer Jesus gave : “ it is allowed to do good on the Sabbath Day” {Mt 12:12}. In front of them Jesus healed the man with the withered hand. Thereby, he taught that man is not for Sabbath, but Sabbath is for man. Jesus exhorted us to worship the Lord our God who is the Lord of the Sabbath too. He healed people on the Sabbath Day and thus proved that doing good is suitable to the spirit of the Sabbath and allowed on the Sabbath Day. thus, Jesus corrected the wrong notion about the Sabbath.

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Sunday is the Sabbath day for Christians. It is the Lords Day.

There are several reasons to celebrate Sunday as the day of the Lord:

The resurrection of Jesus took place on that day. Conquering sin and death ,Jesus resurrected on the first day of the week i.e Sunday . Holy spirit descended upon the disciples on a Sunday after 50 days of Jesus resurrection .

The Church was officially inaugurated on Sunday, the day of Pentecost.

POPE JOHN PAUL II qualified Sunday as the easter day of every week.

Sunday is not only meant for rest but is also an occasion to meditate on the resurrection of jesus and to share in his glory.

Sunday is the day of the church.

It is a day set apart to proclaim the faith and to celebrate it.

Church qualifies it as day of days

The commandment to celebrate Sunday as a holy day helps us to grow with god and the church.



WORSHIP GOD

SUNDAY: DAY OF WORSHIP

The centre of Sunday celebration is the offering of the holy mass, the greatest adoration given to god, by the whole community together. Through the holy mass, we obtain the power to renew our faith, life and commitment . We must offer the holy mass with attention , devotion and purity of heart. The church teaches us that the faithful have the obligation to participate in the holy mass on all the Sundays and other obligatory days. Sunday is also a special day for the faith formation of children.....



SUNDAY

SUNDAY: DAY OF REST

An active man needs rest. On Sunday he should avoid hard work which he does on other days of the week. The attitude we should have towards Sunday celebration is to find time to participate in the holy mass and to live the whole day in a spirit of worship and adoration . The church also teaches us not to demand , if there is no urgency , anything that hinders others from celebrating the lords day.



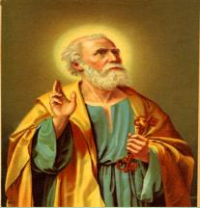
SUNDAY : DAY OF MERCY

The fact that Sunday is a day of mercy reveals the social aspect of Sunday celebration. Sunday is a special occasion to show mercy which Jesus had for the suffering. On Sundays we must devote at least some time for acts of mercy and to help others according to our capacity. Thus we can transform Sundays into days of mutual friendship and unity.

OBLIGATORY DAYS

The Church suggests certain other obligatory days besides the Lords Day -Sunday. On these days we have the responsibility to participate in the Holy Mass and engage in good deeds and glorify God. The following are the obligatory days:


1. Christmas - The birth day of Jesus our Lord and Saviour.
2. Dukrana -The day of commemoration of death of St.Thomas - July 3 .
3. The Assumption of our Lady - August 15.
4. Danaha - the baptism of our lord - January 6.
5. Feast of St.Peter and St. Paul - June 29.
6. The Ascension of our Lord - The Thursday after the 6th Sunday after Easter.





LET US PRAY

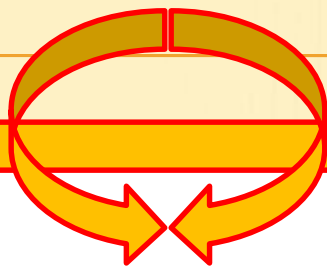
O risen Jesus , help us to celebrate Sunday in such a way as to share the glory of your resurrection and to meditate on it.



**READ THE WORD OF
GOD AND NARRATE**

Lk 6:6-11





WORD OF GOD FOR GUIDANCE

“This is the day made memorable by Yahwed What immense joy for us” (Ps 118:24).

LET US DO:

Make a list of acts of mercy that we can
do on Sundays.



MY RESOLUTION

On all Sundays , I will participate in the holy mass
and receive holy communion.....

FIND OUT THE ANSWER

1. How did the Jesus celebrate Sabbath?
2. What are the reasons to choose Sunday as the Lord's Day?
3. How did the early Church celebrate Sunday?
4. Describe the duties entrusted to us by the third commandment?
5. How shall we celebrate the Lord's day - Sunday?



THANK YOU