

Reflection

3rd Sunday of Lent Exodus 20.1-17

The first reading for this weekend tells us that the Ten Commandments form the cornerstone of our religious and spiritual lives. The Ten Commandments really assist us in loving and honoring both our neighbor and God. It is required of us by the first four commandments to show regard for God, His holy name, His holy day (Sabbath), and our parents. Regarding the remaining commandments, we are asked to honor life, other people's bodies, people's reputations, our own statements in court, and our neighbor's property and wife. Today, I would like to consider God's command to "keep the Sabbath holy." This implies sanctification, consecration, or setting apart our lives. Because of its uniqueness, the Sabbath was meant to be devoted to the Lord.

We come to Jesus on Lord's Day, exhausted and burdened (Mt 11.28). We hear Christ exclaim, "Peace to you," as we stare once more into the empty tomb. (Luke 24:36) Stated differently, we discover rest, the kind of rest that lasts long after Sunday. Therefore, we are encouraged to make the Lord's Day a distinct one from other days. You might want to find a new family activity that would enhance your fellowship or just turn this day into a mini fast. According to the Catholic Catechism, everyone benefits from the establishment of the Lord's Day by having enough time to relax and pursue their interests especially enhancing their family, culture, society, and religion. (CCC 2184). This can be accomplished by actively participating in Mass at your local parish or, if you're traveling, at another Catholic church. The Church does not, however, condemn individuals who work on Sundays; rather, what matters is that we be purposeful, acknowledging our obligation to God while also considering all other obligations we might have.

You have an obligation to attend mass, either on the holy day or in the evening of the day before, satisfies the commandment of attending the Mass. (CCC 2180). One way to fulfill this need is to participate fully in Mass at your local parish or, if you're traveling, at another Catholic church. Spend time in prayer and worship, go to church, study the Bible and other spiritual texts, and engage in good deeds like visiting the sick. For those who observe the Sabbath day holy, God has promised incredible blessings. Along with giving you more focus and confidence, it will improve the bond within your family. You will experience the love of the Lord more fully in your life as you demonstrate your love for Him by keeping the Sabbath day sacred.