

## Chapter 6

### Answer Key for Double-Check Questions

1. *What is the Old Testament basis for keeping the Sabbath Day holy?*

God's creation of the world is the biblical basis for the Sabbath. On the seventh day, after God had finished his work of Creation, he rested from all work, setting an example of the importance of living a balanced life. The Bible also tells us that God commanded the Israelites to keep the Sabbath as a reminder both of their sacred Covenant with God and of their liberation from Egypt.

2. *What are three principal ways Christians are called to observe the Sabbath?*

We are called to observe the Sabbath, which Christians often call the Lord's Day, in three principal ways. First, we are expected to keep the Lord's Day by attending Mass on Sundays and other holy days of obligation. Second, we are to abstain from working on Sundays and other holy days, making time instead to attend Mass and to relax and enjoy life. Third, we are called to devote time on Sundays to leisure, works of service and charity, quality family time, and spiritual reading, silence, and prayer.

3. *Why did the keeping of the Third Commandment move from being observed on Saturday to being observed on Sunday?*

Christians keep the Sabbath on Sunday to commemorate the glorious triumph of Christ's Resurrection. Jewish observance of the Sabbath runs from sunset on Friday to sunset on Saturday because of the first Creation account, in which God rests on the seventh day. The New Testament reports that the Resurrection occurs between the end of the Jewish Sabbath and dawn on Sunday. Because Sunday is therefore the symbolic first day of the new creation that began with Christ's Resurrection, the early Church moved the observation of the Sabbath to Sunday.

4. *Why is Sunday sometimes called the Lord's Day?*

Sunday is sometimes called the Lord's Day in honor of Jesus Christ. It is the day that Christ rose from the dead, introducing a new beginning in salvation history and confirming Christ as our Lord and Savior.

5. *Give three reasons that it is important to attend Mass on Sundays and holy days of obligation.*

First, the practice dates back to the time of the Apostles, as we see in New Testament sources like the Letter to the Hebrews. Second, it is important to gather regularly with other members of the Church. Third, the Eucharist is the ultimate source of our spiritual nourishment. Celebration of the Eucharist on Sunday gives us strength to be Christ for others in the week to come.

6. *What are some good ways to seek rest and personal renewal on Sundays?*

We can take a nap or use the time for reading, especially spiritual reading. We can seek solitude or spend quality time with family and friends. If we have jobs that require work on Sundays, we can see if reduced hours are possible or perhaps look for another job that allows us to observe the Sabbath.

