

Lesson 4

The Day Of The Lord

Objective:

The objective of this chapter is to understand the significance of the third commandment, "Remember to keep holy the Lord's Day," and to explore its application in both the Old and New Testaments. Through the study of biblical passages and teachings, students will grasp the importance of Sabbath observance and the transition to Sunday as the Lord's Day for Christians. They will also learn about the threefold purpose of Sunday observance: worship, rest, and mercy.

Introduction (Starter):

Begin the lesson by asking students about their understanding of the Sabbath and why it is important. Encourage them to share any personal experiences or traditions related to observing the Sabbath or Sunday as the Lord's Day.

A story from the bible

Luke 6:1-11, John 5:1-18,

These miracles on the Sabbath day served as a powerful reminder that the Sabbath was made for humanity's benefit, not as a burden or a legalistic restriction. Jesus showed that acts of mercy and compassion were not only permitted on the Sabbath but were in fact the true spirit of Sabbath observance.

Presentation of the topic:

The lesson focuses on the significance of Sabbath observance in the Old Testament and the transition to Sunday as the Lord's Day in Christianity, particularly in the Syro-Malabar Church. In the Old Testament, the Sabbath is rooted in the third commandment given to Moses, instructing the people to keep the seventh day holy as a day of rest and worship. Over time, Sabbath observance became increasingly stringent, shaping the rhythm of life for the Israelites. Jesus challenged misconceptions about the Sabbath, emphasizing its purpose as a day of mercy and restoration rather than a burden. He demonstrated this through acts of healing and compassion, revealing the true essence of the Sabbath.

In Christianity, Sunday holds special significance as the Lord's Day, commemorating the resurrection of Jesus. It is a day of worship, rest, and mercy, symbolizing Christ's victory over sin and death. The Syro-Malabar Church also observes additional obligatory days, each commemorating significant events or saints in Christian tradition, providing opportunities for believers to deepen their faith and engage in communal worship and celebration.

Overall, the lesson highlights the importance of Sabbath observance in the Old Testament and the transition to Sunday as the central day of worship in Christianity, emphasizing the spiritual significance of these days in deepening faith and fostering community bonds.

Practical Application:

- Students should attend Holy Qurbana on Sunday in your Parish
- Dress appropriately for Holy Qurbana as you are going to meet the King of the Kings.
- You can do acts of charity for e.g.
 1. *Visiting the Elderly*
 2. *Feeding the Homeless.*
 3. *Offering Support to Families.*
 4. *Assisting the Sick or Disabled.*

Bible Verse:

Read and learn: "Remember the Sabbath day and keep it holy." - Exodus 20:8.

Activity:

- Discuss the following:
 - i. Reflect on your own experiences with Sabbath or Sunday observance. How do you personally honour these days? What practices or rituals do you find meaningful?
 - ii. Think about the importance of communal worship and celebration on these days. How does gathering with other believers contribute to your spiritual growth?

Conclusion:

Let us conclude with a prayer of gratitude for the gift of these sacred days and seek spiritual growth and renewal in our lives.