



# Sunday is OUR FIRST DAY

## From Sacred Scripture

*1 Corinthians 15:20-27*

*But now Christ has been raised from the dead, the firstfruits of those who have fallen asleep. For since death came through a human being, the resurrection of the dead came also through a human being. For just as in Adam all die, so too in Christ shall all be brought to life, but each one in proper order: Christ the firstfruits; then, at his coming, those who belong to Christ; then comes the end, when he hands over the kingdom to his God and Father, when he has destroyed every sovereignty and every authority and power. For he must reign until he has put all his enemies under his feet. The last enemy to be destroyed is death, for "he subjected everything under his feet."*

## From the Mass, Source and Summit of Life

The Prayer after Communion asks that the benefits of the Eucharist remain active in our lives. We begin our week with faith in God's presence and saving help, knowing His grace will sustain us through the week and our lives.

"Be near to those who call on you, O Lord, and graciously grant your protection to all who place their hope in your mercy, that they may remain faithful in holiness of life and, having enough for their needs in this world, they may be made full heirs of your promise for eternity. Through Christ our Lord" (*The Roman Missal: Prayers Over the People*).

## From the Riches of Our Faith

Sunday is the first day, a day of new life, a day that inspires hope, a day that launches us into a new week and new opportunities to share God's love. The decision is yours. You can make Sunday the last day of a weekend or truly make Sunday the Lord's Day, an intentional beginning to a new week abundant in the promise of meaning, purpose and value.

With all of the commemorations Sunday holds for the faithful, it is also the "first day" in the sense of understanding our mission. We cooperate with Christ and His grace in the salvation of the world. Each Sunday provides us the grace to begin that task anew: to recall and repent of our sins, to be fed at the table of Word and Sacrament, and to venture out on the great mission He Himself authorized: "Preach the Gospel to every creature." Sunday provides us the "spring-board" and the sustenance to carry out that work with the Lord and with His holy Church.

The power of Sunday is in the rest it provides, not the work it produces; in receptivity, not in activity; in its celebratory affirmation of the deeply ordered goodness of creation, all of which nurtures our relationship with Christ. Its power is in moving us from a focus on ability, talent, achievement, and calculating results, and toward the healthy and necessary realization of what is done to and for us – all that can only be received and accepted – and ultimately toward the grace that points us to what is authentically human, to who we should be. It is a holy time, not for us to work on things but for God to work on us.



## Live It!

- Failing to plan is planning to fail. How will you order your life so that you live first things first? How are you called to reorient your life to live as if God matters? Consider how you spend your time and your money.
- During the week, think back to the main message from Sunday's readings and homily. Do you remember it? How are you living it out? What does it inspire you to do differently the rest of the week?
- Sunday sets the tone for the rest of the week. Put the lessons gleaned from Sunday worship (mercy, charity, peace, unity, etc.) into practice at work, at home and in the community.

### Sacred Scripture throughout the Week

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| 1. Isaiah 25:9        | Let us rejoice and be glad for God has saved us. |
| 2. Isaiah 60:1        | The glory of the Lord has dawned upon you.       |
| 3. Mark 16:2-6        | He has been raised.                              |
| 4. Romans 13:11-14    | Put on the Lord Jesus Christ.                    |
| 5. 2 Corinthians 5:17 | Whoever is in Christ is a new creation.          |
| 6. Hebrews 10:25      | We should not stay away from the assembly.       |

*Remember, Sunday is Our First Day.*