



Sunday is **A DAY OF REST**

From Sacred Scripture

Matthew 11:28-30

Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.

From the Mass, Source and Summit of Life

Notice the relationship between the moments of sacred silence in the Mass. In the Penitential Act and after the invitation "Let us pray," the faithful are called to recollect themselves (*General Instruction of the Roman Missal*, 45). Before the Liturgy of the Word, after the First and Second Readings, and after the Homily are opportunities to pause and be silent to prepare to receive God's word and reflect on what was heard (GIRM, 56). Sacred silence during the Eucharistic Prayer and the prayer of thanksgiving after Holy Communion help all to praise God in their hearts (GIRM, 45; 78). These restful pauses help us to slow down, relax and meditate on the presence of God in our lives and the life of the world, and to experience Sunday as a day of rest.

From the Riches of Our Faith

Throughout the week, our lives are filled with busyness, social media, and tending to the day-to-day necessities of life. Distractions are constant. We need rest to be able to relax our bodies, clear our minds and refresh our spirits. Taking time away from work, shopping, and our daily routines is essential for our spiritual, mental and physical wellbeing.

With the current emphasis upon being busy at home and work and the emphasis upon new forms of electronic communication, busyness is everywhere. There truly needs to be a sacred space and time which the job cannot penetrate. Consider the words of Saint Augustine, "Great art Thou, O Lord, and greatly to be praised; great is Thy power, and of Thy wisdom, there is no end...Thou movest us to delight in praising Thee; for Thou hast formed us for Thyself, and our hearts are restless till they find rest in Thee (*Confessions*).

Catholic recommendations to rest on Sunday do not hinder participation in "ordinary and innocent occupations." In the spirit of the Sabbath, Catholics ought to observe a day of rest from servile work, which also becomes "a day of protest against the servitude of work and the worship of money" (CCC, 2172).

"Just as God 'rested on the seventh day from all his work which he had done,' human life has a rhythm of work and rest. The institution of the Lord's Day helps everyone enjoy adequate rest and leisure to cultivate their familial, cultural, social, and religious lives" (CCC, 2184).

People are not a slave to work (in all its many forms); work is, rather, the servant of humankind, wherein, by cooperation with God's grace, we fulfill our obligation to provide for material goods for all. Nonetheless, these goods are not ends in themselves, but tools we employ, as the Catechism says, to cultivate our lives of faith for the good of ourselves, our families, and our world. We need adequate time to rest from labor to fulfill these goals, and to render due thanks to the God from Whom all gifts come.



Live It!

- What is one thing you could make time for on Sunday that you don't have time for the rest of the week? It might be something you do with family or friends or by yourself, i.e. take a walk or bike ride, watch a movie, read.
- Look for ways to clear your Sunday of unnecessary work and busyness. Rather than filling the day with shopping, cleaning and organizing, focus on prayer, family and leisure.
- Take a break from the iPhone, television, stereo and computer, and let your mind rest in the silence. "Be Still, and know that I am God!" (Psalm 46:11). Moreover, post a message regarding your electronic sabbatical to encourage others to do the same. Visit a library or bookstore to select a book or audio-book, and set aside quiet time for a journey of imagination. Parents or older siblings might even take turns reading the story to younger children.

Sacred Scripture throughout the Week

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| 1. | Exodus 33:14 | The Lord will provide rest. |
| 2. | Isaiah 14:3-4 | The Lord offers rest from sorrow and turmoil. |
| 3. | Mark 2:27 | The sabbath was made for humanity. |
| 4. | Mark 6:30-32 | Come away and rest awhile with Jesus. |
| 5. | Luke 4:16-19 | Jesus came to bring glad tidings to the poor. |
| 6. | Hebrews 4:1-11 | Sabbath rest remains for the people of God. |

Remember, Sunday is a Day of Rest.