

Keep holy the Sabbath

Jesus observed the Sabbath on Saturday, but after his death the early Christians gathered on Sunday to pray and break bread in memory of Jesus. They called it "the Lord's Day" because Sunday was the day Jesus rose from the dead. It was also the day the Holy Spirit descended upon the apostles in the Upper Room. Today, we keep the Sabbath by going to Mass and striving for a day of rest in our extremely busy world.