

# The Lord's Day Challenge

Honoring Sunday is a decision to trust God with our time and then resolving to do it. To get started, a plan can make all the difference.

**Lord's Day Challenge:** Commit to living 5 successive Sundays as set apart from the week for intentional time to worship the Lord, rest and play.

**Action Plan:** By yourself or with others in your household, jot down thoughts about your plan to live 5 Sundays in a row with more intention. Take it week by week and count the blessing as you go.

Date	Liturgy	Plan Ahead Tasks (food, chores, errands....)	Sunday Rest and Fun Time
Week #1	Place:  Time:		
Week #2	Place:  Time:		
Week #3	Place:  Time:		
Week #4	Place:  Time:		
Week #5	Place:  Time:		

**Blessings Counted!**

**Initial questions to consider as you begin your Lord’s Day Challenge...**

What needs to change or get re-prioritized the other days of the week so Sunday can be honored?  
What or who will present the challenges and what can I do to prepare for that?

**Ideas to consider as you think about each Sunday plan...**

Make your plans midweek so intentionally living Sunday as the Lord’s Day can happen.

\*Schedule errands/shopping/homework for other days.

Decide Mass/worship time first, then ponder activities or just clear the schedule.

Consider how to live the day as a different or special day and protect it as that.

\*Prepare a special prayer to begin the day?

\*Limit phone and screen use to Lord’s Day purposes?

\*Plan special “play” time? A picnic? A bike ride?

\*Share a meal with others? Take a walk alone or with invited friend?

\*Take time for quiet prayer? A special book? Something that brings you joy and rest?

\*Visit someone or do some charity work?

Guiding questions for what activities to consider on Sunday when you are not sure.

\*Is it completely necessary on this day to do this? (ie: get groceries, do the bills...)

\*Does it contribute to the holiness of Sunday? Does it bring rest or joy?

\*Is it something I would ordinarily do on another day of the week?

[Click here for further ideas to honor Sunday](#)

**Questions to consider as you move through the 5 week challenge....**

What showed up as the real challenges?

What effect did intentional Sunday practice have on the rest of your week?

How did I meet the challenges of the rest of the week having lived Sunday more intentionally?

How did my experience of Sunday change throughout the weeks?

**Plan for Week 6 and beyond...**

What do I want to carry forward for future Sundays?	With whom can I share the Lord’s Day Challenge?
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