

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, and consider creating or purchasing a Sunday/Mass journal to be used before, during, or after Mass.

*Enter in thoughts or notes on the Scripture readings, the homily, and prayer intentions.

*Record movements of your heart- joys recalled or sufferings to hand over.

*Make note of how to carry the Mass with you during the week and rest of the day’s events.

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 and beyond 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?

<p>What do I want to carry forward for future Sundays?</p>	<p>With whom can I share the Lord’s Day Challenge?</p>
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Ritualize it

Prepare a space for drawing focus to Sunday, the Lord's Day, as holy time. Dress the dining table (or home altar) with a special tablecloth or table runner and candles or oil lamp (other suggestions...Bible, holy water, crucifix, icon, flowers, any item that adds to the focus on the Lord's Day.) The color of the tablecloth can correspond with the liturgical season and the table runner marked with Christian symbols.

On awaking Sunday morning, pray a special Sunday prayer to receive the day and light a candle or oil lamp to mark this special day as set apart to remember what our Creator God has done and won for us. Perhaps keep the flame lit throughout the day as a constant reminder of the holiness of Sunday.

Spend time with the day's Mass readings. Consider purchasing or creating your own Sunday/Mass journal to be used before, during, or after Mass noting thoughts on the day's scripture, homily, prayer intentions, ideas to carry forward and the events of the rest of the day.

Consciously and deliberately let go of the past week and planning for the coming week. Trust that God will continue His care for you and your needs as you give Him your Sunday time devoted to relationship with Him, others and His creation.