

## A CALL TO LIVE SUNDAY AS A DAY OF WORSHIP OF THE MOST HOLY NAME OF GOD

*by Fr. Carlo Colonna s.j.*

*The main value among the many of the Christian Sunday is in the adoration of the NAME OF GOD. Sunday is the day when Christian people enter the worship of its God as its own rest, and celebrate the covenant and communion with Him in the Eucharist. Here, I will give you some suggestions on how to live the Christian Sunday in this way. These suggestions reflect complete commitment to God and can be put into practice gradually like climbing a mountain allows you to reach its top little by little. But, I assure you that the more the soul gets filled with God and is fully turned towards Him, the more it will experience the beatitudes of the Kingdom of God, promised by Jesus in the Gospel.*

1. Sunday is the day of worship of the infinite and eternal God, of the Creator of heaven and earth and everything that exists, of Our Father Who is in heaven as in His own sanctuary. Do not just say: "I go to Mass and I am right" but since morning, as soon as you get up, bow down in adoration before Him, acknowledging with much gratitude and joy that He has created you and saved you and prepares you for the glory of heaven, His dwelling place. Worship Him because He is the Lord of the present world and the world to come, and everything exists, moves and has life by virtue of Him and His goodness. Remain in prayer of adoration and praise of His holy Name for as much long as you can because by joining in the blessings raised to God by all heavenly and earthly creatures, you will abundantly receive the Father's blessings which will make your life increasingly perfect.

2. On Sundays, live as priest of the Most High, by faith joining the High Priest of humankind, Jesus Christ, Son of God, Who is in heaven. With Him, while giving thanks for everything, offer the Father the sacrifice of atonement for your sins and those of the whole world, the spotless Lamb sacrificed for us on the cross, take place at the spiritual banquet prepared by God the Father, nourishing yourself by His Word and Christ's Body, and receive the ineffable grace of the union with Him that is the goal of the human existence. Before participating in the Mass that is full of all these heavenly realities, awaken the desire of those realities in yourself and the willingness to participate in the Mass in the best of the ways, becoming more and more aware of the divine mysteries in which you participate. By participating in the Mass, clothe yourself with humility and charity, without making yourself judge of your brothers but considering yourself part of them and well united to them in faith and love. In this way, you will present yourself to the Father in the unity of Christ's Body which is the Church, and not as an individual believer.

3. Like a prisoner who breaks free from the chains, free yourself from your sins on Sundays, if you have had the misfortune of committing any, free yourself from grief and worries that keep you bonded to the worldly things, thus preparing your soul to be worthy dwelling of the Most High, where God be pleased to dwell. In fact you were created and redeemed to become "dwelling of God in the Holy Spirit" and the dwelling of God must be clean, shiny and full of grace. God gave you Sunday so that you may find your true dignity and the true meaning of life, by abandoning anything which is harmful to your spiritual life and devoting yourself to God with all your heart. Rest assured that if you do this, God will take care of you and of the whole world much better than you can do by your cares.

4. On Sundays, more abundantly dedicate yourself to the meditation and contemplation of heavenly things like Moses who went up the mountain to stay in conversation with God. You will find more consolation in God than in worldly things. Dedicate yourself to some good works and healthy relaxation also. Be cheerful and happy, careful not to commit any sins and be ready to any good work. If someone would ask you why you try to live like this, you can answer: "It is Sunday, it is the day of the Lord. This is how we must honor Him on the day consecrated to Him. Is not it a great honor to me, poor mortal, being able to take place at the

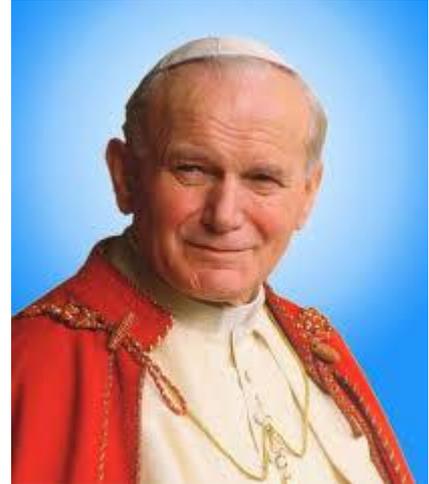
table with the Almighty and enjoy His friendship and presence? Or are you so faithless as to believe that worldly things are more important than God?"

5. If you put these suggestions in practice, you are on the right path which will lead you to take possession of the unknown, wonderful and ineffable goods God prepares for those who sincerely love Him.

**From "Dies Domini", par. 14-15 by John Paul II**

In the first place, therefore, Sunday is the day of rest because it is the day "blessed" by God and "made holy" by him, set apart from the other days to be, among all of them, "the Lord's Day".

All human life, and therefore all human time, must become praise of the Creator and thanksgiving to him. But man's relationship with God also *demand*s times of explicit prayer, in which the relationship becomes an intense dialogue, involving every dimension of the person. "The Lord's Day" is the day of this relationship *par excellence* when men and women raise their song to God and become the voice of all creation.



**From "The Crucified Rabbi - Judaism & the Origins of Catholic Christianity", p. 168 by Taylor R. Marshall**

The practice of hallowing or sanctifying the name of God is called in Hebrew: *kiddush ha-Shem* or "sanctifying the Name." Jews and Catholics are united in their belief that actions speak louder than words. "Little children, let us not love in word or speech but in deed and truth" (1 Jn 3:18). We are not holy because of our words but because of the lives we live. Similarly, Jews and Christians believe that ultimate act of fidelity is the act of martyrdom – facing death for the love of God.