

Name: _____

Holy Time

Fill in this chart, blocking in the time you spend with God. Do you spend time with him every day? Do you make Sunday holy?

	SUN	MON	TUES	WED	THURS	FRI	SAT
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							

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Making Sunday Holy

Answer the following questions in complete sentences.

1. What must you do on Sunday?

2. Why do we honor the Lord's Day on Sunday instead of Saturday?

3. Should we do unnecessary work on Sunday?



4. Why must we have external worship?

5. Why do we worship in a community?

6. What things can you do, both on your own and with your family and friends, to make Sunday holy?

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The Lord's Day

Answer the following questions in complete sentences.



1. What is the principal tribute we offer to God on the Lord's Day?
2. If you miss Mass on Sunday without a serious reason, is it a mortal sin?
3. When should you not receive holy communion?
4. With what attitude should we go to Mass?

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Holy Days of Obligation

Answer the following questions in complete sentences.

1. What are holy days of obligation?
2. If you miss Mass on a holy day of obligation without a serious reason, is it a mortal sin?
3. List the names and dates of the holy days on which Catholics in the United States are obliged to attend Mass.



NAME	DATE