

Keep the Sabbath Holy Guide



“On the seventh day God completed the work he had been doing; he rested...”

Genesis 2:2

In our interview series with Fr. Paul-Michael Piega, we asked him for one or two tips on how to intentionally keep the Sabbath (Sunday) holy. Below you will find his response, as well as some examples. May we all learn to rest and receive on the seventh day!

Read, Pray & Converse

Before going to Mass, it can be helpful to read, pray, and converse with the Lord in Sacred Scripture! This helps you to enter into the Sabbath and to prepare yourself to receive the Body and Blood of Christ in the Eucharist. As Fr. Piega said, “Scripture is a love letter to you, and prayer is a conversation with the Lord.” **One easy way to do this before Mass is to open up your ESS journal and enter into the readings for that Sunday.** After reading, you can spend time in prayer and conversation with the Lord. Sometimes it helps to write in a journal (or in the notes section of your ESS Mass journal), and it also helps if you put away your phone and sit somewhere quiet and comfortable. By reading and praying before Mass, it allows you to enter into the deeper reality the Lord wants to give when His Word is proclaimed!





Treat It as the Sabbath

The Sabbath is meant to be a day of rest—even God rested on the seventh day! We encourage you to intentionally take time to rest and to be with your family as we can only give what we've received. This may require a little planning in order to get things done before Sunday—creating a checklist and deciding which tasks are actually necessary early on in the week can help quite helpful! Sunday is meant to be relational and a time to be recreated. Make time to rest and receive, friends!

Spend Time in Silence

By incorporating silence into your life, whether in creation or in your home, you take a break from the constant noise of our society. We are constantly being bombarded by noise and distractions, but our God speaks to us in silence. By giving God some of our time in silence, it can make a big difference (whether it be 3 minutes or 30)!

Silence also lends itself to prayer! Though silent prayer can be intimidating, it helps to structure the time—leaving time for giving and receiving, time for talking and listening. Try to spend about half of your time of prayer sharing and the other half in silence (for example: if you set aside 5 minutes for prayer, spend 2.5 minutes in silence). You can share your thoughts, feelings, desires; it's just like

having a conversation with a friend! Once you are done sharing, aim at spending the rest of the time in silence. Sometimes you won't hear anything or you might get distracted, and that is okay! Just persevere and continue to enter into the silent presence of the Lord. As Fr. Piega stated, "Sometimes there'll be last-second graces—the Lord just says a word or brings up a particular memory, or an increase of faith, hope, and love during that time." For He is always with us, and He will make Himself known to us if we just let Him!

