

Edge: Thou Shall
(Week of Apr. 18)
On The Third Commandment – Abide!



“We don't go to Mass to give something to God, but to receive from him that which we truly need.”
Pope Francis

GATHER: Ready, Set, Rest

- Take time before today's lesson to go for a walk, and allow yourself to transition into a restful time of opening up the lesson.

CONNECT: The Third Commandment calls us to keep the Sabbath holy. We will explore the origins of resting on the seventh day, why we are expected to participate fully in the Mass on Sunday and how the rhythm of our life should look different on this day versus the other days of our week. Shelly shares more in [Sunday, Sunday, Sunday](#).

EXPLORE: Main Points to Take Away

- The Sabbath finds its origin in God Himself who rested after creation.
- We are called to keep the Sabbath holy, first and foremost by our participation in the Sunday Eucharist.
- Our rhythm of life on Sunday should look different than the other days of the week.

Discussion from Shelly's Proclaim

My Sunday

After completing page 12, what your teen 'normally' does on a Sunday, have them circle the things that are restful or prayerful. Then underline the things that would be considered 'work'. Next, discuss the following questions:

- Is it hard for you to rest? Why or why not?
- Why do you think rest is important?
- What is one thing you can do on Sunday to make God more of your focus?
- Why do you think going to Mass on Sunday is so important?

REFLECT

Be Still

There is a lot of noise in our everyday lives. It can be so hard for us to slow down and encounter God in rest. But the Scriptures say, "be still and know that I am God" (Psalm 46:12). It is in the silence of our hearts and through Sacred Scripture that we can come face-to-face with our creator. We are now going to take some time to practice resting in the presence of God and in His Word.

Have your teen take some time of quiet reflecting on Psalm 23. Encourage them to read just one verse at a time and then sit in silence with it. Upon finishing, ask them to share the thoughts that came to them during the reading (if they are comfortable).

Close in prayer.

LIVE IT

This upcoming Sunday, try to do one more restful thing, and take out one 'work' thing from your day (this may mean that you need to complete your homework early!).