

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?

What do I want to carry forward for future Sundays?	With whom can I share the Lord's Day Challenge?
---	---