

What is perjury?

Perjury is to make a promise under oath with the intention of not keeping it or to violate a promise made under oath. It is a grave sin against God who is always faithful to his promises.

The third commandment: remember to keep holy the Lord's day**Why did God “bless the Sabbath day and declare it sacred” (Exodus 20:11) ?**

God did so because on the Sabbath day one remembers *God's rest* on the seventh day of creation, and also the liberation of Israel from slavery in Egypt and the Covenant which God sealed with His people.

How did Jesus act in regard to the Sabbath ?

Jesus recognised the holiness of the Sabbath day and with divine authority He gave this law its authentic interpretation: “the Sabbath was made for man, and not man for the Sabbath” (Mark 2:27).

For what reason has the Sabbath been changed to Sunday for Christians?

The reason is because Sunday is the day of the Resurrection of Christ. As “the first day of the week” (Mark 16:2) it recalls the first creation and as the “eighth day”, which follows the Sabbath, it symbolises the new creation ushered in by the Resurrection of Christ. Thus, it has become for Christians the first of all days and of all feasts. It is the *day of the Lord* in which He with His Passover fulfilled the spiritual truth of the Jewish Sabbath and proclaimed man's eternal rest in God.

How does one keep Sunday holy ?

Christians keep Sunday and other days of obligation holy by participating in the Eucharist of the Lord and by refraining from those activities which impede the worship of and disturb the joy proper to the day of the Lord or the necessary relaxation of mind and body. Activities are allowed on the Sabbath which are bound up with family needs or with important social service, provided that they do not lead to habits prejudicial to the holiness of Sunday, to family life and to health.



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Why is the civil recognition of Sunday as a feast day important?

It is important so that all might be given the real possibility of enjoying sufficient rest and leisure to take care of their religious, familial, cultural and social lives. It is important also to

have an opportune time for meditation for reflection, for silence, for study, and a time to dedicate to good works, particularly for the sick and for the elderly.

Chapter 2

“you shall love your neighbour as yourself”

The fourth commandment: honour your father and your mother

What does the fourth commandment require ?

It commands us to honour and respect our parents and those whom God, for our own good, has vested with His authority.

What is the nature of the family in the plan of God ?

A man and a woman united in marriage form a family together with their children. God instituted the family and endowed it with its fundamental constitution. Marriage and the family are ordered to the good of the spouses and to the procreation and education of children. Members of the same family establish among themselves personal relationships and primary responsibilities. In Christ the family becomes the *domestic church* because it is a community of faith, of hope and of charity.



WHAT PLACE DOES THE FAMILY OCCUPY IN SOCIETY?

The family is the original cell of human society and is, therefore, prior to any recognition by public authority. Family values and principles constitute the foundation of social life. Family life is an initiation into the life of society.

It is essential that every Catholic has access to good Catechesis to be able to deepen their faith. The Diocese of Plymouth recommends the many Catechetical Workshops from 'Franciscan at Home,' for more information on access to these and online or real group sessions contact deborah.vankroonenburg@prcdtr.org.uk