

The Feast of the Holy Family

The Third Commandment.

Exodus 20: 1-17	Deuteronomy 5: 6-21
Remember to keep holy the Sabbath Day	Take Care to keep the Sabbath Day as the Lord, your God, commanded you
Six days you may labor and do all your work, but the seventh day is the Sabbath of the Lord, your God. No work maybe done then either by you or your slave.	Six days you may labor and do all your work, but the seventh day is the Sabbath of the Lord, your God. NO work may be done then. Your slave should rest as you do.
In six days the Lord made the heavens and the earth, the sea and all that is in them, but on the seventh day he rested. This is why the Lord has blessed the Sabbath Day and made it holy	For remember that you too were once slaves in Egypt, and the Lord, your God, brought you from there with his strong hand and outstretched arm. That is why the Lord, your God, has commanded you to observe the Sabbath Day

We are reaching our final looks at the Third Commandment. We examined the two extremes of a conscience without proper formation: 1) “the right excuse” and 2) Scrupulosity or servile fear. A true love of God and neighbor avoids both extremes. Today we shall look at a few examples. Nonetheless, we must always remember that conscience and free will make each situation an individual decision. Pope Benedict writes, “Grace and freedom are thoroughly interwoven, and we cannot unravel their interrelatedness into clear formulae.” (See Jesus of Nazareth, Chapter 3) This statement means that we should not expect Church teachings to be able to specify the ways in which we are to honor the Lord’s Day. Suppose you have a cold and sincerely believe that you are contagious. Then love of neighbor would have you stay home on a Sunday, or delay a hospital visit. A mother of a new born infant worries about bringing her child out into the public too soon. In fact, the doctor recommended a certain period of time for the child to be at home. The mother needs to stay with her child as is proper for the role of motherhood. More next week.