

Think of the commandments, hate not your neighbor;  
remember the Most High's covenant, and overlook faults.

Sirach 28:7

The Lord God spoke all these words:  
I am the LORD your God  
who brought you out of the land of Egypt, out of the house of slavery.  
You shall not have other God's beside me.

You shall remember the sabbath day  
and keep in holy.

Exodus 20:1-3;8

The Israelites kept it strictly and were punished by God when it was  
violated.

Jesus always kept this commandment – either at the synagogue or in the  
Temple until the coming of the New Covenant

“While they were eating, Jesus took bread, said the blessing, broke it, and  
giving it to his disciples said, “Take and eat; this is my body.” Then he  
took a cup, gave thanks, and gave it to them, saying, “Drink from it, all of  
you, for this is my blood of the covenant, which will be shed on behalf of  
many for the forgiveness of sins. I tell you, from now on I shall not  
drink this fruit of the vine until the day when I drink it with you new in  
the kingdom of my Father.” Then, after singing a hymn, they went out  
to the Mount of Olives.

Matthew 26:26-30

“Those who accepted his message were baptized, and about three  
thousand persons were added that day. They devoted themselves to the  
teaching of the apostles and to the communal life, to the breaking of the  
bread and to the prayers.”

Acts 2:41-42

Let us hold unwaveringly to our confession that gives us hope, for he  
who made the promise is trustworthy. We must consider how to rouse  
one another to love and good works. We should not stay away from our  
assembly, as is the custom of some, but encourage one another, and this  
all the more as you see the day drawing near. If we sin deliberately after  
receiving knowledge of the truth, there no longer remains sacrifice for  
sins but a fearful prospect of judgment and a flaming fire that is going to  
consume the adversaries.

Hebrews 10:23-27

The cup of blessing that we bless, is it not a participation in the blood of  
Christ? The bread that we break, is it not a participation in the body of  
Christ? Because the loaf of bread is one, we, though many, are one body,  
for we all partake of the one loaf.

1 Corinthians 10:16-17

The celebration of Sunday observes the moral commandment inscribed  
by nature in the human heart to render to God an outward, visible,  
public, and regular worship "as a sign of his universal beneficence to all.”

Sunday worship fulfills the moral command of the Old Covenant, taking  
up its rhythm and spirit in the weekly celebration of the Creator and  
Redeemer of his people.

The Sunday celebration of the Lord's Day and his Eucharist is at the  
heart of the Church's life. "Sunday is the day on which the paschal  
mystery is celebrated in light of the apostolic tradition and is to be  
observed as the foremost holy day of obligation in the universal Church."

*Catechism of the Catholic Church 2176-2177*