



REBUILD *this* TEMPLE

DAY 10

T U E S D A Y , M A R C H 1 8 , 2 0 2 5

THE THIRD COMMANDMENT

The Third Commandment, “Remember the Sabbath day, to keep it holy,” invites us into a rhythm that balances work and rest, reflecting God’s own pattern of creation. In our fast-paced world, where productivity is often idolized, the concept of true rest can seem elusive. Yet, honoring the Sabbath becomes not only a litmus test for balance in our lives but also a mirror reflecting our deepest priorities.

Firstly, the Sabbath serves as a reminder that life is not solely about work, sports, or our children’s extra-curricular activity that modern society often demands. It asks us to pause intentionally, to step back from the whirlwind of activities, and to evaluate whether our lives are aligned with God’s intentions for wellness and harmony. If we find ourselves constantly on the treadmill of life, our neglect of Sabbath rest might be revealing a life out of balance – a life where frenetic activity takes precedence over personal and spiritual wellbeing. The call to rest isn’t just a physical necessity but a spiritual discipline that realigns us with the rhythm God intended.

Further, keeping the Sabbath reveals where our true priorities lie. When we dedicate a day to rest and worship, we declare God’s lordship over time itself. It demonstrates that we trust Him to provide and sustain us, even when we refrain from our labors. If honoring the Sabbath feels burdensome, perhaps it’s pointing out a misalignment in our priorities – valuing worldly achievements over divine presence.

Taking the next step with God involves embracing the Sabbath as a sacred rhythm that draws us nearer to God. It’s an invitation to enter a space where our souls can find rest and our spirits can be rejuvenated. As we carve out this sacred time, we enrich our relationship with God, enabling us to serve others more fully and live out His purpose with a refreshed heart and mind.

G O I N G D E E P E R

Consider these reflection questions to recognize possible infidelities to the Second Commandment in your daily life:

1. Do I attend Mass every Sunday? Do I attend Mass every Holy Day of Obligation?
2. Do I really prepare for Mass beforehand, or is “going to Mass” another thing on my checklist for Sunday?
3. Am I setting aside intentional time for rest and worship, or has it become just another day of work or leisure without spiritual focus?
4. Am I frequently finding myself too tired to connect with God and others because I haven’t prioritized rest?
5. Do I often feel exhausted, stressed, or disconnected from my sense of purpose?
6. Are worldly achievements taking precedence over my relationship with God and my need for spiritual growth?
7. How much of my weekend is determined by my kids and their extra-curricular activities?
8. Am I willing to trust God’s wisdom in calling me to rest, or do I resist, believing my own efforts are indispensable?