

The Terrain:

Is life too full? Never eat with your spouse or children anymore? Are you always trying to pack more things into a day and a week? Exhausted? Are you feeling guilty if you are not busy? Are you getting to Mass only if Mass is not getting in the way of something else? Our calendars and to-do lists have taken control of us more than ever before.

The Path

Forward:

God only commands what is best for us, because He knows exactly what we need. This is why, centuries ago, God commanded that we take one day a week to worship Him and to rest from our labors. When we view that commandment as optional rather than required, we are quickly swallowed up by the pace of our activity, and our bonds of family begin to unravel. For the Christian, Sunday is a different sort of day; it is our needed "re-set" button on self and life.



SIMPLIFY SUNDAYS



ATTEND MASS EVERY SUNDAY AND HOLY DAY.



EAT ONE MEAL TOGETHER AS A FAMILY EVERY SUNDAY.



LIMIT SHOPPING TO NECESSITIES AND EMERGENCIES ONLY EVERY SUNDAY.

Tip for success:

The key to this habit is learning the word “no.” These routines can seem impossible in our culture today, so start small and work upwards if necessary. Think carefully and prayerfully about limiting the extracurricular activities in your household so that Sunday can be your family day.

Fruits of victory:

Clarity of purpose and focus as we approach life with hearts settled on what we know matters most.

Extra stuff:

All Catholics are to attend Mass on Sundays and Holy Days of obligation and to rest from servile labor on those days, according to Canon Law and to the *Catechism of the Catholic Church*. We should rest from any works or activities that prevent us from making those days truly holy.

Holy Habits Pledge:

“I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness.”

