

## Unit Two: Sacred Time –The Church Year

### Lesson 6

# The Lord's Day and Every Day: Nourished in Christ



### Pray Together

Hanoon Hor, yev Vortvo, yev Hokvooyn Surpo, Amen.

We thank you, Father Almighty, who did prepare for us the Holy Church as a haven, a temple of holiness, where the Holy Trinity is glorified. Amen.

*Priest's prayer from the Armenian Divine Liturgy*

## Quick Quiz

### True or False

- The Virgin Mary's parents were Abraham and Sarah.
- Mary, Jesus' mother, was Jewish.
- King Solomon informed Mary that she was going to have a baby.
- In Mary's day, it was dangerous for an unmarried Jewish woman to have a baby.
- Our Blessing of the Grapes feast has its root in the Old Testament custom of offering the first fruits of the harvest to God.



## Did You Know?

While preparing for Holy Communion we sometimes have trouble remembering which sins we should recall to God. We can quickly bring them to mind by thinking of these three categories: thoughts, words, and actions.



# Blessings of the Badarak

You know by now that each Sunday we celebrate the Badarak. But what do we really understand about it? The very name, “Soorp Badarak,” which means “Holy Sacrifice,” tells us a great deal. It reminds us of Jesus’ suffering and sacrifice so we could be part of God’s family.

The solemn dignity and reverence of our hymns, prayers, and Bible readings remind us of God’s righteousness and eternal nature. Holy Communion is the most important way we can keep Jesus inside our hearts, bodies, and minds. As we receive Communion, we have an opportunity to follow his commands: “Take and eat; this is my body,” and “Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins.” (Matthew 26:26-28)

Along with other believers, we strengthen our bond with God and each other through these actions. The Badarak is the opportunity to encounter God directly through the Holy Gospel and Holy Communion and be refreshed by God’s Spirit as we head into a new week. God has given us the spiritual tools to take his Good News into the world – now it is up to us to use them.

1. How do you personally participate in the Liturgy?
2. What do you expect to receive from the Badarak each week?
3. What could you be doing to participate more fully in the worship service?
4. The Fourth Commandment says “Remember the Sabbath day, to keep it holy.” What things are you doing on Sunday that “keep it holy”? What things are you doing that perhaps you shouldn’t?



# A Call to Worship

Where did we get the idea to worship God? Did it come from the church fathers? Was it started by the ancient kings of Israel? God himself gave us this command. As our Creator and the One who sustains life with food, water, and all the things we need, God wants us to look to him in every circumstance.

As early as the book of Exodus, God gave Moses even the minutest details of how worship should take place. He gave instructions on exactly how to build the tabernacle, what the priests should wear, and even the type of oil to be used in the lamps. He spelled out how many animals of each type should be sacrificed for a given sin or occasion. He told us everything we needed to know to please him. Of course, we know that even his chosen people, the Israelites, still disobeyed, so he sent his Son as the sacrifice that would cover the new Israel, which is the Church, the Body of Christ. At the Last Supper, Jesus broke bread and shared the pieces along with a common cup of wine with his disciples, asking them to “do this in remembrance of me” (Luke 22:19), establishing a new covenant with the people of God.

We continue to pray and sing our Divine Liturgy to this day in remembrance of our Lord, incorporating traditional worship practices from Scripture and other traditional sources (such as the royal court).

Read Psalm 95:6, 1 Chronicles 16:29, Psalm 100, and Matthew 26:26-30 to get an idea of some ways to express worship.





## Our Armenian Way

In earlier lessons, we discussed the cycle of daily prayers from the Zhamakirk, or “Book of Hours.” In an Armenian monastery, the Zhamakirk is followed throughout the day in order to keep the faithful mindful of God at all times. Even the busy mid-day hours have their own set of observances. At 9:00 AM, the Mid-Day prayers are addressed to the Holy Spirit. At noon, they recall God the Father, as well as the suffering and Crucifixion of the Son. The 3:00 PM prayers are dedicated to Jesus, his death, and his gift of the Holy Spirit.

The following sample shows us excerpts of the prayer service for the Mid-Day hours:

Our Lord and Savior Jesus Christ, you who are great in mercy

Who of your own free will endured at this hour the sufferings of the cross and of death on account of our sins and did abundantly bestow the gifts of your Holy Spirit upon the blessed Apostles, make us, also, O Lord, we pray, sharers in your divine gifts, in the forgiveness of sins and in the reception of the Holy Spirit.

That we may be made worthy to thank and to glorify you with the Father and with the Holy Spirit, now and always and unto the ages of ages, Amen.

Imagine the peace and calm you would bring to your day if you stopped for a moment and recited just one of the Mid-Day prayers!



## Words to Live By

“Know that the Lord is God. It is he that made us and we are his; we are his people, and the sheep of his pasture.”

Psalm 100:3