

Question: What are we commanded by the third Commandment?

Answer: By the third Commandment we are commanded to keep holy the Lord's day and the holydays of obligation, on which we are to give our time to the service and worship of God.

This is Question 354 of the Baltimore Catechism, a work in the public domain.

Question: How are we to worship God on Sundays and holydays of obligation?

Answer: We are to worship God on Sundays and holydays of obligation by hearing Mass, by prayer, and by other good works.

This is Question 355 of the Baltimore Catechism, a work in the public domain.

Question: Are the Sabbath day and the Sunday the same?

Answer: The Sabbath day and the Sunday are not the same. The Sabbath is the seventh day of the week, and is the day which was kept holy in the Old Law; the Sunday is the first day of the week, and is the day which is kept holy in the New Law.

This is Question 356 of the Baltimore Catechism, a work in the public domain.

Question: Why does the Church command us to keep the Sunday holy instead of the Sabbath?

Answer: The Church commands us to keep the Sunday holy instead of the Sabbath because on Sunday Christ rose from the dead, and on Sunday He sent the Holy Ghost upon the Apostles.

This is Question 357 of the Baltimore Catechism, a work in the public domain.

Question: What is forbidden by the third Commandment?

Answer: The third Commandment forbids all unnecessary servile work and whatever else may hinder the due observance of the Lord's day.

This is Question 358 of the Baltimore Catechism, a work in the public domain.

Question: What are servile works?

Answer: Servile works are those which require labor rather of body than of mind.

This is Question 359 of the Baltimore Catechism, a work in the public domain.

Question: Are servile works on Sunday ever lawful?

Answer: Servile works are lawful on Sunday when the honor of God, the good of our neighbor, or necessity requires them.

This is Question 360 of the Baltimore Catechism, a work in the public domain.

http://catholicism.about.com/od/baltimorecatechism/f/Question_354_BC.htm