

# INSIGHTS



Members in Natal, Brazil.

## **What can we do to make the Sabbath a delight?**

“The Sabbath provides a wonderful opportunity to strengthen family ties. . . . We make the Sabbath a delight when we teach the gospel to our children. . . . In addition to time with family, you can experience true delight on the Sabbath from family history work. . . . Make the Sabbath a delight by rendering service to others, especially those who are not feeling well or those who are lonely or in need.”

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**President Russell M. Nelson**, President of the Quorum of the Twelve Apostles, “The Sabbath Is a Delight,” *Ensign*, May 2015, 130, 131.