The Sabbath Is a Delight!

We celebrate the Sabbath on Sundays.

Match the sentences with their pictures. Then cut them out, glue them together, and make a mobile to remind you to keep the Sabbath day holy. Be sure to get an adult’s help.

Isaiah called the Sabbath “a delight” (see Isaiah 58:13). What does your family do to make Sunday a happy, holy day?

One of the Ten Commandments is to “remember the sabbath day, to keep it holy” (Exodus 20:8).

The word Sabbath means “rest.” After creating the world for six days, the Lord rested.

Like we give one-tenth of our money to tithing, we can set aside one-seventh of our time for the Lord.

We take the sacrament on the Sabbath to remember Jesus Christ.

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