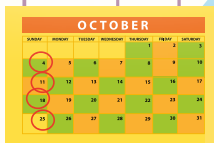


The **SABBATH** Is a **DELIGHT!**

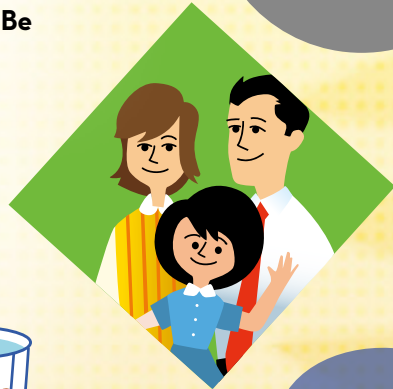
We celebrate the Sabbath on **Sundays.**

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

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.



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



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



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

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

Print more copies at friend.lds.org.

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



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



When deciding what to do on the Sabbath, we can ask ourselves, "What sign do I want to give the Lord to show Him that I love Him?"



Adapted from President Russell M. Nelson, "The Sabbath Is a Delight," Ensign, May 2015, 129–132.

OCTOBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						