

“Call the sabbath a delight, the holy of the Lord” (Isaiah 58:13).

Doing Good on the Sabbath Day

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1. After Heavenly Father and Jesus Christ created the heavens and earth in six days, They rested on the seventh day.



2. They blessed the seventh day to be a holy day. It is a day to rest from our daily work and think about Them. We can show how much we love Them by doing good things on the Sabbath day.



3. Attending church and taking the sacrament show Heavenly Father and Jesus Christ that we love Them and want to follow Their teachings. How we dress, behave, and listen to our teachers are important too.



7. Visiting the sick, the aged, and our loved ones is another way we can serve.



4. At home we should keep the Sabbath day holy. It is a day to be with our families.



5. We can listen to good music, play quiet games, or go for a walk with our family. Reading the scriptures, scripture stories, or *The Friend* is nice too.



6. The Sabbath is a good day to serve others. We might draw pictures or write letters to relatives, loved ones, missionaries, or people serving in the military.



8. Heavenly Father and Jesus Christ have promised that if we keep the Sabbath day holy, we will be happier and receive many blessings in our lives. ●

