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

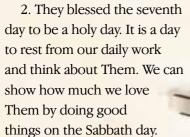
Doing Good on the Sabbath Day

BY JULIE WARDELL

Church Magazines

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

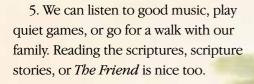






7. Visiting the sick, the aged, and our loved ones is another way we can serve.

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



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. •

