



Sunday BEST

BY HILLARY HOLBROOK

We've been commanded by the Lord to keep the Sabbath day holy by resting from our labors (see Exodus 20:9–10). When you think of doing this, does a long list of things you *can't* do pop into your mind? Instead of reviewing the typical “no” list, here are suggestions for things you *can* do that are appropriate on the Sabbath. Not only can you obey the Lord's commandment, but you'll feel the Spirit from choosing the right.

Sunday dinner is a great opportunity for you and your siblings to serve your parents as you prepare for the meal. It's also a good time to catch up with each other's lives and review what was learned at church that day.

Visit other family members, such as a grandparent, aunt, or uncle. This will give you a chance to get to know your extended family members.

Read the scriptures and write in your journal to enhance your Sabbath observance and record what you learn.

Read general conference talks with family members as a reminder of what Church leaders have asked us to do in our daily lives. You can also gain a stronger testimony of the prophet's counsel.

Visit temple grounds if a temple is nearby. On a nice day it can be a peaceful experience. Take your scriptures, journal, or patriarchal blessing to reflect on its message.

Serve others, such as a sibling or parent. Make a “thinking of you” card from scratch with an encouraging message on the inside.

Review your progress in Duty to God or Personal Progress with a parent. Work on Sabbath-appropriate, spiritually-oriented goals.

Listen to good music. Recordings of hymns, the Mormon Tabernacle Choir, and peaceful instrumental music are a few of many wise choices. Listening to uplifting music will bring the Spirit into your heart.

Write letters to a relative or friend on a mission, missionaries who are serving from your ward, or to family members and friends you don't see often.

Make a treat, such as your favorite dessert, to share with family members.

Watch old home movies with the whole family, or look at family photos together. Not only does this provide a fun occasion for you and your family to reflect on memories, but it can provide everyone with a sense of togetherness. **NE**