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## SUNDAY IS A DAY TO REMEMBER HEAVENLY FATHER AND JESUS CHRIST

### INTRODUCTION FOR THE TEACHER

To prepare yourself spiritually to teach this lesson, please read and ponder the following:

Since Old Testament times, God’s people have set apart one day in seven as the Sabbath day—a day to rest from our labors and worship God (see Genesis 2:2–3; Exodus 20:8–11). The Lord has repeated this commandment in our day, and He has promised that keeping the Sabbath day holy will help us remain “unspotted from the world” (see D&C 59:9–10).

### LEARNING ACTIVITIES

Begin with a gathering activity. For ideas, see page 3.

*Prayer* Invite a child to give the opening prayer.

*Picture* Show the picture of the family walking to church on page 38 and tell the children that this family is going to church on Sunday. Explain that Sunday is a special day and that we go to church on Sunday to worship Heavenly Father and Jesus Christ and learn about Them.

*Songs* Tell the children, “Let’s pretend we’re going to church.” Have them walk in a circle and sing or say the following words to “Fun to Do” (*Children’s Songbook*, 253):

Going to church is fun to do,  
Fun to do, to do, to do!  
Going to church is fun to do,  
To do, to do, to do!

Have the children sit down, and tell them that when we come to church we remember (*point to your head*) and think about (*point to your head again*) Heavenly Father and Jesus. Sing or say the first line of “Reverently, Quietly” (*Children’s Songbook*, 26):

Reverently, quietly, lovingly we think of thee.

Show the picture of the family at home on page 38. Point out the different family members and explain that after church, in our homes, we can remember Heavenly Father and Jesus with our families. We can read the scriptures together (*have the children pretend to read the scriptures*) and pray together (*have the children fold their arms*) and show love for each other (*have the children put their hands on their heart*). Sing or say the words to “A Happy Family” (*Children’s Songbook*, 198). Invite the children to join you.

I love mother; she loves me.  
We love daddy, yes sirree;  
He loves us, and so you see,  
We are a happy family.

*Conclusion* Remind the children that Sunday is a day to remember Heavenly Father and Jesus at church and at home with our families. Invite the children to say, “Sunday.”



### TEACHING TIPS

*Songs:* As you prepare to teach, try to memorize the words to songs and activity verses. This will allow you to focus on the children and their learning. (See *Teaching, No Greater Call*, 159.)

*Songs:* Consider making a list of the songs the children are learning, especially the songs they love to sing. Sing them throughout the nursery class each week, while the children are playing with toys, before or after snack time, or while the children are waiting for their parents. This is a good way to review previous lessons. Even if the children do not sing with you at first, they are listening and learning.

*Prayer* Invite a child to give the closing prayer.

## OPTIONAL ACTIVITIES

**PREPARATION** *For the bag game:* Make a copy of page 39. Cut out the illustrations and color them, if desired. Put the illustrations in a bag or other container.

*For the scripture activity:* Bring a copy of the Bible. Mark Genesis 2:2 so that you can turn to it easily. Also mark page 34 in this manual.

*For the book activity:* Copy the illustration on page 39 for each child to color.

**Bag Game** Invite a child to choose a picture from the bag. Read the caption and invite the children to do an action suggested by the picture (such as walking in place for “On Sunday I can go to church” or pointing to their heads for “Sunday is a day to remember Heavenly Father and Jesus Christ”). Invite the children to say key words from each caption, such as “Jesus,” “scriptures,” “family,” and “church.” Repeat with each picture or until each child who wants a turn has had one.

**Scripture** Show the picture on page 34 and review the story of the Creation with the children (see Genesis 1 and lesson 7 in this manual). Explain that Jesus worked for six days to make the world.

Tell the children that you are going to read a scripture that tells us what Jesus did on the seventh day. Open the Bible to Genesis 2:2 and read, “He rested on the seventh day from all his work which he had made.” Emphasize the word *rested* as you read.

Ask: “What did Jesus do on the seventh day?”

Answer: “He rested.”

Tell the children that on six days of the week we work. Invite them to act out different kinds of work, such as sweeping the floor, digging in the garden, and so on. Explain that on Sunday we rest. Invite the children to sit down, and tell them how thankful you are that Heavenly Father gave us a day to rest from our work.

**Book** Let the children color a copy of page 39. While they are coloring, talk to them about the illustrations and remind them that these are things we do to remember and worship Heavenly Father and Jesus Christ on Sunday. When they are finished coloring, fold along the dotted lines to make a book. Then read the book to the children.



## TEACHING TIPS

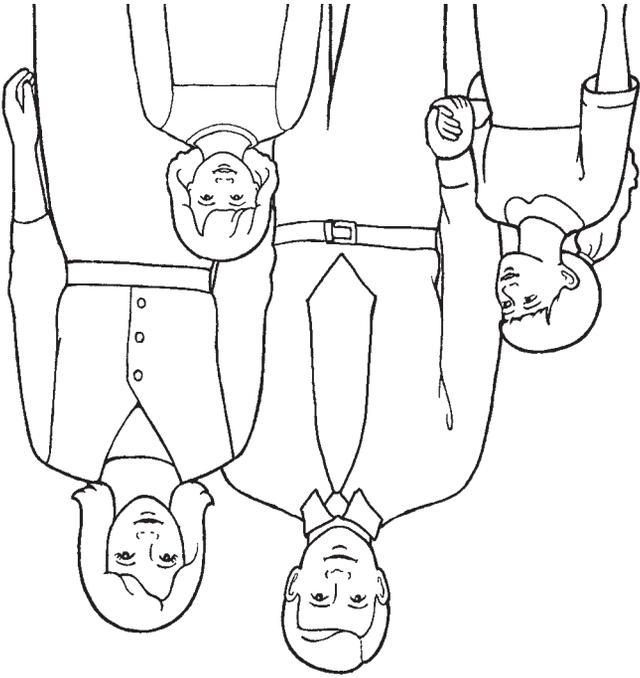
**Bag game:** If you don't have a bag or other container, you could place the illustrations face-down and let a child choose one to turn over.

**Taking turns** can be difficult for children. Having them sit on a chair or on the floor while they're waiting for their turn can help. You can also have one of the nursery leaders focus on helping them wait while the other nursery leader is teaching.

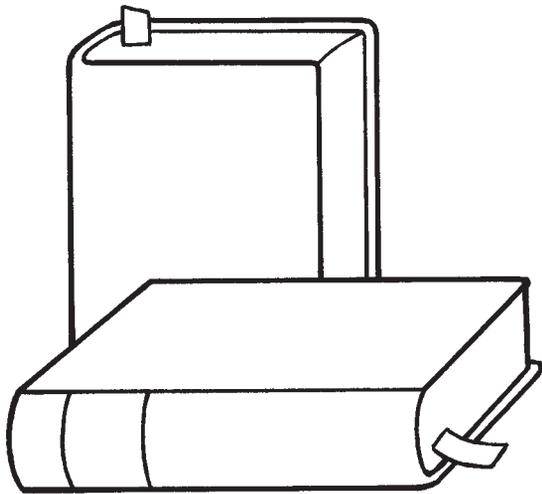
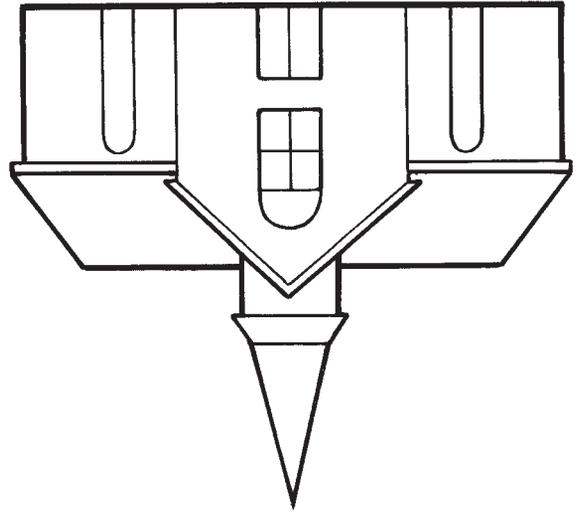
**Book:** Encourage the children to show their books to their families. This will give their parents an opportunity to review with the children the things they have learned. (See *Teaching, No Greater Call*, 167.)



On Sunday I can show special  
love to my family.



On Sunday I can go  
to church.



On Sunday I can read  
the scriptures.



Sunday is a day to remember  
Heavenly Father and  
Jesus Christ.