

SABBATH DAY OBSERVANCE

To many people, Sunday is just another day in the weekend for additional relaxation and entertainment. However, ancient and modern revelation has taught the importance of keeping the Sabbath day holy. On pages 56–57 of this issue, Larry M. Gibson, first counselor in the Young Men general presidency, discusses the important role of Sabbath day observance. Brother Gibson says, “The way we keep the Sabbath day holy is an outward manifestation of our covenant to always remember Jesus Christ.”

As your children learn to keep the Sabbath day holy, they will be prepared to receive many blessings. As Brother Gibson says, “If we will follow and live the divine mandate to keep the Sabbath day holy, the Lord, in turn, will bless us, direct us, and inspire us in solving the issues that confront us.”

Suggestions for Teaching Youth

- Read Brother Gibson’s article on pages 56–57 together. Then discuss what your family can do each week to prepare to keep the Sabbath day holy. In family home evening, you could sing “Gently Raise the Sacred Strain” (*Hymns*, no. 146) or another hymn about the Sabbath and

discuss what your family can do on Sunday to keep the Sabbath day holy.

- Consider reading with your teenagers the section on Sabbath day observance in *For the Strength of Youth*, including the scriptures listed at the end. You could look together for other scriptures about keeping the Sabbath day holy and discuss the principles behind Sabbath day observance.
- You may want to watch related videos and read articles with your teenagers. Go to youth.lds.org and click on the “For the Strength of Youth” tab in the menu. Then click on the section for Sabbath day observance, and you will find related videos and articles on the right side and bottom of that page.

Suggestions for Teaching Children

- Read “A Brand-New Deacon” in the October 2013 *Liahona* and discuss the importance of the sacrament in keeping the Sabbath day holy.
- Consider reading “A Lesson in Reverence” in the March 2010 *Liahona*; you may also want to do the activity that goes with the article. Discuss with your



SCRIPTURES ON THIS TOPIC

Exodus 20:8–11

Isaiah 58:13–14

1 Corinthians 11:23–26

3 Nephi 18:3–11

Moroni 6:4–6

Doctrine and Covenants
59:9–13

children how being reverent at church helps to keep the Sabbath day holy.

- Discuss what your family can do on Sunday to honor the Lord. You may want to read “Decide Right Now” from the March 2012 *Liahona* for an example of someone who kept the Sabbath day holy in a difficult circumstance.
- You could sing with your children some songs that relate to the Sabbath, including “Saturday” (*Children’s Songbook*, 196). Talk about ways your family can use Saturday and other days of the week to prepare for Sunday. ■