

Reverence

Reverence is profound respect and love. When you have a reverent attitude toward God, you honor Him, express your gratitude to Him, and obey His commandments.

You should be reverent in your behavior as well as your attitude. Reverent behavior includes prayer, scripture study, fasting, and payment of tithes and offerings. It includes wearing modest clothing and using clean, wholesome language. The depth of your reverence is evident in your choice of music and other entertainment, in the way you speak of sacred subjects, and in the way you dress and act when you attend church and the temple. You show your reverence for the Lord when you serve other people and treat them with kindness and respect.

As you become more reverent, you will notice a quiet transformation in your life. The Lord will pour out His Spirit more abundantly on you. You will be less troubled and confused. You will be able to receive revelation to help you solve personal and family problems.

Just as reverence brings you closer to God, irreverence suits the purposes of the adversary. Satan will tempt you to follow the world's trend to more noise, excitement, and contention and to less restraint and quiet dignity. Like a commander mounting a military invasion, he will try to jam the channels of communication between you and the Lord. Beware of such tactics, and strive to be reverent in all you do.

Additional references: Leviticus 26:2; Psalm 89:5–7; Hebrews 12:28; D&C 59:21; 63:61–62, 64; 109:21

See also Faith; Gratitude; Modesty; Prayer; Revelation; Worship

Sabbath

The Sabbath is the Lord's day, set apart each week for rest and worship. In Old Testament times, God's covenant people observed the Sabbath on the seventh day of the week because God rested on the seventh day when He had created

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the earth. The Lord emphasized the importance of Sabbath observance in the Ten Commandments:

“Remember the sabbath day, to keep it holy.

“Six days shalt thou labour, and do all thy work:

“But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

“For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it” (Exodus 20:8–11).

After the Resurrection of Jesus Christ, which occurred on the first day of the week, the Lord’s disciples began observing the Sabbath on the first day of the week, Sunday (see Acts 20:7).

In the latter days, the Lord has commanded us to continue observing the Sabbath. He has promised that if we obey this commandment, we will receive “the fulness of the earth” (see D&C 59:16–20).

Because the Sabbath is a holy day, it should be reserved for worthy and holy activities. Abstaining from work and recreation is not enough. In fact, if we merely lounge about doing nothing on the Sabbath, we fail to keep the day holy. In a revelation given to Joseph Smith in 1831, the Lord commanded: “That thou mayest more fully keep thyself unspotted from the world, thou shalt go to the house of prayer and offer up thy sacraments upon my holy day; for verily this is a day appointed unto you to rest from your labors, and to pay thy devotions unto the Most High” (D&C 59:9–10). In harmony with this revelation, we attend sacrament meeting each week. Other Sabbath-day activities may include praying, meditating, studying the scriptures and the teachings of latter-day prophets, writing letters to family members and friends, reading wholesome material, visiting the sick and distressed, and attending other Church meetings.

Additional references: Exodus 31:16–17; Mosiah 18:23; D&C 59:11–14; 68:29

See also Reverence; Sacrament; Worship

Sacrament

On the night before His Crucifixion, Jesus Christ met with His Apostles and instituted the sacrament. “He took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me. Likewise also the cup after supper, saying, This cup is the new testament in my blood, which is shed for you” (Luke 22:19–20). After His Resurrection, He instituted the sacrament among the Nephites (see 3 Nephi 18:1–11).

Today we partake of bread and water in remembrance of Jesus Christ’s atoning sacrifice. This ordinance is an essential part of our worship and our spiritual development. The more we ponder its significance, the more sacred it becomes to us.

Remembering the Savior and His Atonement

The sacrament provides an opportunity for you to remember with gratitude the life, ministry, and Atonement of the Son of God.

With broken bread, you remember His body. You can be mindful of His physical suffering—especially His suffering on the cross. You can remember that through His mercy and grace, all people will be resurrected and given the opportunity for eternal life with God.

With a small cup of water, you can remember that the Savior shed His blood in intense spiritual suffering and anguish, beginning in the Garden of Gethsemane. There He said, “My soul is exceeding sorrowful, even unto death” (Matthew 26:38). Submitting to the will of the Father, He suffered more than we can comprehend: “Blood [came] from every pore, so great [was] his anguish for the wickedness and the abominations of his people” (Mosiah 3:7). You can remember that through the shedding of His blood, Jesus