

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](#)

If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:

Then shalt thou delight thyself in the Lord; and I will cause thee to ilde upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it.

[Isaiah 58:13-14](#)

Five things to do on the Sabbath:

- Go to church;
- Visit;
- Study;
- Nap;
- Fast and pray.

Go to Church

Sounds easy. After all, here we are.

Did you prepare yourself? There's a primary song, *Saturday*:

*Saturday is a special day.
It's the day we get ready for Sunday:
We clean the house, and we shop at the store,
So we won't have to work until Monday.
We brush our clothes, and we shine our shoes,
And we call it our get-the-work-done day.
Then we trim our nails, and we shampoo our hair,
So we can be ready for Sunday.*

Did you plan for your Sunday meal? Preparing for and preparing Sunday meals before hand can reduce the effort and let mom better observe the Sabbath.

Did you get here on time? Getting some place on time shows respect. Not getting some place on time shows poor planning or lack of care even disrespect and apathy. Elder M. Russell Ballard said, “The ideal would be to arrive five or ten minutes early so you can sit in the chapel quietly listening to the prelude music and preparing yourselves to worship.”

Partake of the Sacrament: The primary reason for being in this place at this time is to renew the covenants we made when we were baptized and confirmed a member of The Church of Jesus Christ of Latter-day Saints. It’s an opportunity to review our standing with Heavenly Father and Jesus Christ and consider what we might be doing to improve that standing. A reverent attitude during the blessing and passing of the Sacrament, and reverence during the entire meeting, give the Holy Ghost a chance to touch our minds and hearts.

Participate: Do you willingly accepted calls to speak or offer a prayer? Do you listen to the speakers and consider their message? Playing hangman in the back row as I did as a teenager is probably not the best way to gain from attendance at Sacrament meeting.

Singing:

[Worship through Music](#)

October 1994

General Conference

Dallin H. Oaks

“Sacred music has a unique capacity to communicate our feelings of love for the Lord. This kind of communication is a wonderful aid to our worship. Many have difficulty expressing worshipful feelings in words, but all can join in communicating such feelings through the inspired words of our hymns.

When a congregation worships through singing, all present should participate. Here I share another experience. I had finished a special assignment on a Sunday morning in Salt Lake City and desired to attend a sacrament meeting. I stopped at a convenient ward meetinghouse and slipped unnoticed into the overflow area just as the congregation was beginning to sing these sacred words of the sacrament song:

*'Tis sweet to sing the matchless love
Of Him who left his home above
And came to earth—oh, wondrous plan—
To suffer, bleed, and die for man!*

My heart swelled as we sang this worshipful hymn and contemplated renewing our covenants by partaking of the sacrament. Our voices raised the concluding strains:

*For Jesus died on Calvary,
That all thru him might ransomed be.
Then sing hosannas to his name;
Let heav'n and earth his love proclaim.*

As we sang these words, I glanced around at members of the congregation and was stunned to observe that about a third of them were not singing. How could this be? Were those who did not even mouth

the words suggesting that for them it was not “sweet to sing the matchless love” or to “sing hosannas to his name”? What are we saying, what are we thinking, when we fail to join in singing in our worship services?”

Fasting: Once a month, part of our worship is fasting. We’re ask to fast for two meals, approximately 24 hours, generally from lunch on Saturday to lunch on Sunday. An attitude of contemplation and seeking while fasting invites the spirit. An essential part of fasting is a donation in the form a fast offering representing the cost of the food we haven’t partaken of. Many people donate multiples of that amount.

And sacrament meeting is not all there is to the observance of the Sabbath.

[Continually Holding Fast](#)

October 2013

General Conference

Kevin S. Hamilton

“Sunday School allows us to “teach one another the doctrine of the kingdom,” that all might be “edified and rejoice together.” Great power and personal peace come as we understand the doctrines of the restored gospel.

Priesthood meetings are a time for men and young men to “learn [their] duty” and to “be instructed more perfectly,” and Relief Society meetings provide the women of the Church an opportunity to “increase their faith ..., strengthen [their] families and homes, and help those in need.””

[The Rest of the Day](#)

Church service is three hours long. What are you going to do the rest of the day to strength the growth you’ve had as a result of your reverent worship.

A nap is good. Don’t forget that the Sabbath is a day of rest. Remember the scripture from Exodus:

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.

Senator Joe Lieberman of Connecticut wrote a book about the Sabbath after he left the senate and had run for vice president. I like what he said about work and the Sabbath:

None of us needs to work every day of the week. A lot of people think that are perpetually indispensable—to their families, to their co-workers, to themselves, maybe even to the world. If I don’t go to work, my career will be ruined. If I don’t go shopping, my family will starve, If I don’t go to the gym, my body will atrophy.

The truth is that we—and the world—will survive just fine if we stop working or shopping and stay home with our families one day a week. Our lives will continue. Our careers will go forward. Our families will flourish. This is true even for members of the U.S. Senate, men and women with a greater tendency to think of ourselves as indispensable than most. The fact is that none of us is essential every minute of the week.

...I was elected to my first public office as a state senator in 1970 and began turning down invitations...on Friday evenings and Saturday, people were puzzled, frustrated, and sometimes angry. But once it became clear that I was saying no as a matter of faith and consistent religious observance of the Sabbath, people were not just accepting, but respectful—even admiring.

I mentioned visiting early. I believe that visiting family and friends on the Sabbath is a very good thing. Having someone in our home for a meal—simple, because it's the Sabbath—is a way to enjoy one another's company and get to know each other. Going to someone else's home is just as rewarding especially if we use it as an opportunity to provide Christ-like service to individuals for whatever reason haven't been able to be as active in life as they would hope to be.

Senator Lieberman spoke of spending time with family on the Sabbath. Your children will no doubt forget many things that you've done for them but being with them in mind and body on Sunday afternoon will teach them the importance of observing the Sabbath and of your commitment to live according to gospel principles.

Listening to the promptings of the spirit will guide us in finding ways to observe the Sabbath. Study of gospel topics from the scriptures and the many sources available to us will help us resist the clarion call of the world to do all the things it does on the weekend—the games, the shows, the shopping, etc., etc., etc. to get you to spend money and have a good time.

[The Three Rs of Choice](#)

October 2010

General Conference

Thomas S. Monson

“In closing may I share with you an example of one who determined early in life what his goals would be. I speak of Brother Clayton M. Christensen, a member of the Church who is a professor of business administration in the business school at Harvard University.

When he was 16 years old, Brother Christensen decided, among other things, that he would not play sports on Sunday. Years later, when he attended Oxford University in England, he played center on the basketball team. That year they had an undefeated season and went through to the British equivalent of what in the United States would be the NCAA basketball tournament.

They won their games fairly easily in the tournament, making it to the final four. It was then that Brother Christensen looked at the schedule and, to his absolute horror, saw that the final basketball game was scheduled to be played on a Sunday. He and the team had worked so hard to get where they were, and he was the starting center. He went to his coach with his dilemma. His coach was unsympathetic and told Brother Christensen he expected him to play in the game.

Prior to the final game, however, there was a semifinal game. Unfortunately, the backup center dislocated his shoulder, which increased the pressure on Brother Christensen to play in the final game. He went to his hotel room. He knelt down. He asked his Heavenly Father if it would be all right, just this once, if he played that game on Sunday. He said that before he had finished praying, he received the answer: “Clayton, what are you even asking me for? You know the answer.”

He went to his coach, telling him how sorry he was that he wouldn't be playing in the final game. Then he went to the Sunday meetings in the local ward while his team played without him. He prayed mightily for their success. They did win."

We exhibit to ourselves, our friends, family and neighbors and to our Heavenly Father the level of our commitment to the promises we've made at baptism by the way we observe the Sabbath. Sabbath worship is an essential part of the gospel of Jesus Christ and has been from the beginning.