The Sabbath Is A Delight – Elder Russel M. Nelson

**Read 2-3.**

*Ask: So how do you guys feel about the Sabbath Day?*

I have to admit that at times I have not had a good attitude about Sunday. Specifically, it can be very difficult getting the kids to church and entertaining them during Sacrament meeting, but I know it’s where we need to be.

**Read 5-8.**

**Read 9.**

I find it interesting to note that, based on what Elder Nelson is saying here, even if we chose to do something on the Sabbath that was obviously appropriate for the Sabbath, (e.g., going to church, visiting the sick, doing your church calling, etc.), doing these activities, I believe, would not fully constitute what it is to keep the Sabbath day holy. Why? Because he said that “[our] conduct and [our] attitude on the Sabbath constitute a sign between me and [our] Heavenly Father.” So Heavenly Father doesn’t just look at what we choose to do on the Sabbath, He looks upon the heart too. And conversely, if our hearts are in the right place, then there’s nothing we would do on the Sabbath day that wouldn’t keep it holy. So instead of asking you guys what activities you think are appropriate for Sunday, or even how you decide what activities are appropriate for Sunday, the golden question to you guys is…

*Ask: What kind of conduct and attitude do we need to have on the Sabbath day in order for us to keep it holy?*

**Read 10.**

Okay, so first we’re going to read the covenant part, and then the promise.

**Read 11-13.**

*Ask: So what is the Lord telling us that we need to do and what attitude we need to have on the Sabbath day?*

Okay, now let’s read the promise.

**Read 14.**

That’s an interesting promise. Notice that we’re promised “the fullness of the earth” for being unworldly on the Sabbath.

**Read 16.**

I think that Elder Nelson is asking important questions here. Church, our church callings and other activities that are obviously good to do on Sunday don’t always take up the whole day.

*Ask: So how do we make sure we’re keeping the Sabbath day holy when we’ve run out of gospel-related things to do on Sunday?*

Elder Nelson goes on for the next several paragraphs with an answer to this question. Your homework assignment is to read the entire talk today to find out what he says about that.

**Read 30-33.**

I have to admit that after reading this part of the talk, there are some things I thought of that I do regularly on Sunday that I probably need to give up if I’m going to keep the Sabbath day holy. We should probably all take some time this week and re-examine some of the things we regularly do on Sunday and ask ourselves if they help or distract us from devoting ourselves to the Lord on His Sabbath day.

**Read 34-27.**

*Ask: Does anyone have any more thoughts about the Sabbath day? I’m out of material!*