The Sabbath Is A Delight – Elder Russel M. Nelson

Read “The question for each of us…” through “I am intrigued…”

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

I have to admit that at times I have felt like Sunday is a drag. 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.

Ask: What did the Savior mean when He said that “the Sabbath was made for man, and not man for the Sabbath”?

Read “What did the Savior mean…” through “The Savior identified…”

Ask: How do we hallow the Sabbath day or keep the Sabbath day holy?

Read “How do we hallow…”

When we talk about signs, we’re usually talking about signs given to us from God. For example, the star that would appear when the Savior was born, or the 3 days and nights of darkness that occurred between His death and resurrection. But interestingly, here Elder Nelson is talking about us giving Heavenly Father a sign, and he says that our attitude and conduct constitute that sign.

Ask: What kind of sign might we be giving to Heavenly Father if we’re using the Sabbath day for worldly purposes?

Probably the strictest Sunday rule I can think of is that you never, ever buy anything on the Sabbath day. But, using Elder Nelsons criterion for what is an appropriate activity on the Sabbath day, I’ll bet there are circumstances where buying something is appropriate.

Read “Though the doctrine pertaining…” through “And in as much…”

Ask: So what are the conditions here and what is the promise if we keep those conditions?

Read “How can you ensure that your…”

Ask: So if we’ve finished going to church, finished our church calling work, finished reading our scriptures for the day, and finished doing all of the other obvious things that are Sabbath-day-appropriate, what else can we do to keep the Sabbath day holy?

Elder Nelson goes on for the next several paragraphs with an answer to this question.

Read “The Sabbath provides a…” through “We make the Sabbath a delight…”

I don’t think this means that we need to have a formal F.H.E. on Sunday, but we can take time to weave the gospel into wholesome family activities. My wife and I love to go on walks with our kids on Sunday afternoons. While doing so, we often talk about Heavenly Father’s creations and reinforce the idea to our kids that He created everything.