

Keep The Sabbath Day Holy

(Outline)

Compiled by members of:
<http://groups.yahoo.com/group/fhe4children/>
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Choose from the below resources to meet your family needs.

Lesson #1

OPENING PRAYER:

OPENING SONG: "Saturday" (CS 196)

SCRIPTURE: Mosiah 13:16-19

LESSON: Sabbath Day Puppet Stories

ACTIVITIES: (1) "Saturday", Guess What's Missing!
(2) 'Sunday Saints'

CLOSING SONG:

CLOSING PRAYER:

REFRESHMENTS: Ice Cream Sun'Days'

Lesson #2

OPENING PRAYER:

OPENING SONG: "Saturday" (CS 196)

SCRIPTURE: D&C 59:10

LESSON: Sunday vs. Sundae Object Lesson

ACTIVITY: Sabbath Day Charades

CLOSING SONG:

CLOSING PRAYER:

REFRESHMENTS: Ice cream sundaes

OTHER RESOURCES

OPENING PRAYER:

OPENING SONG: "Saturday" (CS 196)

SCRIPTURE: Mosiah 13:16-19; Exodus 20:8-11, Mosiah 13:16-19;
Genesis 2:1-3; D&C 59:9-13; D&C 68:29; OR Exodus
31:12-17

LESSONS: QUOTES and/or GUIDELINES

Primary 1, lesson 15: The Sabbath Is a Day of
Worship

Primary 2, lesson 37: I Can Keep the Sabbath Day
Holy

Primary 7, lesson 14: Jesus Christ and the Sabbath
Day

ACTIVITIES: Ideas for Keeping the Sabbath Day Holy,
101 (Plus) LDS Sunday Activities

"My Sabbath Day Book" from Primary 2 Lesson 37

Any of the activities from Lesson #1 or #2.

CLOSING SONG:

CLOSING PRAYER:

REFRESHMENTS:

LESSON #1: Submitted by Chris

Song - "Saturday" (CS 196)

Scripture: Mosiah 13:16-19

Lesson: Sabbath Day Puppet Stories:

Henry Holiday: I am Henry Holiday. I consider the Sabbath day a 'holiday' rather than a 'holy day'. I don't seem to have enough time for recreation during the week. I feel that I need Sunday to forget my studies and work by relaxing on the ski slopes, fishing in the mountains or picnicking on the beach. I especially enjoy playing sports like baseball. I don't have time to worship.

Michelle My-Day: I am Michelle My-Day. I consider the Sabbath day a day to catch up on my work or to do whatever I want to. Usually, I spend it doing yard work, finishing my homework, or doing the shopping I didn't get done for the week. I seldom consider Sunday an opportunity to catch up on the spiritual things I am missing.

Barbara Burden: I am Barbara Burden. I go through the motions of doing what I should do on the Sabbath day, but I consider it a real burden. I feel that keeping the Sabbath day holy is a restriction and keeps me from doing many of the things I want to do. I don't consider the Sabbath day a blessing.

Rachel Rester: I am Rachel Rester. I consider the Sabbath day a day of rest and only a day of rest. On Sunday I sleep in, lounge around all morning, take a nap in the afternoon, watch television, and read the newspaper. I seldom go to church and when I do I often sleep through the meetings.

William Wise: I am William Wise. I look forward to the Sabbath day. It is a time when I can attend church, worship, and rest from my usual activities. I gain spiritual and physical strength for the remainder of the week. I keep the Sabbath day holy, because I feel that the Lord gave the commandment as a blessing and an opportunity for me.

Discussion:

Which of these people does the Lord want you to be?

What are some things that we can do on Sunday and still keep the Sabbath day holy? (got to church, read scriptures, visit the sick, write in journals, write to missionaries, call family or friends, take a nap, etc.)

Activity #1:

Gather items mentioned in the song, "Saturday". Items may include nail clippers, nail file or emery board, shampoo, soap, shoe polish, shopping/grocery bag, . . . use your imagination. Place items on a tray and have family members memorize the objects for one minute. One person will take away one object while everyone else has their eyes closed. Then have them open their eyes. Choose one person to guess which item is missing. Repeat until everyone has had a turn. You could also take turns removing the object.

Activity #2:

Here are some questions that can be used at the end of the lesson.

'Sunday Saints' Question Strips

1. True or False: It's okay to go out to dinner on Sunday so your mom doesn't have to cook.
2. Name two things we can do on Sunday.
3. Why should we go to church on Sunday?
4. Can we visit the sick on Sunday?
5. What happened on the seventh day of the Creation?
6. Why should we rest from our work on Sunday?
7. Does it say anything about the Sabbath Day in the scriptures?
8. Can we go to the temple on Sunday?
9. True or False: Sunday is a day to sleep and do nothing.
10. What do you think missionaries do on Sunday?
11. Can we go shopping on Sunday?
12. Can we write letters on Sunday?
13. Who should keep the Sabbath Day holy?
14. Name two things the family can do together on Sunday.
15. Tell us your favorite thing to do on Sunday.
16. Do you think Heavenly Father wants us to keep the Sabbath Day holy?
17. True or False: Sunday is a day to be close to our Heavenly Father.
18. Name two things we can do with our brothers and sisters on Sunday.
19. What does it mean to "keep the Sabbath Day holy?"
20. Can you name two things we can do on Saturday to help us get ready for Sunday?
21. How can we be an example to others on Sunday?
22. Is it okay to go on picnics on Sunday?
23. Can we read scriptures on Sunday?
24. True or False: Sunday is a day to be with your family.
25. Can we visit our grandparents on Sunday?

Refreshments: Ice Cream Sun'Days'

LESSON #2: Submitted by Natasha

Sabbath Day FHE Lesson

1. Opening Song: "Saturday" from Children's Songbook
2. Opening Prayer
3. Scripture: D&C 59:10

Discuss with family

4. Sunday vs. Sundae object lesson put ice cream in a bowl
Have toppings and condiments displayed
Ask what everyone would put on the sundae.
Put a few of the suggestions on the ice cream.
Then ask if they would like some "ketchup" (of course they will say no but ask them "why, you like ketchup on your fries, why not on ice cream?")
Demonstrate that some condiments are good for other things but not ice cream; just like some good activities are not for Sundays.

5. Play Sabbath Day Charades - To prepare game, cut out word strips found at the end of this e-mail.
Each person takes a turn.
The first player chooses a strip from the game folder.
Player then acts out what is written.
The family guesses what is being acted out and decides together if it is an appropriate Sunday activity or not.

6. Closing Song
7. Closing prayer
8. Treat: Ice cream sundaes

Word Strips for Charades:

Ride your bike.....no
Shop for groceries.....no
Watch a church video.....yes
Read church magazines.....yes
Walk the dog.....yes
Write letters.....yes
Visit the sick.....yes
Go skating.....no
Pay your tithing.....yes
Go to church.....yes
Visit with family.....yes
Read the scriptures.....yes
Have family home evening.....yes
Do the dishes.....yes
Clean the house.....no
Mow the lawn.....no
Clean your room.....no
Wash the car.....no
Suntan.....no
Go swimming.....no
Eat out at a restaurant.....no
Make a card for someone.....yes

Make your bed.....yes
Play the piano.....yes
Sing.....yes
Go fishing.....no
Play sports..... no
Wash your hair.....yes
Clean your clothes.....no
Help set the table.....yes
Bake cookies.....no
Take a nap.....yes
Go for a short walk.....yes
Talk to your sister.....yes
Do a kind deed.....yes
Invite a friend to church.....yes
Visit at grandma's house.....yes
Sit reverently in church.....yes
Participate in Primary.....yes
Listen to your teacher.....yes
Take notes in church.....yes
Write in your journal.....yes
Play ball.....no
Color a picture.....yes
Have family prayer.....yes
Play quiet games with the family.....yes
Read a book the prophet wrote.....yes
Help prepare a meal.....yes
Listen to spiritual music.....yes
Read your sister a story.....yes
Mop the floor.....no
Put on a scripture play.....yes

OTHER RESOURCES: Submitted by Shay and Barbara

SCRIPTURES

Exodus 20:8-11, Mosiah 13:16-19

Remember the Sabbath day, to keep it holy.

Genesis 2:1-3

God blessed the seventh day.

D&C 59:9-13

And 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; And on this day thou shalt do none other thing, only let thy food be prepared with singleness of heart that thy fasting may be perfect, or, in other words, that thy joy may be full.

D&C 68:29

And the inhabitants of Zion shall also observe the Sabbath day to keep it holy.

Exodus 31:12-17

My Sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you. Ye shall keep the Sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people. Six days may work be done; but in the seventh is the Sabbath of rest, holy to the Lord: whosoever doeth any work in the Sabbath day, he shall surely be put to death.

QUOTES

The Importance of the Sabbath:

The Sabbath is a holy day in which to do worthy and holy things. Abstinence from work and recreation is important, but insufficient. The Sabbath calls for constructive thoughts and acts, and if one merely lounges about doing nothing on the Sabbath, he is breaking it. To observe it, one will be on his knees in prayer, preparing lessons, studying the gospel, meditating, visiting the ill and distressed, writing letters to missionaries, taking a nap, reading wholesome material, and attending all the meetings of that day at which he is expected.
~President Spencer W. Kimball~

And on the Sabbath days between the hours of service, I love to get acquainted with my children, keep in touch with them and to keep in touch with the Scriptures, and to think of something besides fun and jokes and laughter and merriment and such things as these.

~Joseph F. Smith~

I call upon you, ye Latter-day Saints, to repent of your iniquities and keep the Sabbath day holy; set it aside as a day of rest, a day to meet together to perform your sacraments and listen to the words of life and thus be found keeping the commandments and setting a good example before your children. If we do not these things, His Spirit will depart from us, and we will be left to ourselves.

~John Taylor~

A world without a Sabbath would be like a man without a smile, like summer without flowers, and like a homestead without a garden. It is the most joyous day of the whole week.

~Henry Ward Beecher~

Observance of the Sabbath is an indication of the depth of our conversion.

~Mark E. Peterson~

If we don't keep the Sabbath day holy, he may still be our God, but we may not be his people.

~Milton R. Hunter~

No person can disregard the Lord's day without suffering serious spiritual consequences.

~John Wells~

It's all right to pull the cow out of the mud on Sunday, provided that you don't push him in on Saturday night.

~Harold B. Lee~

Many--too many---have almost ceased to observe the Sabbath. Not only is it a work day now, but it is supremely a day of amusement and recreation: golf, skiing, skating, hunting, fishing, picnicking, racing, movies, theaters, ball playing, dancing, and other forms of fun making.

~Ezra Taft Benson~

I mention the Sabbath day. The Sabbath of the Lord is becoming the play day of the people. It is a day of golf and football on television, of buying and selling in our stores and markets. Are we moving to mainstream America as some observers believe? In this I fear we are. What a telling thing it is to see the parking lots of the markets filled on Sunday in communities that are predominately LDS. Our strength for the future, our resolution to grow the church across the world, will be weakened if we violate the will of the Lord concerning this important matter. He has so very clearly spoken anciently and again in modern revelation. We cannot disregard with impunity that which He has said.

~Gordon B. Hinckley~

LESSONS

Primary Weekly Theme for September: I will do those things on the Sabbath that will help me feel close to Heavenly Father.

Primary 1, lesson 15: The Sabbath Is a Day of Worship
http://library.lds.org/library/lpext.dll/Curriculum/primary.htm/primary%201%20i%20am%20a%20child%20of%20god.htm/15%20the%20sabbath%20is%20a%20day%20of%20worship.htm?f=templates&fn=document-frame.htm&2.0#JD_34969015

Primary 2, lesson 37: I Can Keep the Sabbath Day Holy
Including a "My Sabbath Day Book" to color. (At the end of this file.)
<http://library.lds.org/library/lpext.dll/Curriculum/primary.htm/primary%202%20choose%20the%20right%20a.htm/37%20i%20can%20keep%20the%20sabbath%20day%20holy.htm?fn=document-frame.htm&f=templates&2.0>

Primary 7, lesson 14: Jesus Christ and the Sabbath Day
<http://library.lds.org/library/lpext.dll/Curriculum/primary.htm/primary%207%20new%20testament.htm/14%20jesus%20christ%20and%20the%20sabbath%20day.htm?fn=document-frame.htm&f=templates&2.0>

ACTIVITIES

Ideas for Keeping the Sabbath Day Holy

*Sunday Clothes: Upon arising on Sunday morning, have the entire family dress in their best Sunday clothing. Do not take these clothes off until you are ready for bed that evening. This helps keep the spirit of the day and helps w/reverence too. Use aprons and bibs where needed at mealtime. You will be amazed how much your behavior changes when you look the part.

*Sunday Toys: Set aside a box full of toys and label it Sunday Toys Children should not be allowed to play with these special toys during the week.

*You could also have a separate Sacrament Bag filled w/books, toys, etc. for Sacrament meeting.

*Beautiful Music: Make it a tradition that every Sunday morning your home will be filled with beautiful music to set your family in the proper mood of the Sabbath.

*Form a rhythm band to help younger children learn the music to hymns and Primary songs.

*Learn a new hymn each week.

*Discussions: During Sunday dinner or on the way home from church, have every person, including parents, discuss the things learned in meetings that day.

*Choose one of the standard works. Discuss its contents and how we got the book.

*Creative Writing: Sunday is a good day to write letters. Besides just family, write thank-you notes, genealogical letters and get-well cards. Don't forget the missionaries and others who serve. Be creative! Use artwork as cards, make special stationary and have lots of craft items on hand.

*Try some creative writing in your diary, life history, or journal. Work on talks. Elder Sterling W. Sill had a tradition of writing a talk every week. He had 52 talks per year at his disposal. That's 520 talks per ten years!

*Write a family newsletter or chain letter to friends and relatives.

*Write a giant letter on a large piece of butcher paper to the missionaries from your ward.

*Keep a journal of your favorite scriptures, what they mean and what influence they have had in your life.

*Write the story of your conversion (or your parents') to give to your children.

*Good Books: Spend time reading from good books like the Scriptures, church books and magazines, great classics, church history, biographies and other inspiring books. Read the church magazines from cover to cover and read stories from them to young children.

*Visit the ward library and find out what books are available to check out.

*Look at books containing great works of art w/children. Discuss each painting w/them.

*Scrap books, Photos & Family Videos: Work on scrap books together.

*Go through family albums, wedding albums, etc. look and talk about people and places in the pictures.

*View home movies together of special family trips, events or missionary slides.

*Story Telling: Story telling would be a proper event for Sunday. Tell about your family history, traditions, special occasions in your family, scriptural stories and anything else with good morals

taught in them.

*Tell your children stories of when you were their age.

*Prepare stories about your children to tell them.

*Have grandma or grandpa tell stories about themselves.

*Have a story swap. Each member of the family must have a story of courage or valor to swap about a relative, church leader or other famous person.

*Read or tell your children bedtime stories about the exciting events in the scriptures.

*Games: After Sunday meetings, play Mormon Bowl. The object is to answer as many questions as possible about sacrament meeting. Each family member writes several questions about the meeting. Name the opening song. Who gave the opening prayer? What new people did we sustain to callings? All the questions are placed in a bowl, w/each taking a turn.

*Find a picture of a red light and a green light for each of your children. Play a game of acceptable or unacceptable activities for the Sabbath. Read a list of activities. When the activity is acceptable the green light should be raised. When it is not acceptable the red picture should be shown. Test their knowledge.

*Have every one in the family old enough to count how many times a certain word or subject is mentioned during Sacrament Meeting. Listen for words such as Christ, Prophet, blessings, etc. At home, compare your numbers. This can also be used as Lingo Bingo for Conference, church videos and other meetings.

*Have everyone cut out of magazines or newspapers words that will make a scripture. Each person then guesses which standard work, the book, the verse.

*Build a puzzle together, it encourages talking.

*Make Sunday puzzles out of pictures from old church magazines, pasted onto a cardboard backing. When everyone has their puzzles together, discuss the meaning of each picture.

*Play Seek and Share. Each person draws a gospel topic written on slips of paper out of a jar. Then for the next 30 minutes everyone looks through books, lesson manuals, magazines, etc. for information on the topic. When the time is up, each person gives a short talk on his subject.

*Have a Sunday activity jar. The jar is filled w/written activities that can be done on the Sabbath. Each Sunday everyone draws an activity for the day. Include many activities that would be beneficial to your family.

Examples: learn a new hymn, work on genealogy, record in your journal, write letters, write a spiritual poem. Also consider a separate jar for children and adults.

*Have a Sunday Treasure Hunt for your children. Clues should be written on slips of paper and should lead them throughout the house. Each clue will demand some activity on the part of the child and tells him where the next clue is. Some suggestions for activities: 1) Go to the bookcase and read chapter 32 of Alma in the Book of Mormon. Then look in the back of the book for the next clue. 2) Go to the stereo and play one side of a Tabernacle Choir album, and read the next clue, etc. until they come to a surprise treat.

*Write the Articles of Faith and other scriptures which have been memorized onto paper. Cut and mount the words onto cards. Deal six cards to each player and put the rest into a draw pile. Take turns starting a scripture or Article of Faith. As each player takes his turn, add an appropriate card from your hand to your own and the other players' sentences. If you do not have a card that can be played, discard one card to the bottom of the draw pile and take a new one. If drawn card is still inappropriate, pass. Winner is the first one to use all the cards in his/her hand.

*Play the Scripture Hunt game. Each player takes a different page of scriptures. After reading that page, each player then writes a one sentence question, the answer to which is found somewhere on the page. At the signal, swap pages and questions. The first player to locate the correct answer to his question is the winner.

*Play Hang Man, or Word Scramble on chalk boards. Use church-related words.

*Learn some new finger plays w/the children.

*To encourage family to know who the current prophet and apostles are, play the game Don't Eat the Prophet. Photocopy their pictures from the center of the conference issue of the Ensign. Make enough copies for half the members of your family. Play a simple game by putting a small treat (M&M, small marshmallow or nut, etc.) on each individual's picture. Divide into partners. One partner decides which one of the individuals pictured is going to be it, and either writes it down or tells mom or dad. The other partner tries not to name who was picked. He will call each apostle or member of the First Presidency by name (Was it President Thomas S. Monson?) For every person he names who was not the name picked, he gets to eat the treat. Once the person picked is named, the other partner gets to eat all the remaining treats.

*Play Initials. Each child is given a sheet of paper w/his initials printed on it. The two letters should cover a fairly large part of the sheet. Each child then does a drawing on the paper using his initials as a part of the design.

*Play 20 questions. Have one player leave the room while the others choose a person from the scriptures whose name he must guess by asking 20 questions. Word each question so it can be answered yes or no. Score is determined by subtracting the number of questions asked from twenty.

*Scripture names. Give each person a piece of paper and have them make a list of all the names of people found in the scriptures. 1 point each for adult, 3 for teenagers and 5 for children.

*Let one person quote a scripture while others see who can find the source first.

*Let one person read a part of a scripture with others writing out what the rest of the verse says.

*Have an object lesson contest in your family. Pick one or two items around the house any simple tool or item and have everyone come up w/a story about how that item can illustrate a gospel principle.

*Art: Have your toddlers draw pictures of the speakers or of the subject being discussed. If the older children get restless, let them try this too.

*Decorate special jars for tithing and mission funds.

*Decorate Sunday Toys box or activity jar.

*Make shadow portraits or silhouettes of family members or of the prophets. Include them in scrapbooks or use to decorate cards.

*Make a set of paper dolls representing the members of your family. Use them in flannel board stories or at Family Home Evening to demonstrate proper reverence, behavior at church, manners and attitude.

*As a family, invent a design, crest, emblem or logo to display on a family banner. When it is complete, unfurl it during Family Home Evenings or other special family occasions.

*Construct an I'm Grateful For mobile to hang in children's rooms.

*Use salt dough or clay to construct a nativity scene, Liahona or other church artifact.

*Have a Mormons in Art night. Review some of America's great artists who were also Mormons. Example: Cyrus E. Dallin, Mahonri Young, etc. Tell their stories and display their pictures if obtainable.

*Make a scroll story w/butcher paper and two sticks.

*Make dot-to-dot pictures of objects like the golden plates or the

star of Bethlehem to keep little ones occupied.

*Provide your child with paints, brushes and a long sheet of butcher paper to do a mural with a religious theme.

*Service: Ring-and-run (leaving a goody) to someone in the ward who needs a pick-me-up.

*Start a Love Bucket (name printed clearly on side) by putting a treat in the bucket w/a note and leave anonymously on the doorstep of a selected person or family.

Note attached could say:

This little Love Bucket is meant to express,
Love from a neighbor whom you'll never guess.
Replace the goodie w/ a treat from you,
And pass it on to someone whom you love too.

*Make a list of members who may need a ride to sacrament meetings. Invite them to ride w/you.

*Invite someone who may be unable to cook for themselves to share dinner w/you, or take dinner to them.

*Invite the missionaries to dinner. They are great role-models for your children. Have a non-member friend or family join you.

*Make gifts such as sachets from cloves, oranges and ribbons to give away to adopted friends.

*Learn the missionary discussions. You never know when you may need them.

*Plan a family service project. Ask your bishop for ideas.

*Set missionary goals whether they are full-time, stake or personal.

*Plan a family D.I. drive day where the family cleans the house and garage in search of items to donate.

*Whenever a missionary returns home, make it a tradition to bake him a welcome home cake and take it to him as a family.

*Appoint yourselves to the unofficial ward welcoming committee. When a new family comes to church, show up at their house later that day w/a plate of cookies and a note saying who you are. Sometimes just one person or family can make all the difference between people feeling unwelcome, and having them feel, Gosh! This ward is so friendly! Be that one person or family.

*Make welcome packets for new ward members. Include map of city, mark shopping areas, stores, church, bus, schools, library, bakery, laundry, etc., list of babysitters and phone numbers and any other helpful information.

- *Take a sandwich or treat over to the bishop when he has been interviewing at the church all afternoon.
- *Adopt a missionary who does not have a family supporting him/her.
- *Adopt an international missionary.
- *Make fabric covers for worn out hymn books.
- *Family time: Have Family Home Evening and invite new members over.
- *Have a family Scripture study. Have young children draw representational pictures beside their favorite scriptures. This will enable them to find the same scripture and remember what it was about in the future.
- *Visit the temple grounds. Bring a non-member.
- *View the movies inside the Visitors Center or take a tour.
- *Give time to a nursing home or to others who may need help reading letters from loved ones or writing them.
- *Take a walk together and talk about your blessings.
- *Use crock pot recipes to cut down on extra cooking.
- *Or, cook a big meal, and enjoy the time spent together cooking, washing dishes and talking. Make the Sabbath a celebration. Use the formal dining room, tablecloth and china.
- *Re-visit families on your Home and Visiting teaching routes who may need to be visited.
- *Check out filmstrips from the library.
- *Tape morning broadcasts of BYU devotionals and play them back during the day.
- *Dramatize events from the Bible and Book of Mormon w/family members. Be sure to dress for your parts.
- *Pair children up in separate rooms together w/books, games, etc. This allows each child time to build a one-on-one relationship w/each of his/her siblings. Rotate partners each Sunday.
- *Invite married family members home for a visit, or go visit them.
- *Make Sunday your day to phone distant relatives and have each family member take turns speaking.
- *Produce a puppet show depicting a historical church event.

*Customize copies of the Book of Mormon for the missionaries to give out by marking important scriptures and adding your personal testimony.

*Have a Hands Across the Water day. Let return missionaries in the ward help you select a country. Help family members to become familiar w/the customs of LDS around the world.

*Make a tape or letter. Have children set goals for the year and share feelings or testimonies. Save the tapes and letters for a year and then listen to and/or read them.

*Make family progress charts, achievement cards and award certificates.

*Have each member of the family take turns reporting on a General Authority, prophet, bishop or other church leader. Tell stories and display or draw pictures.

*Have family councils and interviews.

*Plan outings, picnics, camp outs, vacations and holidays.

*Each Sunday, feature a different family member in a Why I Love You spotlight. Display a picture and a hobby or craft of that person in a prominent place for a week. Write a brief history of the member and list all of their qualities and strengths.

*Give children a father's blessing.

*Learn a new scripture every week as a family. A good time to do this is at mealtime. Then put the scripture for the week on the bulletin board or fridge.

*Select a subject and read everything you can find on it in the scriptures. Sing songs or play music that relates to the subject.

*Teach your teenager how to do genealogy research on the computer.

*Make a family quilt using scraps from favorite old clothes.

*Make a project to study the scriptures and other church writings to learn the requirements for a family to attain celestial life. Present these at Family Home Evening and help each other set goals to work toward.

Sources: Building Better Homes and Families, Randal A. Wright Family Home Evening Resource Book The Church News, 1983

101 Sunday Activities

1. Read church magazines.
2. Prepare future talks or lessons.
3. Use crock-pot recipes to cut down on extra cooking.
4. Prepare Family Home Evening for the next day.
5. Visit those you know in the hospital.
6. Attend temple classes.
7. Invite someone who cannot cook to dinner, or take it to them.
8. Make a list of members who need a ride to sacrament, call them and invite them.
9. Surprise someone in need of a visit.
10. Find a unique way to fellowship less active families.
11. Have family scripture study. Younger children can draw pictures of their favorite ones.
12. Visit the temple grounds as a family or bring a non-member.
13. View the movies inside the Visitors Center or take a tour.
14. Give time to a nursing home.
15. Re-visit families on your Home and Visiting teaching routes.
16. Around the dinner table talk about what the family learned at church that day.
17. Check out videos from the library and view them.
18. Take a nap.
19. Listen to scripture tapes.
20. Read material that is Church-oriented or uplifting.
21. Pair up older children with younger ones to play quiet games together.
22. Label and catalogue family pictures.
23. Have a short music lesson.
24. Write stories about your children's lives and read it to them.
25. Tell stories about when you were their age.
26. Make up questions to ask grandparents about their lives.
27. Tape grandparents talking about their lives.
28. Decorate special jars for tithing, missions, or journal jars.
29. Take a walk as a family.
30. Visit family other members.
31. Decorate a "Sunday Activities" box.
32. Plan and rehearse a family musical recital.
33. Perform a recital at a nursing home or children's hospital.
34. Make shadow portraits or silhouettes of family members.
35. Make a tape for family members far away with songs and favorite stories.
36. Make phone calls to family and friends,
37. Prepare Home or Visiting Teaching message.
38. Write a poem or song about the gospel.
39. Listen to good music.
40. As a family, make a coat of arms.
41. As a family, make a family flag.
42. Practice a skill such as knitting. Make a gift for someone.
43. "Adopt" a secret friend or family. Write letters to them.
44. Learn about LDS saints in other countries.

45. Write your testimony in a Book of Mormon and give to a non-member friend.
46. Write and perform a puppet story based on church history.
47. Dramatize events from the Bible and Book of Mormon. Wear costumes.
48. Construct an "I'm Grateful for." mobile to hang in children's room.
49. Make an "I'm grateful for." collage to hang in children's room.
50. Make a set of paper dolls representing family members.
51. Work on scrapbooks.
52. Write a story and illustrate it.
53. Write a letter to yourself about your goals and open it one year later.
54. Write thank you letters for gifts, a good lesson, or to a good friend.
55. Make family progress charts.
56. Use salt dough to make a church artifact like Liahona, nativity, etc.
57. Learn the missionary discussions.
58. Clip and file favorite church articles.
59. Make handmade cards for special occasions.
60. Make a scroll story with butcher paper and two sticks.
61. Plan a family service project. Check with the Bishop for ideas.
62. Invent a church related game.
63. Play a church related game.
64. Study religious history.
65. Make a dot-to-dot picture of a church theme.
66. Memorize scriptures, Articles of Faith, hymns, stories, or poems.
67. Read a good play together as a family.
68. Have a story swap. Each family member tells a story.
69. Listen to Conference talks.
70. Practice playing hymns on a musical instrument.
71. With children look at books containing great works of art. Talk about it.
72. Set missionary goals.
73. Invite a family you would like to get to know better to a family fireside.
74. Set genealogy goals.
75. Hold family interviews.
76. Write a family song or cheer.
77. Write a family newsletter.
78. Write a giant letter to family members or missionaries on butcher paper.
79. Plan family outings, camp outs or vacations and holidays.
80. Plan next Sunday's Activities.
81. Plan a family D.I. day.
82. Tape church meetings for a shut in and deliver it to them.
83. Play the Article of Faith game.
84. Play the scripture hunt game.
85. Play hangman or word scrabble using church related words.
86. Play Church bingo.

87. Research genealogy on Internet.
88. Write letters to family members about genealogy.
89. Make a family group sheet.
90. Color a family pedigree chart.
91. Welcome new ward members by taking a plate of cookies and a ward list to them.
92. Bake cookies for a family.
93. Invite a new family over for dinner.
94. Invite the missionaries over for dinner.
95. Play a pioneer game.
96. Study about your favorite temple.
97. Make a flannel board story.
98. Make a family time capsule to be open 10 years from now.
99. See how many different animals there are in the scriptures.
100. Memorize the books in the scriptures.
101. Make puzzles from old pictures.

Here are a few guidelines that can be used in choosing our Sunday activities:

1. Sunday is a day for the family to devote to worship and service. "We urge all Latter-day Saints to set this holy day apart from activities of the world and consecrate themselves by entering into a spirit of worship, thanksgiving, service, and family-centered activities appropriate to the Sabbath. As Church members endeavor to make their Sabbath activities compatible with the intent and Spirit of the Lord, their lives will be filled with joy and peace." (First Presidency Message, 1993)

2. The Sabbath is a day of rest; a day to rest from the things of the world and our worldly labors. It is also a day to more fully enter into His rest. Moroni 7:3 "wherefore, I would speak unto you that are of the church, that are the peaceable followers of Christ, and that have obtained a sufficient hope by which ye can enter into the rest of the Lord, from this time henceforth until ye shall rest with him in heaven."

President Spencer W. Kimball said:

"The Sabbath is not a day for indolent lounging about the house or pattering around the garden, but is a day for consistent attendance at meetings for the worship of the Lord, drinking at the fountain of knowledge and instruction, enjoying the family, and finding uplift in music and song. "The Sabbath is a holy day in which to do worthy and holy things. Abstinence from work and recreation is important, but insufficient. The Sabbath calls for constructive thoughts and acts, and if one merely lounges about doing nothing on the Sabbath, he is breaking it. To observe it, one will be on his knees in prayer, preparing lessons, studying the gospel, meditating, visiting the ill and distresses, writing letters to missionaries, taking a nap, reading wholesome material, and attending all the meetings of that day at which he is expected." (First Presidency Message, January 1978)

3. The Sabbath is to be spent, for the most part, with the family.

4. The Sabbath is a spiritual gauge of our desire to be God's people. "There is power in keeping the Sabbath day holy-power to help others as well as ourselves. If we would have God's blessings and protection as individuals, as families, as communities and as nations, we must keep His Sabbath day Holy." (Elder John H. Groberg, October 1984 General Conference)

5. The example set in the home by how parents honor the Sabbath will do more to teach children than any other instruction or influence.

Source: yw@ldsn.com - An LDSCN discussion list for Young Women leaders and members about the Young Women program in general.

My Sabbath Day Book



