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GOSPEL FOUNDATIONS FOR INCARCERATED INDIVIDUALS

The Sabbath Day



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

The Sabbath Day

The Purpose of the Sabbath Day

The Lord commands: "Remember the sabbath day, to keep it holy" (Exodus 20:8, page 109).

The word *Sabbath* means "rest." The Sabbath day helps us to remember and commemorate the Creation and the Resurrection of Jesus Christ. After God finished the Creation, He rested. He then ordained the seventh day as a holy day for us to rest from our labors and worship Him.

Jesus taught that the Sabbath day was made for our benefit (see Mark 2:27, page 1245). The purpose of the Sabbath is to give us a day of the week when we can direct our thoughts and actions toward God. It is not a day merely to rest from work; it is a sacred day to be spent in worship and reverence. Resting from our usual activities allows our minds to ponder spiritual matters. On this day we feed our souls on the things of the Spirit.



The Lord's Day

Until His Resurrection, Jesus Christ and His disciples honored the seventh day (Saturday) as the Sabbath. After His Resurrection, Sunday was held sacred as the Lord's Day in remembrance of His Resurrection on that day (see Acts 20:7, page 1401). From that time on, followers of Jesus Christ observed Sunday as their Sabbath. In both cases there were six days of labor and one for rest and devotion.

Keeping the Sabbath Day Holy

The Lord asks us to show respect for the Sabbath in certain ways—first, by sanctifying it. This means that we should participate in holy, sacred, or reverent activities that help us to feel the Holy Ghost and that show our gratitude to God for His blessings.

Second, the Lord asks us to rest from daily work. This means we should give our full attention to spiritual matters.



The Lord expects us to use the Sabbath to perform righteous acts. What may we do on the Sabbath? We can keep the Sabbath day holy by attending Church meetings, reading the scriptures and the words of our Church leaders, listening to uplifting music and singing hymns, praying to our Heavenly Father in gratitude, performing acts of service, preparing family history records and personal histories, sharing our faith, and fasting.

Blessings for Observing the Sabbath

If we honor the Sabbath day, we can receive great spiritual and temporal blessings. The Lord has said that if we keep the Sabbath day with thanksgiving and cheerful hearts, we will be full of joy. He has promised:

“The fulness of the earth is yours, . . . whether for food or for raiment, or for houses, or for barns, or for orchards, or for gardens, or for vineyards;

“Yea, all things which come of the earth, in the season thereof, are made for the benefit and the use of man, both to please the eye and to gladden the heart” (D&C 59:16–18, page 109).



“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;

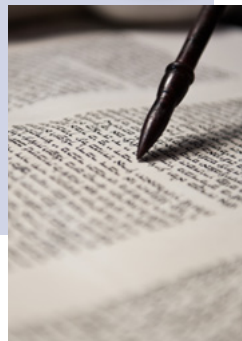
“For verily this is a day appointed unto you to rest from your labors, and to pay thy devotions unto the Most High.”

D&C 59:9–10, pages 108–9

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Additional Scriptures

- **Luke 6:1–11, pages 1283–84**
(we must do good on the Sabbath)
- **Luke 13:11–17, pages 1301–2;**
John 5:1–18, pages 1332–33
(Jesus set an example of doing good on the Sabbath)



Personal Experience

Even though I had been properly taught the restored gospel of Jesus Christ, I fell into some forbidden paths and was sentenced for my crime to state prison. The first several weeks were painful, mostly because I had no contact with the Church or its leaders. Finally, I was placed more permanently in a men's facility and had my chance to attend Church services and meet with the bishop and others of the Lord's appointed servants.

I was placed in three separate facilities over the course of my incarceration. Circumstances were often drastically different, and I had to learn to adapt appropriately to new friends and to new challenges.

But one thing was consistent. Nearly every Sunday I could attend a worship service, choir practice, and Sunday School. This was pure spiritual refreshment for me. With all my heart, I looked forward to meeting with other believers, including my fellow inmates, to share hope in the Savior's Atonement.

I was so grateful to receive counsel from our bishop and other special leaders. The remaining hours on Sundays were dedicated to studying God's holy word, participating in wholesome conversations, and pondering upon my many blessings. In prison I learned the great value of Sabbath worship and keeping the Sabbath day holy.

"With all my heart, I looked forward to meeting with other believers, including my fellow inmates, to share hope in the Savior's Atonement."



How can you help others to see the value of keeping the Sabbath holy?

What blessings have you received or could you receive by keeping the Sabbath day holy?

Is there anything else that you have learned from this lesson that you would like to share?

Name _____ **Offender #** _____

Please answer the questions on this response form, detach, and return to the address below:

Correctional Services
 50 East North Temple Street
 Salt Lake City, UT 84150
 1-801-240-2644

Please request the next lesson you would like to study: _____