

The Sabbath Day

NEW TESTAMENT SEMINARY MANUAL

Study the following sources to learn more about the Sabbath and the blessings we can receive by honoring it.

- Isaiah 58:13–14
- Doctrine and Covenants 59:9–10

President Russell M. Nelson taught the following about showing our love to God on the Sabbath:



In my much younger years, I studied the work of others who had compiled lists of things to do and things *not* to do on the Sabbath. It wasn't until later that I learned from the scriptures that my conduct and my attitude on the Sabbath constituted a *sign* between me and my Heavenly Father [see Exodus 31:13; Ezekiel 20:12, 20]. With that understanding, I no longer needed lists of dos and don'ts. When I had to make a decision whether or not an activity was appropriate for the Sabbath, I simply asked myself, "What *sign* do I want to give to God?" That question made my choices about the Sabbath day crystal clear. ("The Sabbath Is a Delight," *Ensign or Liahona*, May 2015, 130)

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THE CHURCH OF
JESUS CHRIST
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