

THE SABBATH DAY – A DAY OF DELIGHT IN TWO PARTS

(Joyful and Spiritual Bonding)

Following your Sacrament Meeting and Primary/Sunday School class time, consider dividing the remainder of your Sabbath into two parts. **(1)** Gather together for part of the afternoon to do a follow up time with an emphasis on the spiritual messages of your family's Primary, Youth and adult lessons. Strive to make this a spiritually tuned time to review the Sunday lessons, the teachings of the Savior and the emphasis of deepening personal testimonies of Jesus Christ. Ask for input from everyone as to how and what they were taught in their classes. Ask how it applies to your family. This should be a reverent and a sacred family time to discuss and emphasize the Savior in our lives. It can be brief or lengthy.

After a break, and later in the day, **(2)** gather the family for a different kind of "Delightful" Sabbath with activities that involve learning through singing, movement, togetherness, games, rhymes, practical gospel principle "joy". Provide a delightful time with applications and ideas that will bond and provide joyful learning activities, while teaching the principles most needed in your home, such as: Temple marriage, baptism, Articles of Faith, Scripture memory, and any other subject you feel needs to be emphasized in your family.

The important point is to balance spirituality and joy into each Sabbath Day.

(see handout for "Deeper Testimonies, Brighter Minds and Happier Families")