

KEEPING THE SABBATH

STEP 1: UNDERSTAND WHAT IT MEANS TO KEEP THE SABBATH HOLY

God created the world in six days, and on the seventh day, He rested. This seventh day is the Sabbath day (Genesis 2:2). When God gave Moses the Ten Commandments, one of His commandments was to “remember the Sabbath day, to keep it holy” (Exodus 20:8; see also verse 10).

The word *Sabbath* comes from a Hebrew word that means rest, and the word *holy* means something that is sacred or dedicated to God. The Sabbath is a holy day, a day that’s supposed to be different from the other days of the week. On this sacred day, you should rest from your normal daily routine and dedicate your thoughts and time to God.

STEP 2: COMMIT TO KEEPING THE SABBATH DAY HOLY THROUGH WORSHIP

Now that you know the meaning behind keeping the Sabbath day holy, the next step is to commit to keeping it holy. The best way to do this is by choosing to worship God, our Heavenly Father, and His Beloved Son, Jesus, on that day.

During the other six days of the week, you are probably quite focused on everything you have to get done. But on Sunday, the Lord’s day, you should turn your thoughts and heart to Him. Spend the day strengthening your faith in and respecting God and Jesus. Worship them by attending your church services. Try to extend your Sabbath worship beyond just those few hours you spend at church. How can you do this? By listening to hymns, singing or playing uplifting music, reading scriptures, praying, spending time outdoors appreciating creation, walking, and serving/visiting those in need.

STEP 3: PREPARE DURING THE WEEK TO KEEP THE SABBATH HOLY

When you plan your week, be sure to keep the Sabbath day in mind. Don’t make any plans that will take you away from what you could be doing to honor the Sabbath. If you know you’ll need groceries for Monday morning, buy it on Saturday instead of waiting until Sunday. Do your housework and run your errands on Saturday. If you need to catch up on work or write a paper for school, set aside time during the week or on Saturday to do that.

STEP 4: ORGANIZE SPECIAL SUNDAY ACTIVITIES SO THE DAY FEELS DIFFERENT

What *can* I do on Sunday? Perhaps because you are told this is a day of rest and that you shouldn’t do your normal activities, your mind focuses on all the things you can’t do. But you shouldn’t think of the Sabbath as a day of *can’t*s. Instead, focus on all the things you can do. There are a number of enjoyable activities you can do while still keeping the Sabbath holy, including:

- Visiting family and friends
- Writing in a journal
- Reading your Bible, and other Christian writings
- Listening to uplifting worshipful Christian music
- Going for a walk, or other outdoor activities with your family
- Taking dinner to someone who is sick or lonely

Anything that uplifts you and helps you become better and more like Jesus is a great way to spend your Sabbath day. God has promised great blessings to those that keep the Sabbath day holy. We can feel the love of God more in our lives. Our relationships grow stronger within our families. We can have greater focus and confidence in the upcoming week. Trust that God will bless and honor you if you honor the Sabbath, and it will become a day to look forward to. To those who keep the Sabbath day holy, God has said, “Then you will find joy in the Lord...” (Isaiah 58:14).