

# A Day to Serve and Remember

There is a huge difference between resting from our labors on the Sabbath and taking a vacation. The Sabbath is a *holy* day, not a *holiday*. One of the reasons why we should keep the Sabbath holy and rest from our work is so that we will have time to do the Lord's work.

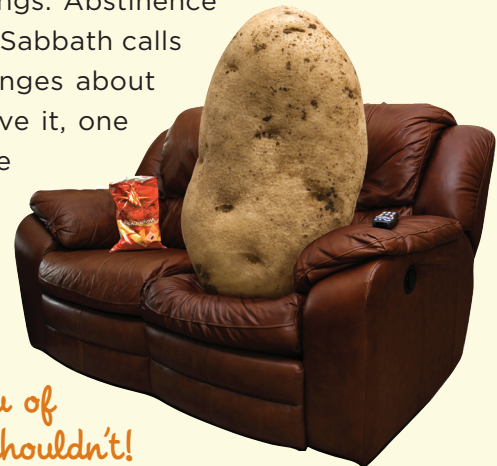
**DO  
TRY THIS  
AT  
HOME!**

This Sunday, try to "keep thyself unspotted from the world" (D&C 59:9) by avoiding watching worldly TV or doing any homework. Instead, focus your day on only doing spiritually productive things that bring you closer to Christ.

*What are we worshipping on the Sabbath?*



If we are keeping the Sabbath day holy and resting from our work, it's nearly impossible to claim that we are too busy to serve God or our fellow man. The Lord tells us that one of the purposes of the Sabbath is to "offer thine oblations and thy sacraments unto the Most High" (D&C 59:12). An oblation is "offerings, whether of time, talents, or means, in service of God and fellowman" (D&C 59:12, footnote 12b). If we rested on the Sabbath only by lounging around in pajamas and taking sporadic catnaps, we would not be keeping the day holy nor fulfilling its divine intentions. President Spencer W. Kimball said: "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, sleeping, reading wholesome material, and attending all the meetings of that day to which he is expected. To fail to do these proper things is a transgression."<sup>4</sup>



*Does this remind you of the Sabbath? It shouldn't!*



Whether it's serving in our calling, going home teaching, having a nice long meal with the family, visiting Grandma, studying our scriptures, writing in our journal, talking to a friend or relative on the phone, baking cookies with siblings, or reading that really good book on why we should keep the commandments ☺, the Sabbath provides time to do all these spiritually uplifting things (and more) that might otherwise be overlooked in our busy schedules.

*"Come visit, Sonny!"*

## Can I Get Baptized Again?

A primary reason why the Sabbath was created, and why we should keep it holy, is that it provides a day for us to rededicate ourselves to God and to remember the Savior's atonement by partaking of the sacrament.

We should keep the Sabbath day holy and attend our meetings so that we can partake of the sacrament and receive its cleansing effect. President Boyd K. Packer explained: "Generally we understand that, conditioned upon repentance, the ordinance of baptism washes our sins away. Some wonder if they were baptized too soon. If only they could be baptized now and have a clean start. But that is not necessary! Through the ordinance of the sacrament, you renew the covenants made at baptism. When you meet all of the conditions of repentance, however difficult, you may be forgiven and your transgressions will trouble your mind no more."<sup>5</sup>

### *A weekly baptism*

Elder Dallin H. Oaks further taught: "Attendance at Church each week provides the opportunity to partake of the sacrament, as the Lord has commanded us. If we act with the right preparation and attitude, partaking of the sacrament renews the cleansing effect of our baptism and qualifies us for the promise that we will always have His Spirit to be with us."<sup>6</sup>

Elder Jeffrey R. Holland added, "Think for a moment how different our lives could be if through repentance we were made clean each and every Sabbath and could start each week absolutely pure, renewed, refreshed—totally confident of our standing before God."<sup>7</sup>

*Each time* we partake of the sacrament, in the spirit of repentance, we are cleansed from our sins and washed anew by the sanctifying power of the Holy Ghost (see 3 Nephi 27:20; 2 Nephi 31:17). The sacrament is specifically blessed to "sanctify . . . the souls of all those who partake of it" (D&C 20:77). This weekly cleansing is perhaps the purest reason why we should honor the Sabbath.

