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## Activity Time

## Sabbath Day Pinwheel

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**Description:** Learn the blessings of keeping the Sabbath day holy, and ways we can devote this special day to the Lord.

**What you need:**

- A copy of "Sabbath Day Pinwheel" activity (artwork included with this lesson), scissors, glue/tape, drinking straw, nut and screw or brad.

**Preparation:**

1. Print out the artwork.
2. Match up and glue parts A & B together and parts C & D together with print side out.
3. Cut out all pieces. Cut along red dotted lines. Use paper punch to make holes in corners (red dotted circles).
4. Punch a hole in the top of the drinking straw. Place brad/bolt through hole in straw.
5. Place brad/bolt into center hole of the pinwheel with scripture side facing up.
6. After reading and discussing each scripture, fold up corner with paper punch inward to center and place through brad or bolt.

**Activity:**

1. Read scripture #1 (D&C 59:9). Ask: How does going to church and partaking of the sacrament on the Sabbath day keep us unspotted from the world?
2. Read scripture #2 (D&C 59:10). Ask: Why is it important to rest from our labors and worship God on the Sabbath day?
3. Read scripture #3 (D&C 59:13). Ask: How does fasting bring us joy?
4. Read scripture #4 (D&C 59:15-16). In what ways can we show thanksgiving and a cheerful heart on the Sabbath day?
5. Read scripture #5 (D&C 59:5, printed on the circle). How does keeping the Sabbath day holy show our love for God?

Discuss ways your family can keep the Sabbath Day holy and show reverence and love for God.

Step 4

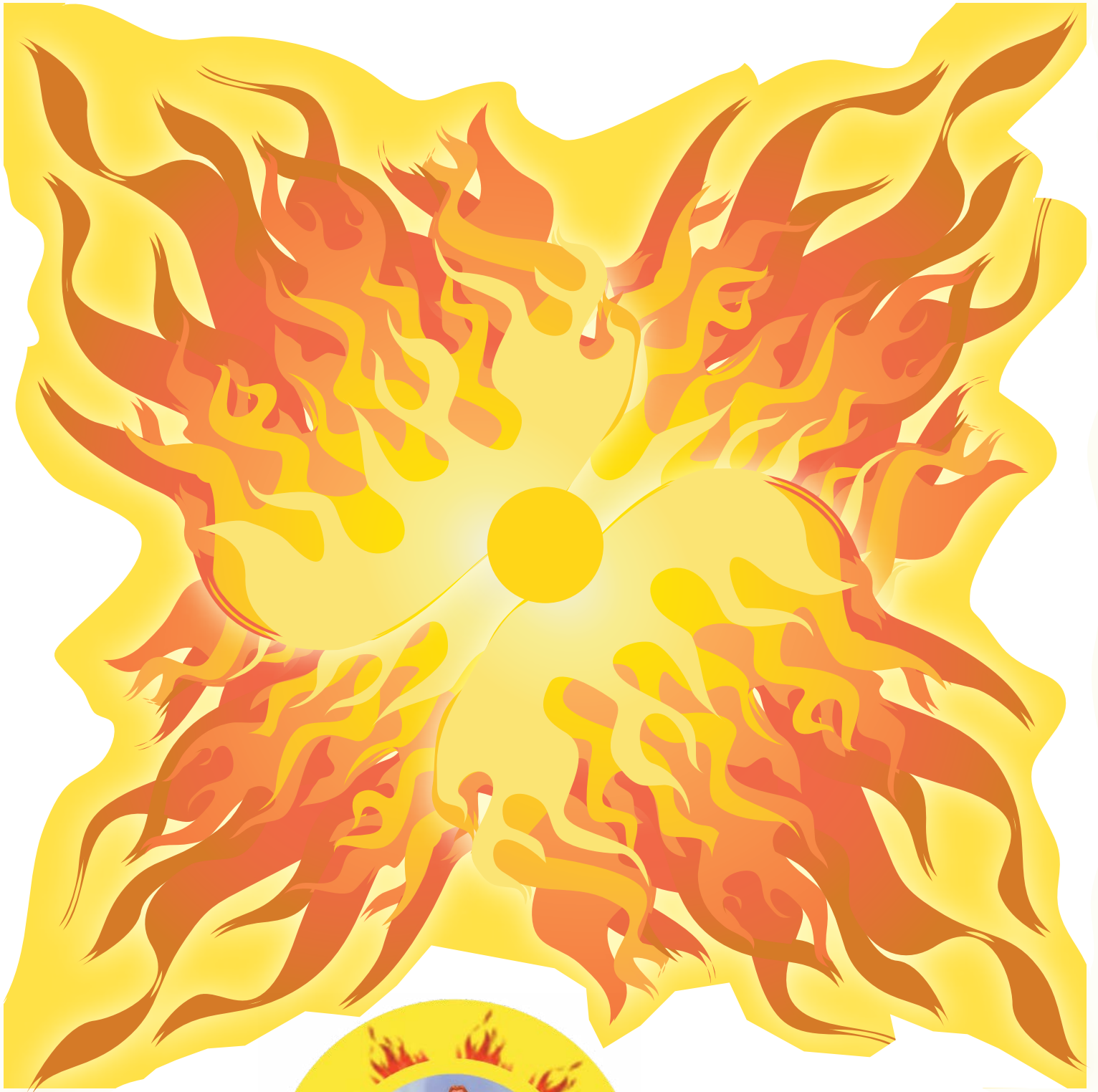


Step 5



Step 6







2  
"And that thou mayest more fully keep thyself unspotted from the word, thou shalt go to the house of prayer and offer up thy sacraments upon my holy day."  
D&C 59:9

"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 59:10

3  
"And on this day thou shalt do none other thing, only let thy food be prepared with singleness of heart that thy fasting may be perfect, or, in other words, that thy joy may be full."  
D&C 59:10

4  
"And inasmuch as ye do these things with thanksgiving, with cheerful hearts and the fulness of the earth is yours"  
D&C 59:10

5  
"Thou shalt love the Lord thy God with all thy heart, with all thy might, mind, and strength; and in the name of Jesus Christ thou shalt serve him."  
D&C 59:10