



Come, Follow Me
with
Living Scriptures
STREAMING

My Holy Day

Doctrine and Covenants 58-59

Objectives:

- Discuss the importance of keeping the Sabbath day holy, and how we can be anxiously engaged doing good things.

Reinforces Principles of:

- Sabbath Day

Reverence Time

Song: "Reverence is Love" Children's Songbook, page 31

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/reverence-is-love>

Scripture: Doctrine and Covenants 59:9-10

"And that thou mayest more fully keep thyself unspotted from the world, thou shalt go to the house of prayer and offer up thy sacraments upon my holy day; For verily this is a day appointed unto you to rest from your labors, and to pay thy devotions unto the Most High;"

Video: Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-holyday>

Lesson

Summary:

As the Saints arrive in Missouri, they are called to build up Zion. There was much to do, and the Lord reminds them that they can make their own choices and be anxiously engaged in doing good things. They shouldn't wait to be commanded to do everything. But even though there was much to do, they should keep the Sabbath day holy by resting from their labors and worshiping God. The Lord tells them that the Sabbath day is a day to go to church, partake of the sacrament, pray, repent, fast, and be thankful for everything God has given us. Modern day prophets have told us that the Sabbath day is also a day to teach the gospel, study the gospel with our families, do family history work, and serve others. The Sabbath is a special day that we can give to the Lord.

Quote:

"Not pursuing your 'own pleasure' on the Sabbath requires self-discipline. You may have to deny yourself of something you might like. If you choose to delight yourself in the Lord, you will not permit yourself to treat it as any other day. Routine and recreational activities can be done some other time." Russell M. Nelson

Questions:

How can we be "anxiously engaged in doing good works"? D&C 58:27

Why do you think we might be "slothful" if we need to be "compelled" to do good things? D&C 58:26

How can we keep the Sabbath day holy?

What are some ways we can worship God?

Activity Time

Sabbath Day Pinwheel

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

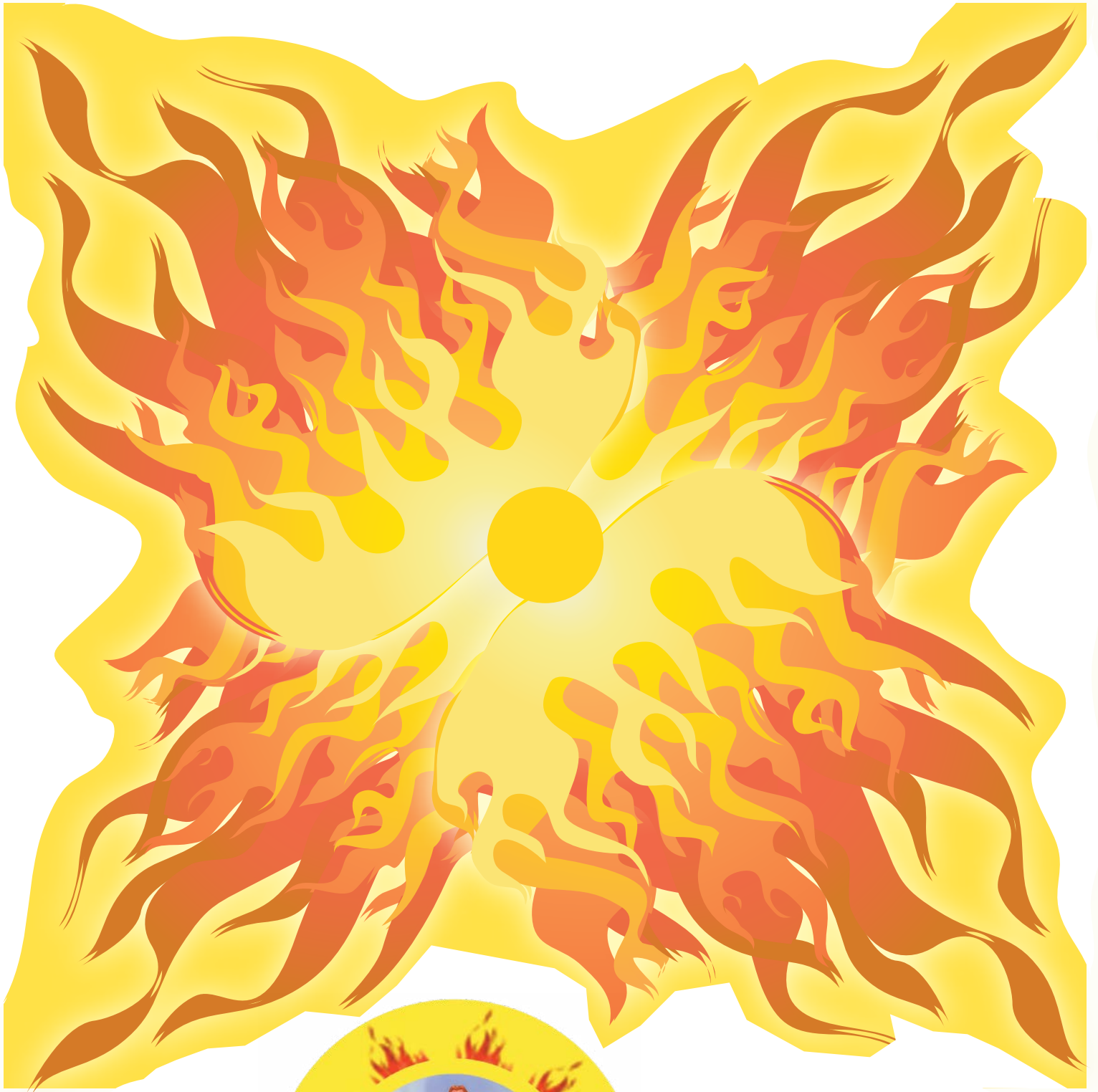


Step 5



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

Prep Time: 10 minutes
Cook Time: 10 minutes
Chill Time: 15 minutes



Ingredients: **Crust**

3 ounces cream cheese, softened
1/2 cup butter, softened
1 cup all-purpose flour
15 drops yellow food coloring

Filling

1 (14 ounce) can sweetened condensed milk
1/3 cup lemon juice
2 (10 ounce) container frozen whipped topping, softened
20 drops yellow food coloring

Instructions: Crust: Preheat oven to 325 degrees F. Blend with electric mixer, cream cheese with the butter. Stir in flour just until mixed well. Chill for 15 minutes. Dough can be made ahead and chilled for up to 24 hours.

Treat Time: Divide dough into 12 balls. Give each family member one ball. Press or roll into a four inch circle. Pinch around edges into points to make sun rays. Press into muffin cups. Pierce bottoms and sides of crusts with fork. Bake for 10 minutes, or until light brown. Prepare filling while crusts bake.

Filling: Mix together until smooth the sweetened condensed milk, lemon juice and 15 ounces whipped topping. Reserve 5 ounces of whipped topping for garnish. Pour into baked shells. If you are not going to eat immediately, cool crust before adding filling. Top your suns with clouds if desired (the reserved 5 ounces of whipped topping).