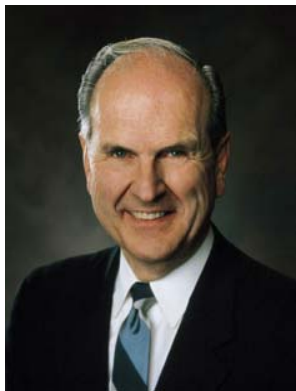


When Isaiah described the Sabbath as “a delight,” he also taught us how to make it delightful. He said: “If thou turn away ... from doing thy pleasure on my holy day; and call the sabbath a delight, ... and shalt honour [the Lord], not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: “Then shalt thou delight thyself in the Lord.”

1. I first found delight in the Sabbath many years ago when, as a busy surgeon, I knew that the Sabbath became a day for personal healing. By the end of each week, my hands were sore from repeatedly scrubbing them with soap, water, and a bristle brush. I also needed a breather from the burden of a demanding profession. Sunday provided much-needed relief.
2. The Savior identified Himself as Lord of the Sabbath. It is His day! Repeatedly, He has asked us to keep the Sabbath or to hallow the Sabbath day. We are under covenant to do so. How do we hallow the Sabbath day? In my much younger years, I studied the work of others who had compiled lists of things to do and things not to do on the Sabbath. It wasn't until later that I learned from the scriptures that my conduct and my attitude on the Sabbath constituted a sign between me and my Heavenly Father. With that understanding, I no longer needed lists of dos and don'ts. When I had to make a decision whether or not an activity was appropriate for the Sabbath, I simply asked myself, “What sign do I want to give to God?” That question made my choices about the Sabbath day crystal clear.
3. Though the doctrine pertaining to the Sabbath day is of ancient origin, it has been renewed in these latter days as part of a new covenant with a promise. Listen to the power of this divine decree: “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. ... “And on this day ... let thy food be prepared with singleness of heart that thy fasting may be perfect, ... that thy joy may be full. ... “And inasmuch as ye do these things with thanksgiving, with cheerful hearts and countenances, ... the fulness of the earth is yours.” Imagine the scope of that statement! The fulness of the earth is promised to those who keep the Sabbath day holy. No wonder Isaiah called the Sabbath “a delight.”
4. How can you ensure that your behavior on the Sabbath will lead to joy and rejoicing? In addition to your going to church, partaking of the sacrament, and being diligent in your specific call to serve, what other activities would help to make the Sabbath a delight for you? What sign will you give to the Lord to show your love for Him?
5. The Sabbath provides a wonderful opportunity to strengthen family ties. After all, God wants each of us, as His children, to return to Him as endowed Saints, sealed in the temple as families, to our ancestors, and to our posterity.
6. As you teach the gospel, you will learn more. This is the Lord's way of helping you to comprehend His gospel. He said: “I give unto you a commandment that you shall teach one another the doctrine of the kingdom. “Teach ye diligently ... , that you may be instructed more perfectly ... in doctrine, in the law of the gospel, in all things that pertain unto the kingdom of God.” Such study of the gospel makes the Sabbath a delight. This promise pertains regardless of family size, composition, or location.
7. We make the Sabbath a delight when we teach the gospel to our children. ... Years ago the First Presidency stressed the importance of quality family time. They wrote: “We call upon parents to devote their best efforts to the teaching and rearing of their children in gospel principles which will keep them close to the Church. The home is the basis of a righteous life, and no other instrumentality can take its place or fulfill its essential functions in carrying forward this God-given responsibility. When I ponder this counsel, I almost wish I were a young father once again. Now parents have such wonderful resources available to help them make family time more meaningful, on the Sabbath and other days as well. They have LDS.org, Mormon.org, the Bible videos, the Mormon Channel, the Media Library, the Friend, the New Era, the Ensign, the Liahona, and more—much more. These resources are so very helpful to parents in discharging their sacred duty to teach their children. No other work transcends that of righteous, intentional parenting!
8. In addition to time with family, you can experience true delight on the Sabbath from family history work. Searching for and finding family members who have preceded you on earth—those who did not have an opportunity to accept the gospel while here—can bring immense joy. I have seen this firsthand. Several years ago, my dear wife Wendy determined to learn how to do family history research. Her progress at first was slow, but little by little she learned how easy it is to do this sacred work. And I have never seen her happier. You too need not travel to other countries or even to a family history center. At home, with the aid of a computer or mobile device, you can identify souls who are yearning for their ordinances. Make the Sabbath a delight by finding your ancestors and liberating them from spirit prison!
9. Make the Sabbath a delight by rendering service to others, especially those who are not feeling well or those who are lonely or in need. Lifting their spirits will lift yours as well.
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