

LESSON 16 *by Dennis N. Roberts*

Thou Shalt ... Offer Up Thy Sacraments Upon My Holy Day

(Objective: to help members strengthen desires to keep Sabbath)

Welcome

Background in Bible Dictionary page 765

1- The Lord established the Sabbath

- a. Exodus 20:8-11 & Exodus 31:13,15-17 = 2 purposes
- b. D&C 59:9-13 How do we know "this day" = Sunday?

2- Pay devotions to God through Sunday worship

- a. D&C 59:9 Where is "house of prayer"?
- b. *Supplement #1* *President Gordon B. Hinckley*
- c. How can we make block time a spiritual refreshment?
 - 1- Prayer 4- Attitudes (sacrament/program)
 - 2- Music 5- Christ-centered messages
 - 3- Lesson material 6- Reverence
- d. *Supplement #2* *Elder Boyd K Packer*
- e. *Supplement #3* *Elder Joseph B. Wirthlin*
- f. D&C 59:9, 12 What are sacraments and oblations?

3- Pay devotions to God by resting from labors

- a. D&C 59:10 What labors are we to rest from?
- b. How can we determine what is appropriate for Sunday?
- c. How can we strengthen ourselves and others on Sunday?
- d. What are some challenges to keeping the Sabbath Day holy?
- e. *Supplement #4* *President Spencer W. Kimball*

4- The Lord blesses those who keep Sabbath holy

- a. D&C 59:9,13,15 What blessings does the Lord promise?
- b. D&C 59: 14 Lord says Sabbath should be a day of ____?
- c. Isaiah 58:13-14 Isaiah calls the Sabbath what?

How does this apply to me?

President Spencer W. Kimball said: "We do not go to Sabbath meetings to be entertained or even solely to be instructed. We go to worship the Lord. It is an individual responsibility, and regardless of what is said from the pulpit, if one wishes to worship the Lord in spirit and truth, he may do so by attending his meetings, partaking of the sacrament, and contemplating the beauties of the gospel. If the service is a failure to you, you have failed. No one can worship for you"
(*"The Sabbath—A Delight," Ensign, Jan. 1978, 4-5*).

Next Lesson

Lesson 17 / Study Guide, page 11 / Laws of Tithing & Fast

LESSON 16 *by Dennis N. Roberts*

Thou Shalt ... Offer Up Thy Sacraments Upon My Holy Day

(Objective: to help members strengthen desires to keep Sabbath)

Welcome

Background in Bible Dictionary page 765

1- The Lord established the Sabbath

- a. Exodus 20:8-11 & Exodus 31:13,15-17 = 2 purposes
- b. D&C 59:9-13 How do we know "this day" = Sunday?

2- Pay devotions to God through Sunday worship

- a. D&C 59:9 Where is "house of prayer"?
- b. *Supplement #1* *President Gordon B. Hinckley*
- c. How can we make block time a spiritual refreshment?
 - 1- Prayer 4- Attitudes (sacrament/program)
 - 2- Music 5- Christ-centered messages
 - 3- Lesson material 6- Reverence
- d. *Supplement #2* *Elder Boyd K Packer*
- e. *Supplement #3* *Elder Joseph B. Wirthlin*
- f. D&C 59:9, 12 What are sacraments and oblations?

3- Pay devotions to God by resting from labors

- a. D&C 59:10 What labors are we to rest from?
- b. How can we determine what is appropriate for Sunday?
- c. How can we strengthen ourselves and others on Sunday?
- d. What are some challenges to keeping the Sabbath Day holy?
- e. *Supplement #4* *President Spencer W. Kimball*

4- The Lord blesses those who keep Sabbath holy

- a. D&C 59:9,13,15 What blessings does the Lord promise?
- b. D&C 59: 14 Lord says Sabbath should be a day of ____?
- c. Isaiah 58:13-14 Isaiah calls the Sabbath what?

How does this apply to me?

President Spencer W. Kimball said: "We do not go to Sabbath meetings to be entertained or even solely to be instructed. We go to worship the Lord. It is an individual responsibility, and regardless of what is said from the pulpit, if one wishes to worship the Lord in spirit and truth, he may do so by attending his meetings, partaking of the sacrament, and contemplating the beauties of the gospel. If the service is a failure to you, you have failed. No one can worship for you"
(*"The Sabbath—A Delight," Ensign, Jan. 1978, 4-5*).

Next Lesson

Lesson 17 / Study Guide, page 11 / Laws of Tithing & Fast

LESSON 16 SUPPLEMENTS *by Dennis N. Roberts*

SUPPLEMENT #1 **President Gordon B. Hinckley**

President Hinckley said that “every sacrament meeting ought to be a spiritual feast” and “a time of spiritual refreshment”

(Teachings of Gordon B. Hinckley [1997], 563, 564).

SUPPLEMENT #2 **Elder Boyd K. Packer**

Elder Packer expressed concern that “an increasing number of our leaders and members do not sing the congregational songs.” He then counseled, “We should sing the songs of Zion—they are an essential part of our worship.” *(Conference Report, Oct. 1991, 29; or Ensign, Nov. 1991, 22).*

Elder Packer also said that we should be reverent in the chapel so we do not intrude “when someone is struggling to feel delicate spiritual communications.” He also cautioned that reverence “does not equate with absolute silence. We must be tolerant of little babies, even an occasional outburst from a toddler being ushered out.”

(Conference Report, Oct. 1991, 28; or Ensign, Nov. 1991, 22).

SUPPLEMENT #3 **Elder Joseph B. Wirthlin**

Elder Wirthlin of the Quorum of the Twelve said: “Windows must be washed regularly to clean away dust and dirt. ... Just as earthly windows need consistent, thorough cleaning, so do the windows of our spirituality. ... By partaking of the sacrament worthily to renew our baptismal covenants, we clarify our view of life’s eternal purpose and divine priorities. The sacrament prayers invite personal introspection, repentance, and rededication as we pledge our willingness to remember our Savior, Jesus the Christ.”

(Conference Report, Oct. 1995, 103; or Ensign, Nov. 1995, 77).

SUPPLEMENT #4 **President Spencer W. Kimball**

President Kimball taught: “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, writing letters to missionaries, taking a nap, reading wholesome material, and attending all the meetings of that day at which he is expected.”

(Ensign, Jan. 1978, 4).

LESSON 16 SUPPLEMENTS *by Dennis N. Roberts*

SUPPLEMENT #1 **President Gordon B. Hinckley**

President Hinckley said that “every sacrament meeting ought to be a spiritual feast” and “a time of spiritual refreshment”

(Teachings of Gordon B. Hinckley [1997], 563, 564).

SUPPLEMENT #2 **Elder Boyd K. Packer**

Elder Packer expressed concern that “an increasing number of our leaders and members do not sing the congregational songs.” He then counseled, “We should sing the songs of Zion—they are an essential part of our worship.” *(Conference Report, Oct. 1991, 29; or Ensign, Nov. 1991, 22).*

Elder Packer also said that we should be reverent in the chapel so we do not intrude “when someone is struggling to feel delicate spiritual communications.” He also cautioned that reverence “does not equate with absolute silence. We must be tolerant of little babies, even an occasional outburst from a toddler being ushered out.”

(Conference Report, Oct. 1991, 28; or Ensign, Nov. 1991, 22).

SUPPLEMENT #3 **Elder Joseph B. Wirthlin**

Elder Wirthlin of the Quorum of the Twelve said: “Windows must be washed regularly to clean away dust and dirt. ... Just as earthly windows need consistent, thorough cleaning, so do the windows of our spirituality. ... By partaking of the sacrament worthily to renew our baptismal covenants, we clarify our view of life’s eternal purpose and divine priorities. The sacrament prayers invite personal introspection, repentance, and rededication as we pledge our willingness to remember our Savior, Jesus the Christ.”

(Conference Report, Oct. 1995, 103; or Ensign, Nov. 1995, 77).

SUPPLEMENT #4 **President Spencer W. Kimball**

President Kimball taught: “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, writing letters to missionaries, taking a nap, reading wholesome material, and attending all the meetings of that day at which he is expected.”

(Ensign, Jan. 1978, 4).

Let's not get trapped into pointing fingers and making a list of what's not appropriate for Sunday activities. My goal is help us focus on guidelines to direct our own personalized and appropriate Sunday worship.

LESSON 16 by Dennis N. Roberts

Thou Shalt ... Offer Up Thy Sacraments Upon My Holy Day

(Objective: to help members strengthen desires to keep Sabbath)

Welcome

Background in Bible Dictionary page 765

1- The Lord established the Sabbath

- a. Exodus 20:8-11 & Exodus 31:13,15-17 = 2 purposes Day of rest AND a covenant
- b. D&C 59:9-13 How do we know "this day" = Sunday? Part of which the Lord expects of his Saints in Zion

2- Pay devotions to God through Sunday worship

- a. D&C 59:9 Where is "house of prayer"? Why important to meet together? How is this a blessing?
- b. *Supplement #1* *President Gordon B. Hinckley* *What is a refreshment?*
- c. How can we make block time a spiritual refreshment? Make list on board
 - 1- Prayer 4- Attitudes (sacrament/program)
 - 2- Music 5- Christ-centered messages
 - 3- Lesson material 6- Reverence
- d. *Supplement #2* *Elder Boyd K Packer* *Do we teach reverence enough over the pulpit?*
- e. *Supplement #3* *Elder Joseph B. Wirthlin* *Does the main purpose of Sacrament Meeting have meaning for us?*
- f. D&C 59:9, 12 What are sacraments and oblations? See footnote

Lets be sensitive that what we do does not interfere with other's worship and lets be tolerant not to let what others do interfere with our own personal worshin

3- Pay devotions to God by resting from labors

- a. D&C 59:10 What labors are we to rest from? Is Sunday a physically restful day? If it is, ask what more can I do?
- b. How can we determine what is appropriate for Sunday?
- c. How can we strengthen ourselves and others on Sunday?
- d. What are some challenges to keeping the Sabbath Day holy?
- e. *Supplement #4* *President Spencer W. Kimball*

What are some activities that are appropriate for Sunday?
How can we make the Sabbath a special day for the youth?

4- The Lord blesses those who keep Sabbath holy

- a. D&C 59:9,13,15 What blessings does the Lord promise? Unspotted from world, joy may be full, fullness of earth
- b. D&C 59:14 Lord says Sabbath should be a day of ____? rejoicing
- c. Isaiah 58:13-14 Isaiah calls the Sabbath what? Delight "ride upon the high places of the earth"

How does this apply to me?

President Spencer W. Kimball said: "We do not go to Sabbath meetings to be entertained or even solely to be instructed. We go to worship the Lord. It is an individual responsibility, and regardless of what is said from the pulpit, if one wishes to worship the Lord in spirit and truth, he may do so by attending his meetings, partaking of the sacrament, and contemplating the beauties of the gospel. If the service is a failure to you, you have failed. No one can worship for you"

("The Sabbath—A Delight," *Ensign*, Jan. 1978, 4-5).

Read circled paragraph in Bible dictionary

Next Lesson

Lesson 17 / Study Guide, page 11 / Laws of Tithing & Fast