

REALIZING THE POTENTIAL OF THE SABBATH DAY

When the Lord came into the world, the Sabbath day became a day of instruction in Divine things, and also a day of rest from work, for meditation about things relating to salvation and eternal life, and also a day of love toward the neighbor (*True Christian Religion* 301).

Instruction in Divine Things

- ◆ Read the Word.
- ◆ Attend a church service (or have family worship if there is no church nearby).
- ◆ When sitting down to a meal on Sunday with family or friends, try having each person read a quotation from the Word at the dinner table.
- ◆ Reflect on a passage from the Word. Try comparing it to another story or another passage on the subject. Think about what the Lord is trying to teach us through this passage.

Rest from Work

- ◆ Try to make Sunday different from the other days of the week.
- ◆ Consider having Sunday dinner (midday or evening meal).
- ◆ Be sure to have some special family time.
- ◆ If Sundays necessitate work, consider choosing another day of the week for your Sabbath.

Meditation about Salvation and Eternal Life

- ◆ Appreciate the Lord's desire to give each of us the happiness of life in heaven.
- ◆ Think of the many ways the Lord is helping you on your journey toward heaven.
- ◆ Think about someone you know who is already in the spiritual world and imagine what they might be doing.
- ◆ Reflect on your past week. What thoughts, feelings, and actions were helpful to your spirit? Which ones were harmful?

Love Toward the Neighbor

- ◆ Spend quality time with family or friends.
- ◆ Connect with extended family members, through visiting, letter writing, email messages, or by phone.
- ◆ Open your home to newcomers to your church or to those who may be lonely.

Keeping It Holy

- ◆ Pay close attention to your words and actions. Avoid those that are "unholy."
- ◆ Make a special effort to have peace in your home on Sunday.