

## **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)
- ◆ Ask each member of the family to read a quotation 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**

- ◆ Have family time.
- ◆ 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 a peaceful home on Sunday.