

## Sabbath-day Activities

*I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ (My Gospel Standards).*

When Sunday comes around, do you sometimes think too much about the things you *can't* do? Well, there are lots of things you *can* do to enjoy the Sabbath and still keep it holy. We asked Church magazine readers what they do on the Sabbath, and here are some of their answers.

- Make assignments for that week's family home evening. We also plan the week's activities, including giving service.
- Read old *Friend* magazines.
- Take a walk as a family.
- Play family games.
- Visit or call family, or write letters or e-mails.
- Work on Faith in God or Cub Scout achievements that are appropriate for the Sabbath.
- Visit people who are alone. Make a craft for them or sing them a song.
- Chose an ancestor and research and write down their life events. Spend the day getting to know your ancestors!
- Find someone to serve. Ask the nurses at a hospital which patients don't get visitors, then visit those people.
- Have a journal club. Get together with journals and pens and write and talk about the past week.
- Pick a prophet for the day and discover interesting facts about him.
- Have church music playing throughout your house.
- Read out loud from the life stories of your ancestors.

## FHE Assignment

