



## FOR REFLECTION

### A Perfect Sabbath

*Remember the Sabbath day, to keep it holy.*

*(Exodus 20:8)*

Ask each person in the family to describe what they think a perfect Sabbath day would be like. The Lord tells us that remembering the Sabbath should include instruction about the Lord and His teachings, time to think about eternal life, rest and relaxation, and love toward the neighbor (see *True Christian Religion* 301).

How could your family implement these ideas into observing the Sabbath? Would you go to church and Sunday school? If there is no church nearby, would you have a family worship service in your home? Would it include a special family time such as a Sunday walk or dinner? Perhaps you could find a special way to serve the neighbor. Let everyone contribute ideas about what a perfect Sabbath might look like and then try to agree on one or two that you can implement.