

Sunday “Do’s”

Sunday is a day to restore us to our spiritual stature.

Read the scriptures.

Read *The Friend* magazine or *The Ensign*.

Read Sunday books.

Read Sunday binders.

Read family history storybooks.

Practice scripture memorization.

Do religious flannel board stories.

Do religious puzzles.

Draw religious pictures.

Sing church songs. Memorize one.

Play Sunday games.

Play scripture charades (act out scenes from the scriptures or General Conference).

Play Scripture Scrabble (words have to be from the scriptures).

Play on *The Friend* website.

Play Hangman with church-related words.

Have a scripture chase (use scripture memorization cards. Draw one out of the jar – read the scripture only. First person to find it in the scriptures wins.)

Work on *Faith in God* and *Duty to God* requirements.

Work on our *Family Gospel Scholar* program.

Set or evaluate your personal goals.

Write in your journal.

Write thank you notes, get-well cards, birthday and thinking-of-you notes to others.

Write to missionaries.

Watch Sunday movies.

Watch family movies.

Watch FHE DVDs.

Go on a family walk.

Visit the temple grounds.

Visit the sick and elderly.

Make treats and deliver them to someone.

Talk with Mom or Dad.

iChat with relatives.

Rotate spending time with siblings.

Take a nap.

Family Activities

Family Relationships

1. Interviews with children:
 - Rocking-time interviews with Mom
 - PPIs with Dad (Personal Priesthood Interviews)

Keep a notebook with a section for each child to use for interviews. An interview can consist of parents meeting one-on-one with the children and asking them, "What would you like to talk about? What would you like help with? What would you like to see done differently around here? What would you like to have happen in the next week or so? Is there anything you want or need that isn't being taken care of?" Take careful notes of what is discussed and follow through during the week. At the end of the interview, mom and dad might then have a request for the child such as, "it would mean a lot to me if you would work on (whatever) during the week." Because they have had their concerns listened to, they are usually very willing to work on our concerns. Review the children's list with them during the next interview, so they can see that you did what they asked where you could.
2. Video-interview children.
3. Family Council (schedule temple, dates, outings; review goals; plan for next Sunday's activities & prep)
4. iChat with extended family
5. Pair children up in separate rooms together with games or books, etc. This allows each child time to build a one-on-one relationship with each of his/her brothers and sisters. Partners are rotated each Sunday. While children are spending special time together, Mom and Dad can spend time alone together and perhaps fix an unusual or creative breakfast for the children.
6. Tell children stories of when you were their age
7. Read family history stories. Kids draw pictures of the stories.
8. Make a set of paper dolls representing the members of your family (current or ancestors). Use them to tell stories in FHE or to retell famous stories from immediate family and ancestors' lives
9. Have grandma or grandpa tell stories about themselves or the lives of other relatives. (Record them)
10. Invite married family members home for a visit or go visit them.
11. Prepare a family DVD for long-distance family members
12. Plan a family service project. Ask your bishop for ideas.
13. Write a family song/cheer, create/revise family mottos, crests, emblems, logos, banners, flag, etc.
14. Each Sunday, feature a different family member in a "Why I Love You" spotlight. Display a picture and a hobby or craft of that person in a prominent place for a week. Write a brief history of the member and list all of their qualities and strengths. Give them the "Special Plate" at dinner.

Family Study

1. Have family gospel study hour (scriptures, Preach My Gospel, etc.)
2. Pursue a family gospel study program (for individuals; earn awards/certificates)
3. Read children's scripture storybooks to them.
4. Read The Friend, New Era, Ensign / listen to General Conference talks
5. Study the General Conference addresses as a family, so that everyone knows what counsel our living prophets are currently giving us. Determine what you are going to do in your home as a family to implement their counsel.
6. Memorize Articles of Faith, scriptures, hymns, stories or poems.
7. Tell scripture flannel board stories
8. Utilize time together in the car or at dinner to discuss what each family member learned at church
9. Produce a puppet show depicting a historical Church event
10. Learn Primary songs and hymns. Form a rhythm band to help younger children learn the music. Pull out musical instruments box and play them while singing church songs.
11. Have each member of the family take turns reporting on a General Authority, prophet, bishop or other Church leader. Tell stories and display or draw pictures.

12. Have an object lesson contest in your family. Pick one or two items around the house-any simple tool or item-and have everyone come up with a story about how that item can illustrate a gospel principle.

Sit-Down / Indoor Activities

1. Play Sunday games (scripture charades, scripture Scrabble, etc.)
2. Color your own "scripture stickers" in scriptures
3. Dramatize and act out scripture stories – be sure to dress for your parts
4. Use play dough to construct a nativity scene, Liahona, or other Church artifact. (Use your imagination.)
5. Sing church songs
6. Watch church videos (can check out from library)
7. Watch home movies
8. Work on Faith in God and Duty to God requirements.
9. Write thank you notes, get-well, birthday and thinking-of-you notes (young children can color pictures and dictate what you write). Have a special box only used for this Sunday activity so it's special. Remember birthdays for the upcoming week of ward members, Church leaders/relatives.
10. Write to missionaries.
11. Create a family "prayer roll" of people who are sick or have special needs. Refer to this list before praying to help everyone remember others' needs. Send cards/letters to these people as well.
12. Give children LDS activity/coloring sheets to work on.
13. Work on children's Books of Remembrance, journals, or scrapbooks
14. Decorate special jars for tithing and mission funds
15. Make a scroll story with butcher paper and two sticks
16. Have a family musical recital or talent sharing time (kids can display their art or other works.)

Outside Family Engagements

1. Go on a family walk. Discuss the blessings Heavenly Father has given us through nature.
2. Visit the temple grounds as a family
3. View movies inside the Visitors Center/take a tour
4. Visit the sick and elderly as a family – make bread on Saturday to deliver on Sunday
5. Give time to a nursing home (share talents-play instruments) or to others who may need help reading letters from loved ones or writing them.
6. Put together a goodie plate or chips and salsa and deliver to people or families that could maybe use a hello. The kids love getting in the car and doing this as a family together and taking turns getting out of the car to deliver.

Other

1. Invite someone over who is in need or whom you would like to know better for dinner or for a family fireside.
2. Appoint yourselves to the unofficial Ward Welcoming Committee. When a new family comes to church, show up at their house later that day with a plate of cookies and note saying who you are, prepared in advance. Make it a point to check with the quorum and Relief Society secretaries to find out the names and addresses of new people in the ward. Sometimes just one person or family can make all the difference between people feeling unwelcome, and having them feel, "Gosh! This ward is so friendly!" Be that one person or family.

Personal Activities

Computer / Desk Projects

1. Write letters or emails to family
2. Work on personal history: write in journal, type old journals, blog, etc.
3. Work on scrapbooks

4. Label, catalogue and edit family photos, slides or videos
5. Write family bedtime stories
6. Work on family history (Research, gather pictures, time lines, stories from journals; interview family)
7. Write "The Book" (famous family quotes/stories)
8. Work on children's histories; prepare stories about them to tell them
9. Make FHE lessons
10. Expand your collection of visual aids by removing pictures from old Church magazines and filing them.
11. Set goals or begin a "Pursuit of Excellence" program. Chart your success each Sunday.
12. Compose an original song or poem expressing a lovely thought or deed. Encourage children to express themselves also.

Study

1. Read Scriptures
2. Read Sunday School, Relief Society and Priesthood lessons
3. Read Ensign/church materials cover to cover

Prepare

1. Work on your calling / Prepare lessons for Sunday classes you teach / Prepare HT/VT messages
2. Make family progress charts, achievement cards and award certificates

Phone

1. Call family/old friends
2. Set home & VT appointments; Re-visit HT/VT families
3. Set/evaluate personal goals

Other

1. Take a nap
2. Attend fireside/meetings
3. Serve others
4. Read family/friends' blogs

Avoid

1. Overworking and staying up late Saturday so that you are exhausted the next day.
2. Filling the Sabbath so full of extra meetings that there is no time for prayer, meditation, family fellowship, and counseling.
3. Doing gardening and odd jobs around the house.
4. Taking trips to canyons or resorts, visiting friends socially, joy riding, wasting time and engaging in other amusements...
5. Engaging in sports and hunting
6. Reading material that does not contribute to your spiritual uplift.
7. Shopping or supporting with your patronage businesses that operate on Sunday, such as grocery stores, supermarkets, restaurants, and service stations.

Questions

1. In what ways have I or my family kept the Sabbath day holy?
2. What blessings have I or my family realized from keeping the Sabbath?
3. What habitual Sunday activities would I like to see my family or I eliminate?

4. What activities would I like to introduce to enhance my family's or my Sabbath worship?

Sunday Bin Ideas / Sunday-Appropriate Materials

1. Uplifting books that invite the spirit (age appropriate)
2. Church Videos – *gospel topics only*
3. LDS Magazines (Ensign, New Era, Friend)
4. Binder to collect your favorite talks, stories, and games
5. Religious puzzles
6. Writing paper and pens/pencils & décor, for thank you notes, birthday cards, get well cards, etc.
7. Photo albums
8. Small Family History Books
 - About each member of your family
 - How mom and dad met
 - About ancestors
 - About a special trip
9. Sunday dress-up box (Book of Mormon heroes, pioneers, nativity, etc.) – act out scenes from scriptures.
10. Sunday appropriate games:
 - Laminated folders – games and activities from the Friend
 - Family “Face” cards with faces of your family & friends
 - Gospel theme cards (prophet cards: put them in order or concentration game)
 - Scripture chase! Have a container with folded up scriptures that the family has memorized. Pull the scripture out and read the reference or the scripture. Whoever can say the match (or find it in the scriptures) first gets a piece of candy.
 - Scripture Charades – may use costumes (below) or just act out scenes and characters from scriptures
 - Scripture Scrabble – Each person has scriptures. You have to find your word in the scriptures and explain how it is used.
 - Hang Man or Word Scramble on chalkboards. Use Church-related words.
 - Scripture Hunt: each player takes a different page of scriptures. After reading that page, each player then writes a one sentence question, the answer to which is found somewhere on the page. At the signal, swap pages and questions. The first player to locate the correct answer to his question is the winner.
 - Cut the Articles of Faith and several scriptures, which have been memorized by players into words. Mount the cut words on cards. Deal six cards to each player and put the rest into a draw pile. Take turns starting a scripture or Article of Faith. As each player takes his turn, add an appropriate card from your hand to your own and the other players' sentences. If you do not have a card that can be played, discard one card to the bottom of the draw pile and take a new one. If drawn card is still inappropriate, pass. Winner is the first one to use all the cards in his or her hand.
 - Don't Eat the Prophet: To encourage family to know who the current prophets and apostles are, photocopy their pictures from the center of the conference issue of the Ensign. Make enough copies for half the members of your family. Play a simple game by putting a small treat (M&M, small marshmallow or nut, etc.) on each individual's picture. Divide into partners. One partner decides which one of the individuals pictured is going to be "it", and either writes I down, or tells mom or dad. The other partner tries to not name who was picked. He will call each apostle or member of the First Presidency by name. ("Was it President Thomas S. Monson?") For every person he names who was not the named, the other partner gets to eat all the remaining treats.
 - Cut up 8x10 pictures of the prophets or apostles, temples or family members. Mix them up and give equal amounts of the pieces to the individuals or groups to assemble. If they have a piece

that doesn't go to their prophet they are trying to put together, it is passed on to the next person to the left. The first one to complete their puzzle wins. You can do this with two or more pictures, depending on how many people you want to have participate. You can have a divider of some kind so that others can't see what prophet you are doing.

Sunday Hot Potato: throw the beanbag around until the primary music stops and then ask a SEEK type question about the gospel tailored to the age of the child or parent. This activity is a must for our more physical kids when they get stir crazy.

The Sabbath – Prophetic Counsel

Elder Ezra Taft Benson:

Engage in activities that contribute to greater spirituality.

Attend essential Church meetings in the house of prayer.

Acquire spiritual knowledge by reading the scriptures, Church history and biographies, and the inspired words of our Church leaders.

Rest physically, get acquainted with your family, relate scriptural stories to your children and bear your testimony to build family unity.

Visit the sick and aged shut-ins.

Sing the songs of Zion and listen to inspiring music.

Pay devotion to the Most High through prayer (personal and family), fasting, administration, and father's blessings.

Prepare food with a singleness of heart: simple meals prepared largely on Saturday.

Remember that Sunday is the Lord's Day, a day to do his work.

Exodus 31:12-17

12 And the Lord spake unto Moses, saying,

13 Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that he may now that I am the Lord that doth sanctify you.

14 Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people.

15 Six days may work be done; but in the seventh is the sabbath of rest, holy to the Lord: whosoever doeth any work in the sabbath day, he shall surely be put to death.

16 Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant.

17 It is a sign between me and the children of Israel for ever: for in six days the Lord made heaven and earth, and on the seventh day he rested, and was refreshed.

Elder Dallin H. Oaks taught:

“The Sabbath was blessed and sanctified as a holy day, a day of rest (Genesis 2:3; Moses 3:3; Exodus 20:9-11). But this sanctification and commandment of rest was for a purpose—not that man should refrain from work in order to pursue his own pleasure, but that man should serve God and worship him...” *Pure in Heart*, 1988.

President Spencer W. Kimball taught:

“People frequently wonder where to draw the line: what is worthy and what is unworthy to do upon the Sabbath. But if one loves the Lord with all his heart, might, mind, and strength; if one can put away selfishness and curb desire; if one can measure each Sabbath activity by the yardstick of worshipfulness; if one is honest with his Lord and with himself; if one offers a ‘broken heart and a contrite spirit,’ it is quite unlikely that there will be Sabbath breaking in that person’s life.” *The Teachings of Spencer W. Kimball* (1982), 219.

In announcing the change [to the 3-hour block], the First Presidency reemphasized the Church's fundamental principles regarding the Sabbath: "A greater responsibility will be placed upon the individual members and families for properly observing the Sabbath day." They suggested that each family participate in a Sunday gospel study hour and in "other appropriate Sabbath activities, such as strengthening family ties, visiting the sick and homebound, giving service to others, writing personal and family histories, genealogical work, and missionary work" (Church News, Feb. 2, 1980, p. 3).

Families Have Two Special Times to Be Together:

"The Church has established two special times for families to be together. The first is centered around the proper observance of the Sabbath day. This is the time we are to attend our regular meetings together, study the life and teachings of the Savior and of the prophets. 'Other appropriate Sunday activities include (1) writing personal and family journals, (2) holding family councils, (3) establishing and maintaining family organizations for the immediate and extended family, (4) personal interviews between parents and children, (5) writing to relatives and missionaries, (6) genealogy, (7) visiting relatives and those who are ill or lonely, (8) missionary work, (9) reading stories to children, and (10) singing Church hymns' ("Suggestions for Individual and Family Sabbath-Day Activities," Ensign, Mar. 1980, 76).

"The second time is Monday night. We are to teach our children in a well-organized, regular family home evening. No other activities should involve our family members on Monday night. This designated time is to be with our families."

L. Tom Perry, "The Importance of the Family," Ensign, May 2003, 42

Keeping the Sabbath Day Holy – Earl C. Tingey, *Ensign*, Feb. 200? 49

One way to more effectively keep the Sabbath day holy is to prepare in advance. Elder Benson gave us the following additional suggestions:

Clean house, straighten up, refuel the car, and prepare clothing and meals in advance on Saturday. Provide for recreation and amusements during the week and provide for a holiday during the week, if possible. Get a good rest on Saturday night.