"Why Are We Commanded To Keep The Sabbath Day Holy?"

I love the quote on the handout!  The Sabbath day is a Holy Day NOT a Holiday! It puts things into perspective!  I also like one of the slides where a man is fast asleep on the couch and it talks about how "lounging around" is also not keeping the Sabbath Day Holy.  Now I don't think a short nap/rest on Sunday is a bad thing...what I think it is referring to is if we do NOTHING on Sunday.  That is also considered "breaking the sabbath."  In this crazy world it is very hard to ever really "rest from our labors."  Sometimes Sundays can be just as hectic and busy as weekdays.  We may have multiple meetings, family events, meals to prepare etc.  What I found from this lesson is PREPARATION is key!  I know I need to think through my Sunday in advance so I have a plan.  I need to make a plan so that I can devote the Sabbath to the Lord. :)

In addition to the articles in the lesson outline, I used a talk by Elder Larry Gibson in the January 2014 NEW ERA.  ["I Do Always Remember Him"](https://www.lds.org/new-era/2014/01/i-do-always-remember-him?lang=eng&query=larry+gibson" \o "" \t "_blank)  A few of the images in the power point are from ["Melon Headz Illustrating."](http://melonheadsldsillustrating.blogspot.com/%22%20%5Co%20%22%22%20%5Ct%20%22_blank)  What a great website!

Have a great lesson!