

The Sabbath – A Day to Re-adjust

PURPOSE

To help listeners understand that one of the purposes of the Sabbath is to allow us to refocus and re-adjust our lives

MATERIALS

- About 10 feet or so of string or masking tape

LESSON IDEAS

1. Have someone help you stretch a line of string/tape (about 10 feet long) across the floor. (This works even better if you can do this outside and make the string longer)
2. Invite someone to do the following:
 - a. Stand at one end of the string
 - b. Close their eyes
 - c. Try to walk the entire length without stepping off the string
3. The volunteer will probably be at least six inches off the string by the time he/she reaches the other end of the string. Ask:
 - a. “Imagine the string is the length of a football/soccer field. How far off would you be at the end of the string?”
 - b. Imagine the string is a mile/kilometer long. How far off would you be at the end of the string?”
4. Ask the same person to do the following:
 - a. Return to the starting end of the string
 - b. Close his/her eyes
 - c. Take six steps and on the seventh step open his/her eyes and to re-adjust his/her feet back on the string
5. The volunteer will probably be no more than an inch or so off the string when he/she reaches the end. Ask:
 - a. “Imagine the string is the length of a football/soccer field. How far off would you be at the end of the string?” (no more than several inches)
 - b. Imagine the string is a mile/kilometer long. How far off would you be at the end of the string?” (no more than several inches)
6. Ask, “What does this have to do with the Sabbath Day?” Help listeners see the comparison between the opening of the volunteer’s eyes on the seventh step and the Sabbath that Heavenly Father has given us every seven days.



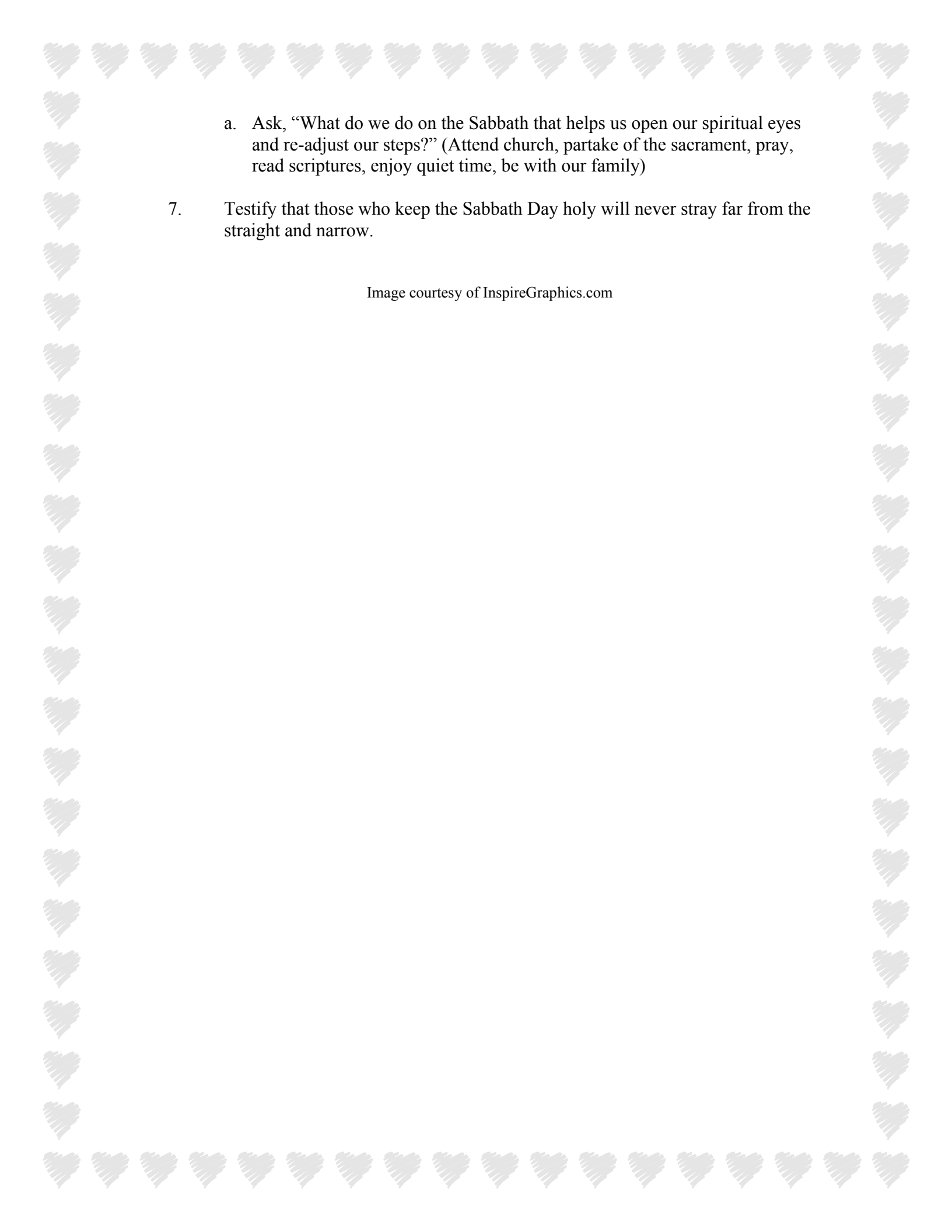
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- a. Ask, “What do we do on the Sabbath that helps us open our spiritual eyes and re-adjust our steps?” (Attend church, partake of the sacrament, pray, read scriptures, enjoy quiet time, be with our family)
7. Testify that those who keep the Sabbath Day holy will never stray far from the straight and narrow.

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