

ACTIVITIES FOR SUNDAY "THE LORD'S DAY"

The following represents most of the scriptural references found on the Lord's Day and the types of activities that we may be engaged in on that day.

A. COMMANDMENTS

1. 3 Nephi 12:34-35 Do as Jesus did in all things.
2. 3 Nephi 8:53-55 Meet together oft.
3. Matthew 24:20 Pray that your flight not be on the Sabbath.
4. Hebrews 10:25 Don't forsake meeting together.
5. Book of Commandments 60:18-24 My holy day - "on this, the Lord's day" (verse 21).
This revelation was given on Sunday, August 7, 1831. April 6, 1830 was a Tuesday.
6. Mark 2:27-28 The Sabbath was made for man.
7. Hebrews 4:3-11 Day of rest, paradise, and the kingdom age. A day of rest remains. The word here for rest in verse 9 is a different word than all the other words that were translated "rest" in this passage. It is the word that was used for the Sabbath, however note that the author used the indefinite article "a" not "the".

B. SUNDAY ACTIVITIES

1. Meet, assemble, gather.
 - a. John 20:19; 26 The first day of the week.
 - b. Acts 20:7-8 The first day of the week.
 - c. 3 Nephi 8:53; 4 Nephi 1:13; Moroni 6:6 Meet together.
 - d. Acts 4:31; 11:26; 12:12; 14:27; 15:25; 15:30; Hebrews 10:25 Assembled or gathered.
2. Healing was done on the Sabbath.
 - a. Matthew 12:9-13; Mark 3:1-5; Luke 6:6-10 Jesus healed a withered hand.
 - b. Luke 13:10-13 Jesus laid hands on a woman.
 - c. Luke 14:1-4 Jesus healed a man with dropsy.
 - d. John 5:5-9 Jesus healed an impotent man.
 - e. John 7:23 Jesus made a man whole.
 - f. John 9:14-15 Jesus healed a blind man.
3. Reading on the Sabbath. Luke 4:16 Jesus read in the synagogue.
4. Discussion of the scriptures. Acts 17:2; 18:4 Paul reasoned from the scriptures.
5. In the Spirit. Revelations 1:10 John was in the Spirit on the Lord's Day.
6. Teaching. Mark 6:2; Luke 4:31; 6:6; 13:10 Jesus taught on the Sabbath.
7. Preaching and listening. Acts 13:42, 44; 20:7, 9 Paul preached.
8. Breaking of Bread. Acts 20:7; Moroni 6:6 The disciples broke bread. Often.

9. Exhortation. Acts 13:14-15 Paul in Antioch on the Sabbath.
10. Do good! Matthew 12:12; Mark 3:4-5; Luke 6:9-10 It is lawful to do well on the Sabbath.
11. Collection of tithes and offerings. 1 Corinthians 16:2 Paul's instructions.
12. Travel to speak or pray with others. Acts 16:13 Paul and Silas make a short trip.
13. Separated from the world on the Lord's Day. Book of Commandments 60:18 Be unspotted from the world.
14. Rest from labor.
 - a. Luke 23:54-56 They rested according to the commandment (Jesus).
 - b. Book of Commandments 60:19 Rest from your labors.
15. Confess your sins. Book of Commandments 60:21 Confess to your brethren.
16. Fasting and prayer.
 - a. Acts 16:13 Prayer.
 - b. Book of Commandments 60:23 Fasting and prayer.
17. Be cheerful! Book of Commandments 60:24 You should have a cheerful heart and face.
18. Be reverent! Book of Commandments 60:24 Not with much laughter. Some humor is always present as a natural course of life. Anything that is not in harmony with God's perfection is either humorous or repulsive. However humor should not be our goal on the Lord's Day. see also Matthew 21:13 Jesus in the Temple (house of prayer).
19. Look for someone. John 5:14 Jesus's parents found him in the temple.
(this may have been after the Sabbath)
20. Prepare food for the day or moment.
 - a. Matthew 12:1; Mark 2:23; Luke 6:1 The disciples plucked corn to eat.
 - b. Book of Commandments 60:22 Food should be prepared with your heart on the things of God.
21. Eating with others.
 - a. Matthew 12:1-4; Mark 2:23-26; Luke 6:1-4 The disciples ate together.
 - b. Luke 14:1 Jesus ate at the home of a chief Pharisee.
22. Do necessary work.
 - a. Matthew 12:11 Lift out sheep in the ditch.
 - b. Luke 13:14-15 Loose your work ox and lead him to water.
 - c. Luke 14:5 Pull the ox out of the ditch.

d. John 5:8-9 Take up thy bed and walk. Minor work - this was punishable by death in the Law of Moses.

23. Wash your body on the Sabbath. John 9:14-16 Blind man washed his eyes.

24. Stay comely (keep up your appearance) on the Lord's day. Matthew 6:16-18 By inference because some fasts were done on the Sabbath.

C. OLD TESTAMENT BUT NOT MOSAIC LAW. Genesis 2:1-3 God blessed the seventh day and sanctified it because He rested on it.

D. OLD TESTAMENT BUT PROBABLY NOT THE MOSAIC LAW.

1. Isaiah's writings: 3 Nephi 10:27-29 They apply to the gentiles.

2. Isaiah 58:13-14 "Mine holy day".

3. Isaiah 66:23 For the future - prophesy.

E. HONOR EACH DAY THE SAME.

1. Romans 14:5-6 Every day is alike.

2. Colossians 2:16-17 Do not let any man judge you in regard to Sabbath days.

3. 4 Nephi 1:13 Law of Moses fulfilled.

F. PLEASURES AND ATTITUDES.

1. Eating has been previously discussed. Book of Commandments 60:18-24.

2. Worldly entertainment is unnecessary, however a program at church is giving glory to God and is a pleasure. Isaiah 58:13-14.

3. Reverence in the Chapel is covered in B18. Matthew 21:13 Shows us that the Lord is concerned with reverence and that everything is not permissible. Sometimes however the specifics are left up to the conscience and general agreement. We are permitted to reach an agreement about what is proper and respectful. Good manners are not all spoken about in the scripture but many of them are. It is plain that we must show by works a reverent attitude. Sometimes in Mexico this show of a reverent attitude is quite amusing. God is however, looking at the heart to see if it desires to show reverence to Him.

4. Barefoot in Church. B24 speaks about our appearance. We are to have an appearance that is somewhat normal. Not wearing shoes seems to be disrespectful for the feelings of others. Matthew 7:12 says that we are to regard others. If however a person with foot problems takes their shoes off in the pew, no pun intended, there should be some latitude given. Taking your shoes off and going barefoot is often a ploy of the youth who often only think of their own comfort. I'm sure that we could be in trouble for bare feet in the kitchen by the state laws. Sitting on the floor during a prayer service is done for various

reasons. Some are in pain with osteoarthritis, but are still praying and others are playing tic-tac-toe (kids). Prayer is always permissible while tic-tac-toe for the Lord is questionable at best.

5. Going swimming after church. One should ask first, "afternoon or evening?" This is without doubt a pleasure that is not needed in the afternoon. Isaiah 58:13-14.
6. Sex on Sunday. Our hearts should first be on the Lord while we are participating at all church activities. Most of us live with our companions through the week. There is usually time for such things then. If a person is doing something for the Lord as many of us are, time is usually too short for this activity on Sunday. 1 Corinthians 7:1-5 states that we should refrain only during times of fasting (also see Book of Commandments 60:22-23). It could be argued that this is one of the needed pleasures that God has given us. For example for a person that works away from the home all week and then returns on the weekend. This scripture definitely states that we are to avoid fornication by having each other. The idea here is not the seeking of pleasure but the release from sexual tension which is real. If the husband is leaving the home again for a week, it is unthinkable to send him out in the world incontinent or to leave his wife home alone in the same condition. However, does the couple have ample opportunity Saturday or Sunday evening after church when their spiritual obligations have been met to care for this conjugal responsibility?
7. What should you do if you are away on Sunday. This is answered by Hebrews 10:25. Do not forsake the gathering together of yourselves. First try not to be away on Sunday. Then if you are, wherever you are, don't forsake the act of gathering. Have church. Study. Pray. Sing. Teach your children the Gospel of Christ.
8. Television is an unnecessary pleasure that can be avoided. Isaiah 58:13-14.
9. Work is covered in B22. You are permitted to do what is actually needed. You must always ask the question do I really need to work? Does the boss require it? Being worried about falling behind is questionable. We are to pay tithing also. The natural reaction to that is to think that we may not have enough money, but our faith is to be in God who blesses us when we obey. Any commandment we obey is based on this principal of faith that God will bless us if we seek His ways. Hebrews 11:6.
10. Work at home, yard, dishes, laundry, etc. See B22. Here again is it needed work at that time? Can it wait until tomorrow or until church is over? Could it have been done earlier? After eating at home dirty dishes grow bacteria which makes us ill, however often we might put it off during the week. That would be hypocritical. Perhaps there simply wasn't time in the week to wash clothes, but do you have to wash them all or can you make do by washing only one load? The important thing here is don't plan to work on Sunday, plan it for some other day if possible. Plan to follow the examples that have been given here in this paper, worship, prayer, study, visiting with loved ones, and do good for others in the name of Christ. Many of these things should become our plans throughout the week.

11. Conversations. Section B really covers all this. We must simply apply the examples given. Our hearts are to be in the Lord as much as is possible. I know that some of our more elderly people talk loud and are impatient. Sometimes they insist on taking care of their business when they think of it or when they have the energy to do so. Time is very important to them. Some of them also have difficulty hearing and don't know how loud they are. God has called us to peace, therefore I can be quiet while one of these is more noisy. It is disturbing to hear the roar between services, but there are many things that we show forth patience with. That does not mean that we never speak up about such things. Surely a reminder now and then about reverence in the chapel will help everyone. We simply must maintain our cools and work for a better interlude at church. It usually helps when the pianist plays or when the choir sings.

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5/11/96