



Funtastic Family Home Evenings
Easy to Prepare! Fun to Share!

SABBATH DAY ACTIVITIES

PURPOSE

To illustrate that some activities are not appropriate for Sunday

MATERIALS

- Ice cream
- A bowl
- Ketchup, mustard, relish, etc. (Keep these hidden from the participants until you are ready to use them)



LESSON

1. Ask if anyone likes ice cream sundaes.
 - a. Invite a volunteer to come up
2. Dish a scoop of ice cream into the bowl. Begin to add ‘toppings’ to the ice cream: ketchup, mustard, relish, etc.
3. Ask the person if he/she is still excited about eating the ice cream. (Most will not be)
 - a. Ask, “Don’t you like ketchup, mustard and relish?”
 - b. The typical response will be something like, “Yes, but not on ice cream.”
 - c. Respond with, “So you like these things, but not on sundaes!”
4. Compare the object lesson to the concept that our Heavenly Father has taught us that certain activities are acceptable to Him during the week, but not on Sundays.
 - a. You may want to share the following quote by President Gordon B. Hinckley:

“The Sabbath of the Lord is becoming the play day of the people. It is a day of golf and football on television, of buying and selling in our stores and markets. Are we moving to mainstream America as some observers believe? In this I fear we are. What a telling thing it is to see the parking lots of the markets filled on Sunday in communities that are predominately LDS.

“Our strength for the future, our resolution to grow the Church across the world, will be weakened if we violate the will of the Lord in this important matter” (*Ensign*, Nov. 1997, 69).
5. Read with the listeners Isaiah 58:13-14. Explain that these two verses give a good guideline for determining what is acceptable to the Lord on His holy day. (Note: You may want to help listeners understand that the “high places” was where the Lord would come to commune with His servants.)