

## 239.2: Sabbath and Sacred Time (D&C Gospel Doctrine Lesson 16)

### “Thou Shalt ... Offer Up Thy Sacraments upon My Holy Day”

Hook	The pace of modern life is unrelenting. Too many of us never stop. We never rest. We are always available, always on call—a text message away from work and distraction. There is wisdom in pausing, stopping for a moment, having times of quiet and reflection. And this is the purpose of the Sabbath, a term that means “to stop or rest.” But the Sabbath isn’t about lack of activity; it is about engaging in different types of activities, those that focus on God and draw us closer to God, our loved ones, and community.
Goal	Class members should reflect on the meaning of the Sabbath and sacrament and how they can celebrate it more fully.
Overview	<ul style="list-style-type: none"><li>• History of the Sabbath</li><li>• Discussion of assigned passages</li><li>• Discussion of the sacrament</li><li>• Need for the Sabbath, how to make it meaningful</li></ul>
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Talk about the overall issue of organizing time, something we need help with very much. Sabbath is our most regular example (other than birthdays, anniversaries, holidays)

This lesson covers two elements:  
Sabbath/rest/renewal  
Sacraments, or rituals

Didache, Chapter 9

And in respect to the Eucharist, you shall give thanks as follows. First with respect to the cup: “We give you thanks, our Father, for the holy vine of David, your child, which you have made known to us through Jesus your child. To you be the glory forever.”

And with respect to the fragment of bread; “We give you thanks, our Father, for the life and knowledge that you made known to us through Jesus your child. To you be the glory forever. As the fragment of bread was scattered upon the mountains and was gathered to become one, so may your Church be gathered together from the ends of the earth into your kingdom. For the glory and the power are yours through Jesus Christ forever.”

Judith Shulevitz

“need to preserve a cultural asset of importance. Sunday has become a secular good, even if it comes from a religious institution” (in defense of “blue laws” closing businesses on Sunday).

“What might neosabbatarian laws, laws to preserve the rhythmic,  
We have dedicated

If this sacred, protected, ritual time is worth protecting,

- 1) The market will not do it for us
- 2) We have more tools at our disposal than simple legal proscriptions  
We can tackle overworking  
Central problem of coordinating social time  
Create a web of incentives  
We can diminish non-standard hours  
Who thinks of preserving public culture? Sunday once gave Americans a national in scope, personal in character, religiously neutral  
Secular Sunday a national holiday, country celebrated life beyond needs of marketplace  
Everyone else was doing it too  
Calls a Sunday the “technology of community”

## Resources

Elder Holland, Do this in remembrance of me

That is why every ordinance of the gospel focuses in one way or another on the atonement of the Lord Jesus Christ, and surely that is why this particular ordinance with all its symbolism and imagery comes to us more readily and more repeatedly than any other in our life. It comes in what has been called “the *most sacred*, the *most holy*, of all the meetings of the Church” (Joseph Fielding Smith, *Doctrines of Salvation*, comp. Bruce R. McConkie, 3 vols., Salt Lake City: Bookcraft, 1954–56, 2:340).

Perhaps we do not always attach that kind of meaning to our weekly sacramental service. How “sacred” and how “holy” is it? Do we see it as *our* passover, remembrance of *our* safety and deliverance and redemption?

With so very much at stake, this ordinance commemorating our escape from the angel of darkness should be taken more seriously than it sometimes is. It should be a powerful, reverent, reflective moment. It should encourage spiritual feelings and impressions. As such it should not be rushed. It is not something to “get over” so that the real purpose of a sacrament meeting can be pursued. This *is* the real purpose of the meeting. And everything that is said or sung or prayed in those services should be consistent with the grandeur of this sacred ordinance.

Beautiful words about all that we can “remember” during the sacrament

We no longer include a supper with this ordinance, but it is a feast nevertheless. We can be fortified by it for whatever life requires of us, and in so doing we will be more compassionate to others along the way.

One request Christ made of his disciples on that night of deep anguish and grief was that they stand by him, stay with him in his hour of sorrow and pain. “Could ye not watch with me one hour?” he asked longingly (Matt. 26:40). I think he asks that again of us, every Sabbath day when the emblems of his life are broken and blessed and passed.

Sabbath in Judaism <http://www.jewfaq.org/shabbat.htm>