



The Gospel Doctrine Class



Doctrine & Covenants - Lesson 16

Offer Up Thy Sacraments upon My Holy Day

“And that thou mayest more fully keep thyself unspotted from the world, thou shalt go to the house of prayer and offer up thy sacraments upon my holy day” (D&C 59:9)

D&C 59

A study of this lesson will help us strengthen our desire to keep the Sabbath day holy.

The Sabbath is necessary for the maintenance of free institutions and morality. No one living in a Christian community has the right to undermine these, by his conduct, no matter what his personal views may be." (D&C Commentary, p357)

President Harold B. Lee: "My experience has taught me that the prompting of the conscience to a faithful Church member is the safest indicator as to that which is contrary to the spirit of worship on the Sabbath Day." (Decisions for Successful Living, p148)

Robert L. Millet said: "We live in trying times. We are surrounded by gross wickedness—indecency, immorality, abuse, harshness, crudeness, and insensitivity to the things of God. To keep us from yielding to the persuasions of the worldly, the Lord has provided a sacred institution we call the Church. Attending Church meetings focuses our minds, for at least three hours a week, on things that matter. Attending Church meetings puts us in contact with people of goodwill, people who have the same desires for time and eternity that we do. Attending Church meetings allows us to learn and grow and develop; it also allows us to give and share and strengthen others." (Alive in Christ: The Miracle of Spiritual Rebirth, pp140-141)

President Spencer W. Kimball: "We do not go to Sabbath meetings to be entertained or even solely to be instructed. We go to worship the Lord. It is an individual responsibility, and regardless of what is said from the pulpit, if one wishes to worship the Lord in spirit and truth, he may do so by attending his meetings, partaking of the sacrament, and contemplating the beauties of the gospel. If the service is a failure to you, you have failed. No one can worship for you." (Ensign, Jan 1978, p4-5)

Elder Joseph B. Wirthlin: "Windows must be washed regularly to clean away dust and dirt. ... Just as earthly windows need consistent, thorough cleaning, so do the windows of our spirituality. ... By partaking of the sacrament worthily to renew our baptismal covenants, we clarify our view of life's eternal purpose and divine priorities. The sacrament prayers invite personal introspection, repentance, and rededication as we pledge our willingness to remember our Savior, Jesus the Christ."

President Spencer W. Kimball: "I wonder if money earned upon

the Sabbath, when it is unnecessary Sabbath earning, might not also be unclean money. I realize that some people must work on the Sabbath; and when they do, if they are compelled, that is, of course, a different situation. But men and women who will deliberately use the Sabbath day to develop business propositions, to increase their holdings, to increase their income, I fear for them. I think the Lord was speaking to them when he said: 'Woe unto them that call evil good. . . .' (Isa. 5:20.) Sometimes we salve our consciences by saying that the more we get the more we can give to the worthy causes, but that, of course, is a subterfuge. There are people who work on the Sabbath, not through compulsion, but because the income is attractive, and others who work voluntarily to get the "time and a half" that Sabbath work gives them." (Conference Report, Oct 1953)

President Spencer W. Kimball: "The Sabbath is a holy day in which to do worthy and holy things. Abstinence from work and recreation is important, but insufficient. The Sabbath calls for constructive thoughts and acts, and if one merely lounges about doing nothing on the Sabbath, he is breaking it. To observe it, one will be on his knees in prayer, preparing lessons, studying the gospel, meditating, visiting the ill and distressed, writing letters to missionaries, taking a nap, reading wholesome material, and attending all the meetings of that day at which he is expected." (Ensign, Jan 1978, p4)

President Spencer W. Kimball taught: "We may want to set aside time for our family to be together, for personal study and meditation, and for service to others. We might want to read the scriptures, conference reports, and Church publications; study the lives and teachings of the prophets; prepare church lessons and other church assignments; write in journals; pray and meditate; write to or visit relatives and friends; write to missionaries; enjoy uplifting music; have family gospel instruction; hold family council meetings; build husband-wife relationships; read with a child; do genealogical research, including the four-generation program and family or personal histories; sing Church hymns; read uplifting literature; develop our appreciation of the cultural arts; plan family home evening study and activities; plan other family activities; friendship nonmembers; fellowship neighbors; visit the sick, the aged, and the lonely; hold interviews with family members." (Ensign, Jan 1982, p3)

Next Week's Reading Assignment

D&C 59:13–14, 21; 119; 120; Isaiah 58:6–12;
Malachi 3:8–12 or 3 Nephi 24:8–12;
Matthew 6:16–18 or 3 Nephi 13:16–18