



By President
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How can I make SUNDAY a special day?

God gave us this special day to rest from work and to grow closer to Him.

We can be happier if we go to church and take the sacrament on Sunday.

Sunday is a great day to spend time with your family.

Make Sunday a delight by serving others, especially those who are sick or lonely.

You show your love for the Lord by the things you choose to do on His day.

From "The Sabbath Is a Delight,"
Ensign or Liahona, May 2015,
129–32.