**“…feet shod with the preparation of the Gospel of peace…”**

*The Sabbath Day is a vital part of strengthening our Armor. A strong testimony of the Gospel of Jesus Christ is developed when we “hallow” this sacred time, the Sabbath.*

***WHY THE EMPHASIS on SABBATH DAY?***

“Our whole desire is that throughout the Church, we focus our Sabbath day worship on the Lord.” *Elder M. Russell Ballard, Quorum of the Twelve*

“Leaders are asked to help church members focus on better observing the Sabbath day at church and at home.” *Elder L. Whitney Clayton, Presidency of the Seventy*

“…we felt that it was *urgent* that we strengthen the faith of our people. The world seems to be getting a little….more difficult….” *Elder Ballard*

“I believe that the world we are now living in, the most important things parents can do is to fortify their children and extended family members…..to fortify each other spiritually so that we will remain true and faithful to the Gospel of Jesus Christ.” *Elder Ballard*

“We hope that Sabbath Day will be a time when because of the way people behave…people will become more unspotted from the world…..because they have set themselves apart from the world for a day.” *Elder Clayton*

“Day of rest, contemplation, renewal……..a spiritual feast. Sweeter day for all. Faith deepened…….**by their turning to the Lord more fully**. Gather together as families more united in faith in the Lord Jesus Christ.” *Elders Ballard and Clayton and Sister Rosemary Wixom, General President of the Primary*

<http://www.mormonnewsroom.org/article/church-leaders-call-for-better-observance-of-sabbath-day>

“(As a child) I could see that Sunday was a different day, a day apart from the scuffed shoes of the week, a day for offering our cleanest and best self to the Lord. Mother wanted to honor God appropriately, and polished shoes were a sign of her reverence for the Lord’s day.” *Sister Neill F. Marriott, Counselor in the General YW Presidency*

<https://www.lds.org/church/news/are-you-ready-for-what-the-sabbath-offers?lang=eng>

“WORSHIP together as a family as much as possible. (Get to bed early Saturday night, pray and read together, priesthood blessings, fast, proclaim the gospel, family history.) Make the Sabbath DIFFERENT. (It should LOOK different, SOUND different, FEEL different.) BUILD family relationships (celebrate marriage, create shared family history, read and walk together, keep in touch). SERVE others as a family.” *Jeffrey Hill, LDS.org Church News contributor*

<https://www.lds.org/church/news/five-ways-to-celebrate-the-sabbath-as-a-family?lang=eng>

“We dress formally at church and other sacred occasions not because we are important, but because the occasion is important.” *Elder D. Todd Christofferson*

“Prophets have repeatedly testified of our need to honor the Sabbath.” *Elder Earl C. Tingey*

“Ever since the days of Adam and Eve, the divine law of the Sabbath has been emphasized repeatedly over the centuries more than any other commandment.” *President James E. Faust*

“I know we need to keep the Sabbath day holy so we can have some peace and quiet in our lives.” *Youth*