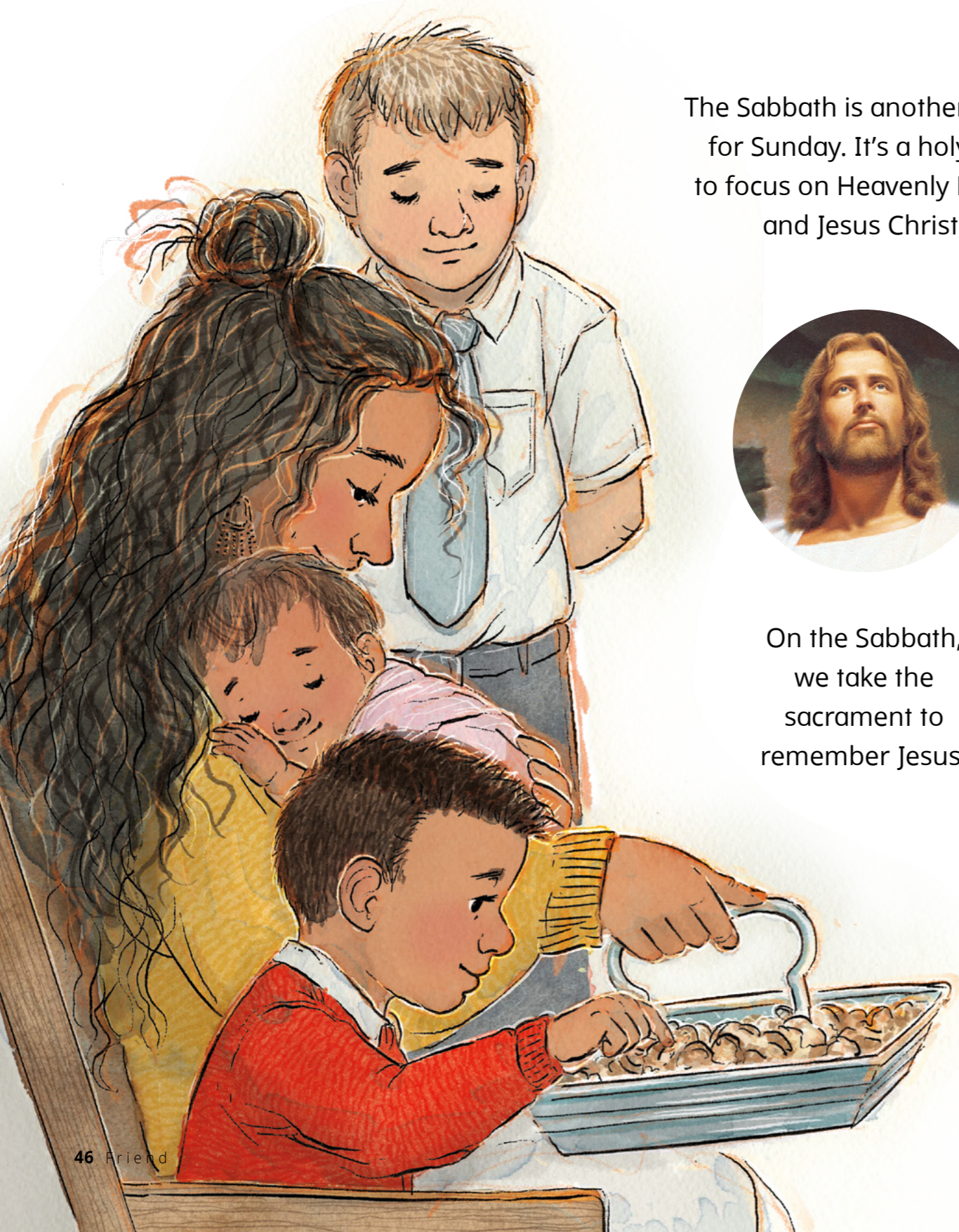


# What Is the Sabbath?



The Sabbath is another name for Sunday. It's a holy day to focus on Heavenly Father and Jesus Christ.



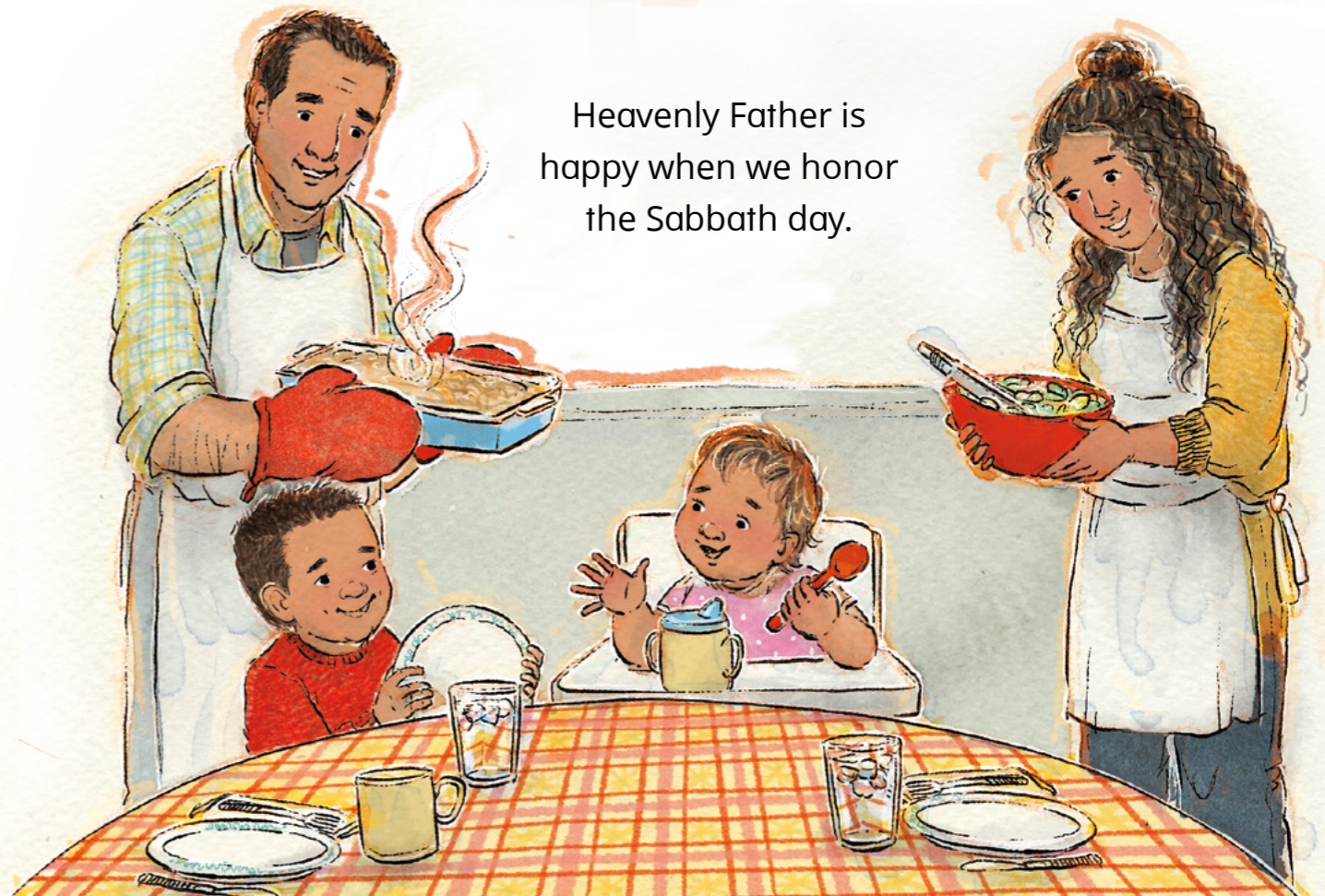
On the Sabbath, we take the sacrament to remember Jesus.

We learn about Heavenly Father and Jesus Christ at home and at church.

We enjoy time with our families and serve others.



Heavenly Father is happy when we honor the Sabbath day.



ILLUSTRATIONS BY APRYL STOTT