

If our youth... cannot turn off the TV during a big game on Sunday, will they have the spiritual self-discipline to resist the powerful temptations of today's challenging world[?] *Ensign - May 2017*

Do not seek entertainment... on [Sunday.] *lds.org "For The Strength of Youth"*

# TV on Sunday

So far as my practice is concerned, the radio and television are not turned on in the home on the Sabbath day, except it be to listen to religious [programs.] *Joseph Field Smith*

Instead of... television...let our focus remain on the Savior and upon His holy day. *Ensign - May 2017*

His father... looked disappointed. Brother Herring simply said, "Turn it off," and Eli did. He never watched football on Sunday again. *New Era - Oct. 1997*

## The Sabbath is the Entire Day

en-tire (ADJECTIVE): with no part left out; whole

Our love for the Sabbath day does not end when the chapel doors close behind us... *Ensign - May 2017*

Today is the Sabbath. It does not end when we leave this session; it does not end if someone calls on the phone or knocks at our door... *Ensign - Oct. 2000*

They need to see our commitment to... keeping the entire Sabbath day holy. *Ensign - May 2017*

## Holiday or Holy Day?

[Sadly,] many have come to feel that the terms "Sabbath day" and "play day" are synonymous. *Ensign - Oct. 1998*

There seems to be an ever-increasing popularity in disregarding... the Sabbath day. For many it has become a holiday rather than a holy day of rest and sanctification... *Ensign - Nov. 1986*

If you choose to delight yourself in the Lord, you will not permit yourself to treat it as any other day. Routine and recreational activities can be done some other time. *Ensign - May 2015*

Theaters and various public amusements... held on the Sabbath day... prove a potent factor in destroying [your testimony.] *Teachings of Presidents of the Church: Joseph F. Smith, Ch. 26*

"Business as usual" is the slogan for many, and our holy day has become a holiday. *Teachings of Presidents of the Church: Spencer W. Kimball, Ch. 16*

## Do Holy Things

The Sabbath is a holy day in which to do worthy and holy things... 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 - July 1978*

## Blessings

The Sabbath was His gift to us, granting real respite from the rigors of daily life and an opportunity for spiritual and physical renewal. *Ensign - April 2015*

The fulness of the earth is promised to those who keep the Sabbath day. *Ensign - April 2015*