

# SABBATH DAY ACTIVITIES

TAKE A WALK

CREATE A GOSPEL  
QUOTE BOOK

PREPARE A FAMILY  
HOME EVENING

ATTEND SABBATH  
MEETINGS

STUDY NEXT WEEK'S  
LESSON

WORK ON FAITH IN  
GOD, DUTY TO GOD,  
OR PERSONAL  
PROGRESS

*WRITE IN YOUR  
JOURNAL*

FIND GOSPEL QUOTES TO SHARE  
ON SOCIAL MEDIA

STUDY ONE SUBJECT  
IN THE SCRIPTURES

WRITE A THANK YOU  
LETTER TO SOMEONE  
WHO INSPIRED OR  
HELPED YOU  
THIS WEEK

STUDY A CHAPTER IN  
'PREACH MY GOSPEL'

CREATE A FAMILY  
MOTTO AND DISPLAY IT  
IN YOUR HOME

LOOK THROUGH FAMILY  
PICTURES

READ A GENERAL  
CONFERENCE TALK AND  
WRITE DOWN WHAT  
YOU'VE LEARNED

WATCH CHURCH VIDEOS

SPEND TIME WITH  
YOUR FAMILY

PLAN A  
RANDOM ACT OF  
KINDNESS

MAKE A CARD FOR  
SOMEONE

LISTEN TO UPLIFTING MUSIC

ACT OUT A STORY  
FROM YOUR FAMILY  
HISTORY

READ THE SCRIPTURES

HAVE A BOOK OF  
MORMON  
READ-A-THON

READ ABOUT YOUR  
ANCESTORS

WRITE A FAMILY NEWS-  
LETTER AND EMAIL IT TO  
EXTENDED FAMILY

WRITE A QUOTE THAT  
WILL HELP YOU WITH A  
TRIAL & PLACE IT SOME-  
WHERE YOU WILL SEE EVERY  
DAY THIS WEEK

WRITE TO A MISSIONARY

SECRETLY DECORATE SOMEONE'S  
FRONT DOOR WITH NOTES OF  
APPRECIATION

WRITE A LIST OF  
WHAT YOU ARE  
THANKFUL FOR

VISIT SOMEONE WHO  
COULD USE SOME  
COMPANY

CALL SOMEONE  
WHO IS SICK

DRAW PICTURES &  
DELIVER TO ELDERLY  
PEOPLE IN YOUR  
NEIGHBORHOOD

LEARN A HYMN OR  
PRIMARY SONG

MEMORIZE A SCRIPTURE  
OR ARTICLE OF FAITH

*DO INDEXING*

LOCATE ALL THE TEMPLES ON A  
WORLD MAP AND MARK THEM

INVITE A FAMILY YOU  
DON'T KNOW WELL OVER  
FOR A TREAT

PLAY SPIRITUAL MUSIC  
ON AN INSTRUMENT

READ A CHURCH  
MAGAZINE

TAKE A TREAT TO  
SOMEONE