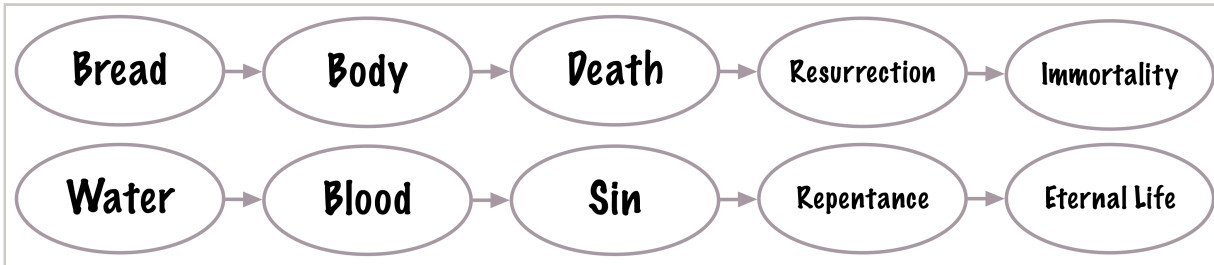


~ The Holy Sabbath - The Lord's Day ~

The following are notes taken from Stake Priesthood Leadership Meeting on September 20, 2015 at the Olathe, Kansas stake. Presiding were President Boyack and his counselors, Presidents Moore and Taylor.

The Holy Sabbath

- What we call it, or the label we attach, reveals our attitude about it. It is the Holy Sabbath or Lord's Day.
- On His day, we take the Sacrament. Do we understand the emblems of the Sacrament?



Emblems of the Sacrament

- These emblems represent gifts from our Master, Jesus Christ to each of us who receive and partake
- Bread:
 - Bread represents His body which was broken and offered on our behalf.
 - Death: He laid His body down and died for us so that He could overcome death, for us
 - Resurrection: He took His dead and broken body back up and clothed Himself again, overcoming Death and unlocking the Resurrection for us all
 - Immortality: We each obtain the free gift of immortality, to never again taste physical death or the grave.
- Blood:
 - Water represents His blood which was shed for us in the Garden of Gethsemane.
 - Sin: His blood covers and washes away our sins like a holy cleaning fluid
 - Repentance: Because He shed His blood of His own accord and in our behalf, we can repent, pointing to that selfless act, in essence becoming one with Him. He has already suffered and met the Law of Justice on our behalf so that we can Repent and avoid such suffering.
 - Eternal Life: We lay hold on the promise of Eternal Life if we keep our covenants, even the covenants of Baptism. Listen to the words of the Sacramental prayers!
- Of these emblems and their representations, or gifts from our Savior, only one is conditional, which is Eternal Life. All of the others are freely given to us. See the conditions of Eternal Life in [D&C 76](#)

The Laws and Ordinances of the Gospel

Article of Faith #3:

3 We believe that through the Atonement of Christ, all mankind may be saved, by obedience to the laws and ordinances of the Gospel.

Laws

There are two types of just, true and holy law: 1) God's Natural Law and 2) God's Commandments, including our own *original* US Constitutional law. Anything else is evil; [D&C 98:7](#)

For our purposes, the Commandments cover everything that doesn't include Natural Law. Commandments may be either written, as in the [Ten Commandments](#), or through revelation as recorded throughout the Book of Mormon, D&C, etc.

Ordinances (Saving)

1. Baptism
2. Sacrament
3. Confirmation (gift of the Holy Ghost)

- 4. Melchizedek Priesthood (required for men only)
- 5. Endowment
- 6. Sealing

After that are we finished? Have we checked off all of the boxes to obtain Eternal Life? No.

The Doctrine of Christ

In [D&C 13](#), John the Baptist baptizes Joseph Smith and Oliver Cowdery. More significantly he restores the keys of Baptism and outlines the Doctrine of Christ.

1 Upon you my fellow servants, **in the name of Messiah** I confer the Priesthood of Aaron, which holds the keys of the ministering of angels, and of the gospel of **repentance**, and of **baptism by immersion** for the remission of sins; and this shall never be taken again from the earth, until the sons of Levi do offer again an offering unto the Lord in righteousness.

3 Nephi further explains in detail the Doctrine of Christ:

[3 Nephi 11:32–35, 39](#)

32 And this is my doctrine, and it is the doctrine which the Father hath given unto me; and I bear record of the Father, and the Father beareth record of me, and the Holy Ghost beareth record of the Father and me; and I bear record that the Father commandeth all men, everywhere, to repent and believe in me.

33 And whoso believeth in me, and is baptized, the same shall be saved; and they are they who shall inherit the kingdom of God.

34 And whoso believeth not in me, and is not baptized, shall be damned.

35 Verily, verily, I say unto you, that this is my doctrine, and I bear record of it from the Father; and whoso believeth in me believeth in the Father also; and unto him will the Father bear record of me, for **he will visit him with fire and with the Holy Ghost**.

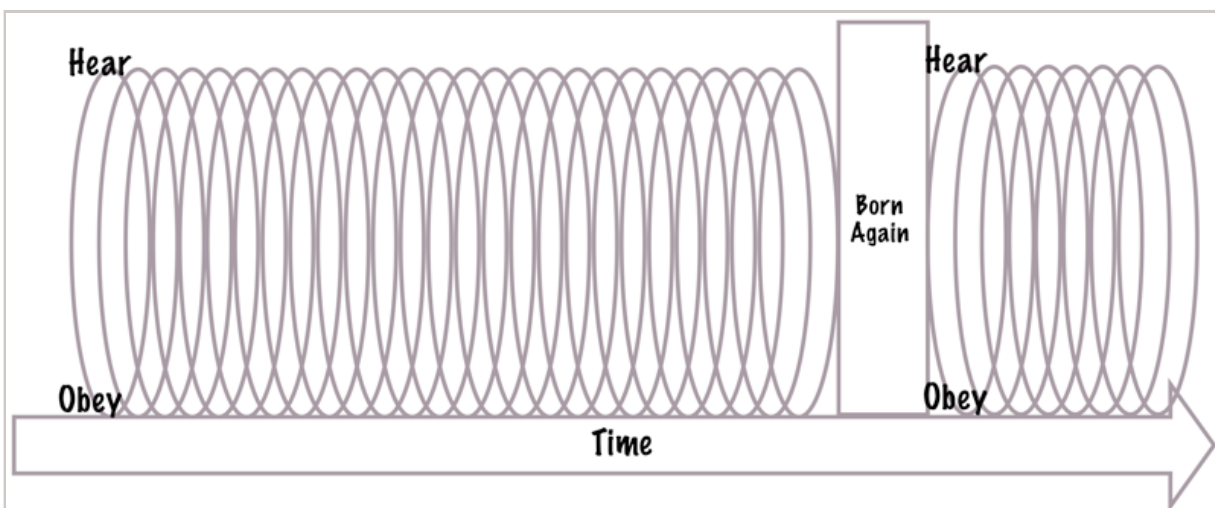
[...]

39 Verily, verily, I say unto you, that this is my doctrine, and whoso buildeth upon this buildeth upon my rock, and the gates of hell shall not prevail against them.

Again, in [D&C 33:11](#)

11 Yea, repent and be baptized, every one of you, for a remission of your sins; yea, be baptized even by water, and **then cometh the baptism of fire and of the Holy Ghost**.

Baptism of Fire and the Holy Ghost



Process to obtain Eternal Life

The first principle of the Doctrine of Christ is faith. Not just any kind of faith but *Living Faith in Christ*. We listen to the testimony of the Holy Ghost who, *bearth record of the Father and the Son*. We hear and obey because we are baptized. We are baptized because we gain this **Living Faith in Christ**. Faith without action is dead faith. So we take the action of being baptized. But how do we get the faith in the first place?

We “hear” the “voice” of the Holy Ghost. We “feel” the “promptings” of the Holy Ghost. Through such promptings we gain enough faith in Christ to take action, which is Living Faith in Christ. We are baptized. This is the first step toward Baptism of Fire and the Holy Ghost.

We repeat this same process of hearing and obeying the promptings of the Holy Ghost. We hear and obey, every prompting and the more we do this, the more we become immersed in the Holy Ghost until we are baptized with the fire of the Holy Ghost. We eventually reach a point where we are born again and have become a new creature with no more disposition to do evil.

So what happens when we obey? We feel good, right? We each may describe that feeling differently. Some may feel a sense of strength, confidence, peace or joy. But the result is the same. The Holy Ghost approves of and sanctifies us a little bit more each time we obey. It is this sanctification that we sense or “feel”. We can turn up the frequency of our obedience, which eventually leads to baptism of fire and the Holy Ghost, and enjoy that feeling constantly. Eventually we are sanctified in full, and our Calling and Election are made sure.

Obedience

Obedience is often through sacrifice. Sometimes we don’t want to obey in and of ourselves. We sacrifice the time and effort to do **Father’s will**. This is not unexpected, but required. It is part of the process that changes us from the natural man or woman to the sanctified man or woman. Through this process of hearing and sacrificing our own will in order to obey Father’s, we become fit for His kingdom. It will happen as quickly as we obey in a consistent and sustained manner.

Through this process of hearing the promptings of the Holy Ghost and obeying those promptings, we will eventually be fit for His kingdom, gain Eternal Life and be welcomed home.