

Sabbath Ideas Handout

Description

In the creation story, God worked for six days and then rested on the seventh day. God enjoyed this rest so much that he wanted to share it with us. He blessed the seventh day and instructed us to set it apart and treat it with special care. The Sabbath is a time to focus on important things (like rest) that so often get neglected in our busy schedules. It is meant to be a blessing from God, not a legalistic rule that we must follow. It's meant to give families meaningful time together. By taking a Sabbath, we can learn "rest after working hard", "time management and balance", "right priorities", and the appreciate of God's word, creation, family, and the care of others.ⁱ

Here are three websites with family Sabbath ideas.

Family Sabbath Ideas

<https://www.learnreligions.com/sabbath-day-activities-2159149>
<https://www.adventistreview.org/church-news/story6297-the-ten-sabbath-activities-everyone-can-enjoy>
<http://shinebrightmom.com/2017/05/30/30-ideas-for-celebrating-the-sabbath-with-your-family-even-with-young-kids/>

Examples

1. Invite someone who may be unable to cook for themselves such as an elderly person or shut-in, to share dinner with your family, or take dinner to them.
2. Take a walk as a family. Discuss the blessing of God's creation through nature as you walk.
3. Have family scripture study. Younger children may want to draw representational pictures beside their favorite scriptures. This will enable them to find the same scripture and remember what it was about in the future.
4. Prepare stories about your children to tell them.
5. Have grandma or grandpa tell stories about themselves or the lives of other relatives.
6. Decorate special jars for tithing and mission funds.
7. As a family go visit your neighbors.
8. Ask for prayer the week before and pray for family and friends.
9. Invite a missionary family over to dinner.
10. Do a random act of kindness together.
11. Cook a family meal together with everyone helping.
12. Give / receive communion together.
13. Eat dessert first on Sabbath.
14. Have a bonfire with hot dogs and s'mores.
15. Commit to no screen time and no normal chores on sabbath.
16. Enjoy a naptime. Maybe purchase some hammocks.

^{i i} Mike Bennett, "The Sabbath: A Blessing for Families," Life, Hope & Truth, accessed August 3, 2020, <https://lifehopeandtruth.com/bible/10-commandments/sabbath/blessing-for-families/>