



WHAT IS SABBATH?

A DAY OF REST

Sabbath is a 24-hour period to set aside the hurry and hustle of our culture in order to rest, refresh your soul, and reorient your heart around God and his promises.

A GRATEFUL HEART

Sabbath is about practicing gratefulness for all the blessings God has given you. It is a day to put away the natural desire for more and to practice contentment for what you have.

A DAY TO HEAL

Sabbath creates an opportunity to heal our mind, body, and soul. Spending intentional time with God, getting the proper amount of sleep and eating well are some great steps toward healing!

A DAY OF DELIGHT

Sabbath is a reminder that God wants his people to be joyful. Play games, spend time together, laugh a lot, and thank God for the gift of joy!

A CHECKLIST FOR SABBATH SUCCESS

GET RID OF DISTRACTIONS

- Turn off cell phone and put it away
- Make other electronics off limits
- Put away work, bills, homework, etc.
- Center your conversations around joyful things
- Ask God to help you have a grateful heart

SPEND TIME WITH GOD

- Start your time with a prayer of thankfulness
- Read a Psalm, Proverb, and a passage of your choice
- Reflect on God's invitation to you in those readings
- Make a list of answered prayers or blessings
- End with a prayer asking God for rest today

SPEND TIME WITH YOURSELF

- Think of three positive things about yourself
- Identify three things you are blessed with
- Reflect on positive areas of growth in your life
- Do something by yourself that brings you joy
- Name one thing you're looking forward to next week

SPEND TIME WITH LOVED ONES

- Talk about the time you spent with God
- Ask each person to share what they are grateful for
- Encourage an area of growth you've seen in each other
- Do something fun together (walk, board games, dance)
- Share a meal together and DON'T do the dishes
- End your Sabbath with a family prayer of thankfulness

SCHEDULE YOUR SABBATH

DAY 7: PREPARE YOUR FAMILY

As a family, talk about what the Sabbath is and why you want to do it. Create space for everyone to ask questions, voice concerns, or give suggestions. Ask each member of your family what they think would be restful for them so you can incorporate that into your sabbath day. Use the guide on the back for helpful ideas!

DAY 6: PREPARE YOUR SCHEDULE

The most difficult part of Sabbath is learning to say no to things (even good things) and scheduling appropriately. Block out your Sabbath day from phone calls, appointments, birthday parties, etc. Schedule a day to clean your home or grocery shop before your weekly Sabbath and discuss that schedule as a family.

DAYS 5-3: WORK HARD

God has called his people to use the gifts he has given them to work hard, cultivate the earth to look more like the Kingdom of God, and to reflect his goodness while doing it. These three days should be days of working hard at whatever you do, and doing it all with integrity and a grateful heart!

DAY 2: FINAL PREPARATIONS

By now you're likely tired and worn out from a week of work, family, and life circumstances. That makes it even more important to prepare your life and your heart for the coming Sabbath day. Things like cleaning your house, having food prepared, and having easy activities for the kids will make resting and delighting so much easier on your Sabbath day.

DAY 1: SABBATH

Today is a day of rest, gratefulness, healing, and delight. Your whole day should be centered around those things. Sleep in, spend time with God, drink lots of coffee, eat good food, spend time together, and laugh a lot. Take a few moments to ask each person what they are grateful for or celebrating today. Take time to pray and thank God for his blessings.

ACTIVITY IDEAS

- Take a walk
- Play board games
- Read a book
- Play sports
- Go to the lake
- Have a dance party
- Play at the park
- Paint a picture
- Go on a hike
- Have a special treat

HELPFUL HINTS

DON'T GET DISCOURAGED

Sabbath is like working out--you have to stay disciplined and repeat the process before you see results. Eventually you and your family will find a rhythm that works for you and Sabbath will be everyone's favorite day!

GET RID OF EXPECTATIONS

Rest looks different for everyone. The introverts in your family may be happy staying home and reading books while the extroverts crave human interaction. Allow your family the space and freedom to do whatever will help them rest and refresh.

START SMALL

Sabbath is a big change, but there are small things you can do to get used to the idea! Try making it a family rule to turn off all electronics by 9pm every night. Ask your family each day what they are thankful for. Make sabbath a daily rhythm of life!