



FAMILY RHYTHMS: SABBATH

Every week, the family is on the go - busy with school, work and activities. The practice of Sabbath or “Shabbat” is an invitation from God to enjoy the gift of stopping business as usual and engaging in a time set apart for much-needed rest. The Sabbath is an intentional way for us to practice surrendering to God in faith, knowing that even when we stop, He is still working on our behalf. This special rest is a blessing to us as we engage in activities that bring life to our souls, connect us with God, and unify us with one another.

Practicing Sabbath will look different for each family. Listed below are some guided questions to help your family start brainstorming what planning a Sabbath day could look like together!

FAMILY DISCUSSION QUESTIONS

1. What time works best for our family to practice Sabbath? When would we start/end? *Ex: Fri night - Sat night, sun-up to sun-down on Saturday, etc*

2. What is a way our family could celebrate the start of Sabbath together?
Ex: Family meal, reading the Word together, praying together, taking communion, practicing gratitude, lighting a candle

3. What kind of special activities or practices could our Sabbath include?
NOTE: God has crafted each one of us so uniquely - with different things we enjoy! Because of this, each member of your family will likely have special Sabbath “set-apart” activities they enjoy with the Lord. Your family can brainstorm both individual activities AND activities the whole family can participate in together!



What are some ways we can connect with God on the Sabbath?

Ex. Read the Word, listen to the Jesus Storybook Bible, take communion, journal



What are ways we can intentionally rest our bodies, souls and minds on the Sabbath? *Ex. sleep in, read, do a puzzle*



What do you enjoy doing? What activities would bring joy + life on the Sabbath? *Ex. playing outside, painting, writing music, gardening*



What can you do to spend time together as a family on the Sabbath?

Ex. Movie night, play games, special meal

4. What things will our family stop doing to rest on this day?

Ex. No phones, no social media, no work, no unnecessary house chores

5. What can our family do in advance to prepare for Sabbath?

Ex. Clean your house, go grocery shopping, meal prep





SABBATH ACTIVITIES

HERE ARE SOME IDEAS TO GET STARTED:

- Play games
- Enjoy special meals
- Take a walk
- Soaking time / journaling
- Read / listen to the bible
- Worship
- Picnic
- Puzzle
- Coloring or activity books
- Arts + Crafts
- Read/Listen to a book
- Memorize scripture
- Communion
- Movie night
- Playing instruments
- Napping
- Baking
- Watch "The Chosen"

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What can you do to spend time together as a family on the Sabbath?

