



Why practice Sabbath?

It helps remind us who God is and who we are as God's children!

Let us explore and practice Sabbath together as a family!

READ Genesis 2:1-3

- What does this passage tell us about Sabbath?
- What does it bring to your mind?
- Do you feel like you incorporate Sabbath into your life regularly?
- *Objective thought: God created Sabbath for us. He gave us the time, space, and permission to rest. God took a Sabbath as an example to us and for us.*

PLAY one or some of the following introductory activities/games/icebreakers

Objective thought: this can help get everyone loose, laughing, and having fun! Laughter can most definitely be a part of Sabbath. Be free! Have fun! Laugh a little (or a lot!)

1. Zip, Zap, Zop

- Make a circle.
- You send the “charge” around the circle with the words in the following order:
zip, zap, zop.
- Fred will put his hands together—like praying hands—and gesture towards Kathy while saying, “zip!”
- Kathy will then use the same motion and gesture toward Cal while saying, “zap!”
- Cal will then continue sending the “charge” around the circle by gesturing toward someone else while saying, “zop!”
- That person will then go back to passing it by saying “zip!” and the trend will continue.
- The goal is to get faster, yet still maintain clear communication

2. Never Have I Ever

- Each person can hold five fingers up.
- The first person makes the claim of something he/she has NEVER done/experienced.
- The other people participating put a finger down only if they HAVE done/experienced—it's a game of opposites.
- The first one to put all five fingers down then starts up the next game.

3. Pterodactyl

- a. Have participants in the circle cup their lips around their teeth (as if trying to imitate a person that has no teeth).
- b. Then they must turn to the person next to them and say “PTERODACTYL” and pass it around.
- c. If the person who is receiving the word or the person passing it laughs and shows his/her teeth, they are out of the game.
- d. If you want to send the word back around the circle the opposite direction you may turn to the person and SQUAWK at them like a pterodactyl might (open for interpretation).
- e. Whoever is the last standing is the ultimate Pterodactyl champion!

RE-CENTER on Sabbath

Objective thought: Sabbath as a time to slow down, reflect, and be. It can be easier said than done!

Activity

1. Ask everyone in your family to walk through the different rooms of your house looking at the paintings, pictures, and images on the walls, tables, or desks.
2. Ask everyone to choose one image and bring it back to your gathering space. We are going to do two things with these (see below).
 - a. If images are too high on a wall perhaps an adult or older sibling can assist with taking it down.
 - b. If something is too difficult to remove, consider going to that location when it's that person's turn to share.

Discuss

1. Tell/share the story of that image.
 - a. What is taking place in the picture?
 - b. How did you get it?
 - c. What is the memory of it?
 - d. How does it make you feel?
 - e. Why are you drawn to this image?
2. Tell/share the significance of the image.
 - a. Of all the images to choose from why did you share that picture?
 - b. What's so special about this one?
 - c. Did you have a hard time deciding?

READ Isaiah 58

- What does this passage tell us about Sabbath?
- What words or phrases stuck out to you?

- Do you feel like you incorporate Sabbath into your life regularly?
- *Objective thought: Sabbath as a time of doing things in which you delight or bring you joy (using and sharing the gifts and talents God gave you). God said it was good in relation to creating everything and then rested. God enjoyed the creations!*

REFLECT on Sabbath

1. Take 3-5 minutes individually making a list of the things in which you delight and/or bring you joy.
 - a. In that time, pick a top three.
 - b. Don't overthink it or try to qualify in any way. Keep it simple.
2. Back in the full group, share some, all, or the top three items in your list.
 - a. From the top three, how long has it been since you've completed each of those things in which you delight and/or bring you joy?
 - b. How can you as individuals or as a family help each other find more opportunity to do those things?
 - i. How can you hold one another accountable?
 - ii. How can you encourage one another?

***LISTEN: "Holy as the Day is Spent" (*optional)**

- Link here <https://www.youtube.com/watch?v=pxzO8DyY9e8>
- Meditate on the words being sung
- Discuss: what message do you hear about Sabbath within the song?

PRACTICE Sabbath

1. Take a break from the group and find a way to practice Sabbath individually.
 - a. Examples:
 - i. Read scripture
 - ii. Read another book
 - iii. Color
 - iv. Pray
 - v. Nap
 - vi. Journal
 - vii. Write a note to mail to someone
 - b. Reflect on the experience.
 - i. How did you feel going into the time to practice on your own?
 - ii. How did you feel afterward?
 - iii. Was it hard? Easy?
 - iv. Was it enjoyable? If so, why do you think?

2. After some time apart, come back as a group and practice Sabbath together as a family/group unit.
 - a. Try to disconnect from technology and truly be with one another.
 - b. Examples/suggestions:
 - i. Read scripture and discuss
 - ii. Say a group prayer, listing out all the people, places, and things on your heart for which you want to pray
 1. Write them down as a visual reminder for everyone at other times to pray for these people, places, and things
 - iii. Play a board or card game
 - iv. Watch a movie or TV show together
 - v. Look through family photo albums

Additional Sabbath ideas:

- *Go outside*
- *Give it to God*
- *Collect donations for charity*
- *Tackle the task that seems to weigh on you*
- *Play games*
- *Find examples of peace and joy surrounding you*
- *Praise God in song*
- *Look into God's Word*
- *Set healthy boundaries*
- *Respect others' boundaries*
- *Don't take self too seriously*
- *Stop running from/to (take a look at Peter's document "Fast from... Feast on...")*
- *Share our stories*
- *Give of yourself to others*
- *Disconnect from technology*
- *Connect with friends and family farther way (phone, Facetime, Skype)*
- *Nurture health physically, mentally, emotionally (cook healthy meals, exercise, counseling, journaling, etc.)*

Additional scriptures for reference:

- *Exodus 5:1-9*
- *Exodus 20:7-12*
- *Exodus 31:12b-17*
- *John 5:2-18*
- *Mark 2:23-28*
- *Matthew 12:9-14*