



## Practicing Sabbath

*"Remember the Sabbath day  
and treat it as holy."*

*Exodus 20:8 (CEB)*

**Sabbath is a time to stop normal routines. Stop what makes us busy, stressed, and distracted from God and family. STOP! To rest, to take a nap, to notice God, to listen to God, to join in corporate worship, to be with family and friends. God's pattern of working six days, then taking rest, is woven throughout scripture. Sabbath helps to bring a balanced life.**

**1. Sing this song that reminds us to stop and notice God, from Psalm 46:10...**

**Be still** (*finger to mouth, then right hand over left fist*)  
**and know** (*tap fingers to forehead*)  
**that I am God.** (*move right palm toward chest,*  
*facing left*) (3 times)

[https://www.youtube.com/watch?v=AFoNZ\\_WKr\\_U](https://www.youtube.com/watch?v=AFoNZ_WKr_U)

**2. Create Sabbath routines that give a break from normal patterns without taking lots of energy to make them happen.**

You might light a candle every Sunday to set the day apart, to remember this is Sabbath, a break from work and stress. Take time for worship; make time for yourself; spend time with family.

**3. Talk about your child's Sunday School lesson.** This is a lovely opportunity to build on faith discussions that happen at church.

**4. Remember the Sabbath at mealtime.**

Eat together. Talk with each other. Gather everyone around the table for Sabbath meals. Or, if you *routinely* gather at the table for meals, you might make a habit of having a family room picnic for Sunday supper. Consider the simplicity of a tradition of having the same menu every Sunday breakfast or every Sunday supper.

**5. Make memories with the family.**

Take a break! The world will survive without your work one day a week. Create family memories! Play games, read books, take walks, go on bike rides, play ball, do a service project together.

**6. Learn to know your neighbors.**

Take your kids along to visit your neighbors or invite the neighbors to your home for a visit.

**7. Memorize scripture together.**

You might introduce a new verse every Sunday that you practice together throughout the week.

**8. Establish Sabbath bedtime routines.**

You might enjoy an extended story time or time of singing together as part of a wrap-up to Sabbath. This sets the stage to begin the week with a heightened awareness of God's presence.

**9. Check out this website for more ideas on nurturing faith at home:**

<https://vibrantfaith.org/>