

# IDEAS FOR PRACTICING SABBATH

## *Ideas for singles*

- o Spend time alone.
- o Spend time with friends and family. Get coffee, go out to lunch, take a walk, etc.
- o Clear your schedule of work and errands.
- o Nap.
- o Enjoy this season of life where you have ample time to focus on God's presence.
- o Spend time in spiritual reading.
- o Listen to a podcast or teaching on the Bible.
- o Practice gratitude for the season you're in rather than focusing on where you might want to be in the future.

## *Ideas for married couples:*

- o Spend time together catching up.
- o Don't fight (there are six other days to do that).
- o Avoid hard conversations.
- o Don't talk about things that aren't restful (i.e., stuff you need to get done in the coming week).
- o Talk about your personal and shared discipleship.
- o Have sex!
- o Nap.
- o Read.
- o Give each other space to do what is life giving (opposites often attract, and find very different activities restful. Create space for that). Introvert married to an extrovert? Spend the morning reading in the quiet (introvert time), then go out to an early dinner with friends (extrovert). Or something like that.

## *Ideas for young families:*

- o Spend time together as a family in celebration of life.
- o Have one parent watch the kids for a few hours, while the other goes off to rest or do something life-giving, then swap (i.e., one parent takes a two hour block in the morning, another in the afternoon).
- o Take your kids to the park or on a fun, restful outing.
- o Make your kids nap or have quiet time, even as they get older.
- o Have your kids light the candles of sabbath, and ask them what they symbolize (The two commands from the Ten Commandments: remember and observe the sabbath).
- o Take communion as a family.
- o Do highlight of the week with your kids.
- o Go to bed early.
- o Have a special breakfast set out for the kids to eat first thing, so the parents can sleep in and relax.
- o Have a special box of toys that your kids just get to play with on the sabbath.
- o Keep those video games off!

o Recognize it's hard to rest with little kids, but this is a season. Do your best. It will pass all too soon.

*Ideas for older families or empty nesters:*

- o Spend time together as a family or couple in celebration of life.
- o Share a meal together.
- o Do highlight of the week.
- o Have a time of prayer and Bible reading as a family.
- o Go on a fun, but restful outing to a park, coffeeshop, or restaurant.
- o Take naps.
- o Read.