

A PARENT'S GUIDE TO THE SPIRITUAL PRACTICE OF SABBATH



What is the Spiritual Practice of Keeping Sabbath?

"Sabbath keeping is not about a day off but about being recalled to our knowledge of and gratitude for God's activity in creating the world, giving liberty to captives, and overcoming the powers of death." -Dorothy C. Bass

What are some ways families can practice Sabbath?

- Make this day special - activities, meals, and special toys for this day
- Make this day restful - spend time in nature, recreate, rest
- Make this day unplugged - put technology and screens away
- Make this day relational - do things as a family
- Make this day worshipful - find ways to connect spiritually as a family

FOR THE ENTIRE FAMILY:

(Give younger children Play-Doh, coloring pages, or a toy to keep their hands busy so they can share this time with you and your older children). Discuss what God meant in these scripture verses about the Sabbath. Read a verse each Sabbath day and wonder together. Sit and wonder together. Add your own wonder statements. Children love to see parents wondering too.

Genesis 2:2	I wonder why God rested.
Exodus 20:8	I wonder how resting is holy.
Leviticus 23:3	I wonder what this means for our family.
Deuteronomy 5:14	I wonder if rest means something more than sleep.
Mark 2:27	I wonder what Jesus meant when he said this.
Luke 4:16	I wonder why Luke says, "As was his custom."
Hebrews 4:9-10	I wonder if these verses mean now or in the future.

FOR PARENTS WITH BABIES AND TODDLERS:

Give children certain toys they can only play with on a Sabbath day, make a special meal, and say, "Today is a special day. It is the Sabbath. Today is the day of the week we rest and remember all that God has done for us."

FOR PARENTS WITH ELEMENTARY CHILDREN AND YOUTH:

Try a 10-minute quiet time together to respond to the theme of Sabbath through drawing or discussion. Share your pictures or thoughts with each other.

FOR PARENTS: (older children and youth may be interested in these, too)
Watch any or all of these videos on Sabbath by Dr. Matthew Sleeth.
You will not be disappointed!

