## Suggestions for Honoring God's Creation

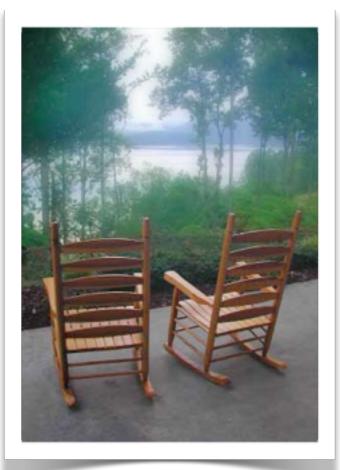
## **SABBATH**



All who keep the Sabbath without desecrating it and who hold fast to my covenant—these I will bring to my holy mountain and give them joy in my house of prayer.

ISAIAH 56:6-7, NIV

- Talk with my family about how we want to celebrate the Sabbath.
- Clean the house as a family the day before the Sabbath.
- Get all my errands done before the Sabbath.
- Read Psalm 92, the psalm for the Sabbath Day.
- Avoid eating out and buying things on the Sabbath.
- Select a devotional to share with your family.
- Take off your watch and remove all reminders of work during the Sabbath day.
- Prepare a special Sabbath meal.
- Light Sabbath candles.
- Turn off your computer, and keep it off all day.
- Use the answering machine to screen calls on the Sabbath.
- Turn off the cell phone.
- Bake challah.
- Bless your children and spouse.
- Encourage your family to take guiltless naps on the Sabbath day.
- Fill a special play box for children with quiet activities reserved for the Sabbath.
- Read Psalms 23, 24, 29, 93, 126, and 148.
- Find a church home, if I don't have one already.
- Say grace before every meal on the Sabbath.
- Share praises and concerns with family or friends on the Sabbath.
- Sake a Sabbath walk.
- Spend at least ten minutes completely surrounded by nature each Sabbath.
- Take a media fast on the Sabbath.
- Spend at least half an hour in silence on the Sabbath.
- Ask forgiveness from anyone you may have hurt or offended this week.
- Engage in a plan for reading the Bible regularly on the Sabbath.



- Prepare most Sabbath meals with local or organic foods.
- Invite someone to share a Sabbath meal.
- Read a book aloud on the Sabbath.
- Take a criticism break.
- Write a letter of appreciation.
- Engage in service outreach.
- Avoid driving on the Sabbath, except to church.
- Pick a cue throughout the week (your e-mail delivery chime, a glance at your watch) to bring in a moment of Sabbath peace to your weekday routine.



## **OUR MISSION**

Blessed Earth is an educational nonprofit that inspires and equips faith communities to become better stewards of the earth. Through outreach to churches, campuses and media we build bridges that promote measurable environmental change and meaningful spiritual growth.

PO Box 227, Wilmore, KY 40390

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