

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.

ISALAH 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

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