



HOW TO EXPERIENCE THE SABBATH AS A FAMILY

HAVE A SPECIAL DEVOTIONAL TIME AS A FAMILY

- Book Suggestion: One Year of Dinner Table Devotions
- Teen Families: Fighting FOMO and Better Together: Connecting with God (both YouVersion)
- Kid Families: YouVersion for Kids Bible App, Gods Good News, Indescribable

HAVE A SPECIAL TIME OF ENCOURAGEMENT

- Play a game of hot potato. When the music stops, whoever is holding the ball will compliment the person on their right.

MAKE THE SABBATH FEEL SPECIAL

- Have a special meal or dessert that your family only has on the Sabbath.
- Use special dinnerware or placemats that makes your Sabbath meal feel special.

CREATE A TIME OF SILENCE

- Lay out comfy pillows and blankets and listen to soft worship songs.
 - **Suggestions:** Instrumental Worship Soaking music or Piano Lullabies by Hillsong Kids on Youtube.
- Create a time frame in your house that is fully unplugged in quiet time. Kids can play quietly in their rooms or read a book during this silent period in your home.

NON GADGET INTERACTION:

- Go on a hike
- Turn on the fire pit and roast marshmallows while singing songs or telling Bible stories.
- Find an old photo and tell the story behind the photo. This is a great time to create memory-stones.
- Make bagged lunches for those in need and pass them out on Sunday after service.

For more ideas, go to: <http://www.sabbathideas.org>