

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

1. Talk with your family and decide how you want to celebrate the Sabbath.
2. Visit sabbathliving.org and write a [Sabbath Plan](#). Sign up to receive a [weekly Sabbath text](#) for on-going encouragement.
3. Clean the house, go grocery shopping, and do all errands the day before the Sabbath.
4. Find a church community to worship with, if you don't have one already.
5. Say grace before every meal on the Sabbath.
6. Take a Sabbath walk.
7. Take a media fast.
8. Spend at least half an hour in silence.
9. Encourage your family to take guiltless naps.
10. Write a letter of appreciation.
11. Light Sabbath candles.
12. Avoid shopping and commerce.
13. Select a devotional to share with your family.
14. Take off your watch and remove all reminders of work during the Sabbath day.
15. Prepare a special Sabbath meal and invite someone to share it with you. Try baking *Challah* bread.
16. Turn off the computer and your cell phone. Use your answering machine to screen calls
17. Fill a special play box for children with quiet activities reserved for the Sabbath.
18. Read Psalm 92 (the Sabbath Day Psalm) or Psalm 23, 24, 29, 93, 126, or 148.
19. Talk together. Share praises and concerns with family or friends. Ask forgiveness from anyone you may have hurt or offended this week. Bless your spouse and children. Read a book aloud together.
20. Spend at least ten minutes completely surrounded by nature.
21. Pick a cue throughout the week to bring in a moment of Sabbath peace to your weekday routine.



Blessed Earth is an educational nonprofit inspiring faithful stewardship of all creation



www.BLESSEDEARTH.org