

# The Elements of Sabbath

## Worship

Scripture Reading  
Prayer  
Worship  
Solitude and Silence  
Creative Arts  
Service



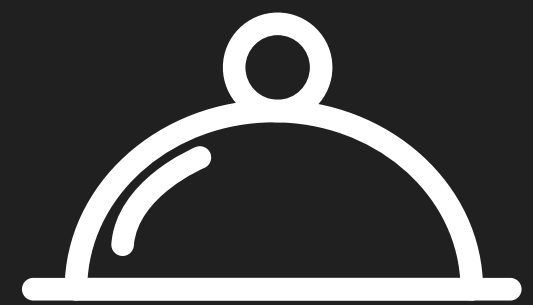
## Family

Sabbath is both an individual and community practice. How can you incorporate both into your day? Some families like to spend quality time together over a delicious meal and a game or two!



## Food

Some families prep all their food the day before. Some just plan to order in! We rotate each week who gets to choose the take-out/meal for Sabbath dinner. It is a treat and we eat it together. It can include others, or it can be just us.



## Fun

Cooking/baking together  
Sports/recreation, a walk in nature  
Arts and crafts, drawing, building stuff, creating fun skits or plays  
Reading  
Hanging out with friends/family  
Board games and other fun family activities  
Making music together  
Spa night  
Themed family photo shoots  
Family escape room or mystery party  
Looking through old family photo albums  
Campfire in the backyard (or in winter, in your fireplace!)

enjoy!



## Rest

Naps  
Unhurried time  
Alone time  
No work

## Limits

Recognizing our limits and need for rest  
Limiting technology and screen time  
Limiting commitments (only those that bring joy and bring us together with each other and God)

