

SABBATH BINGO

MAKE IT A GAME WITH YOUR FAMILY.
SLOWLY CHECK OFF BOXES AS YOU DO
THEM. HOWEVER YOU USE THIS
RESOURCE, REMEMBER SABBATH IS
ABOUT SLOWING DOWN, BEING
MINDFUL, & BEING IN GOD'S PRESENCE.



LISTEN TO WIND AND TREES	WALK BAREFOOT IN THE GRASS	READ A BOOK IN A HAMMOCK	TAKE A NAP	WORSHIP AT CHURCH
<u>READ PSALM 23</u>	GO OUTSIDE FOR 10 MINUTES	COOK A MEAL WITH A FRIEND OR FAMILY MEMBER	LEAVE YOUR PHONE IN YOUR POCKET WHEN IN A LONG CHECK- OUT LINE	CALL SOMEONE YOU CARE ABOUT
STOMP OR WALK IN A CREEK	GO TO BED EARLY	FREE SPACE - REST IN GOD'S PRESENCE	PRAY FOR SOMEONE	ENJOY A CUP OF COFFEE OR TEA SLOWLY
ENJOY A SUNRISE OR SUNSET WITHOUT A PHONE	LIST THREE THINGS YOU ARE THANKFUL FOR IN THE MORNING OR AT NIGHT	LIST ONE THING THAT DIDN'T GO YOUR WAY AND SAY "OH WELL"	SIT OUTSIDE AND LISTEN FOR 15 MINUTES	LISTEN TO A SONG AND ENJOY IT
DANCE	SIT OR STAND IN THE SUN AND APPRECIATE ITS WARMTH	WRITE A HAPPY MESSAGE WITH CHALK ON THE SIDEWALK	EAT ICE CREAM MINDFULLY	PUT YOUR DEVICE DOWN FOR AN HOUR IN THE EVENING