

Sabbath Family Day

Sabbath is an incredible gift to our families. We must manage our expectations, especially with small children, and allow a day of rest to be clunky and messy. It will not be perfect, it will not always be perfectly restful, but it will be a rhythmic pause to the monotony of life and a moment to reflect and grow together.

During your Sabbath family day resolve to stop, work, delight, and worship.

Stop:

Stop working. This is a day to engage in conversations and the interests of our spouse and children instead of being distracted with the to-dos of life. Consider putting your phones away and limiting individual screen time.

Rest:

Engage in restful activities. Don't try to do too much. Limit the activities of the day to things that are slow and renewing for you and your family.

Delight:

Participate in the things you and your family love but don't always get to do. This is a day to say yes to our kids. It's a day to enjoy meals together, ice cream, special treats, family movie nights, or whatever brings you joy together.

Worship:

Allow the previous three movements to draw you into a natural adoration of God your Father. Pause to remind your kids of God's goodness and love. Consider singing songs or praying prayers that will be weekly traditions and reminders of God's faithfulness.

Write your reflections:
