

SABBATH PRACTICES

FOR STAGES OF LIFE

Below you'll find a list of best practices for Sabbath based on various seasons or stages of life. Take a minute to look through the list and identify which season you most relate to. Keep in mind that the following lists do not contain prescriptive Practices – they are simply suggestions from various books/websites.

YOUNG CHILDREN

- Put together a box of special toys with your kids, that they get to play with on the Sabbath
- Plan a special meal (like a pancake breakfast) or dessert (like donuts and ice cream)
- Read a story from the Bible (e.g. from the Jesus Storybook Bible, Thoughts to Make Your Heart Sing, or The Big God Story)
- Take a walk in your neighborhood or to the park
- Watch or go see a movie together
- Go to the zoo or the Children's Museum
- Parents: Let the kids take a nap or watch a movie while you take a nap.
- Parents: Take turns doing your own thing

SINGLE PEOPLE

- Listen to worship music
- Spend time with Jesus in meditative, listening, or contemplative prayer
- Read the Bible, poetry, or a book of blessing
- Read (fiction or non-fiction)
- Meet up with a friend for coffee or tea
- Watch or go see a movie
- Explore a museum or art gallery
- Go for a hike (bring a friend)
- Have a nice meal with friends
- Take a nap
- Make art

MARRIED COUPLES [WITHOUT KIDS]

- Make a meal together or go out
- Take a walk
- Read the Bible and pray together
- Get a couples massage
- Watch or go see a movie together
- Go for drive
- Go for a hike
- Hang out with friends
- Take a nap

PARENTS WITH TEENAGERS

- Sleep in (and let them sleep in)
- Limit the amount of screen time (in conjunction with your teens)
- Watch or go see a movie together
- Explore your teens hobbies with them
- Ask an intentional set questions like:
 - What was the hardest part of your week?
 - What was the best part of your week?
 - Where did you see God this week?
 - What do you need from this day?
- Plan and make their favorite meal or dessert together
- Invite their friends over to play (hang out) and participate in part of your Sabbath or let them hang out with their friends for a set amount of time.

EMPTY NESTERS

- Have and host an intentional family dinner (if family is not close by, then invite friends, neighbors, etc..)
- Take a nap
- Explore your spouse's hobbies
- Find a hobby to do together. (e.g. cooking, pottery, watercolor, art museums, etc.)
- Read the Bible and pray together