

Keeping Sabbath in My Family

The word "Sabbath" comes from the Hebrew verb *shavat*, which literally means "to cease" or to stop. For the Hebrew people, the Sabbath was a day of ceasing from work. Taking Sabbath time on a weekly basis is a time for rest or activities that keep our mind, hearts, and bodies happy and healthy. Taking time to rest is also a time for us to remember all of God's blessings: all that we have and all that we do has been created and given to us by God.

How does Sabbath fit into your weekly schedule in your home? Circle the 8 activities you spend the most time doing. How many are Sabbath activities? The activities marked with an "S" are really good Sabbath activities!

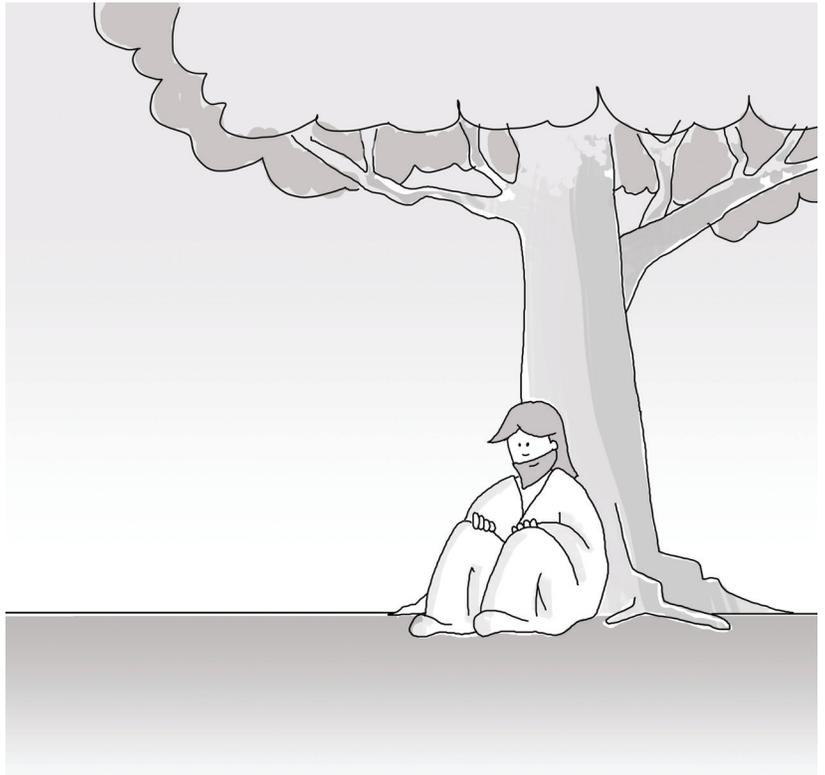
- eating (S)
- sleeping (S)
- going to school or work
- participating in church activities (S)
- participating in organized sports
- participating in clubs like Scouting
- doing household chores like dishes, cleaning the house, and yard work
- serving others like visiting an elderly neighbor (S)
- doing fun activities as family (S)
- using the computer and internet
- exercise like walking and riding a bike (S)
- hanging out with friends (S)
- spending time with family (S)
- watching TV
- playing video games
- reading a book (S)
- praying
- reading the Bible (S)
- doing an arts and crafts project like drawing or creating something (S)
- watching a movie (S)



Jesus Keeps Sabbath

Jesus had a deep respect for Sabbath, and took time to stay renewed and fresh as he served God's people. Read each passage below, and circle Jesus' Sabbath activity.

- ① Then Jesus went to Nazareth, where he had been brought up, and on the Sabbath he went as usual to the synagogue. He stood up to read the Scriptures and was handed the book of the prophet Isaiah. (Luke 4:16-17)
- ② Then Jesus went to Capernaum, a town in Galilee, where he taught the people on the Sabbath. They were all amazed at the way he taught, because he spoke with authority. (Luke 4:31-32)
- ③ But the news about Jesus spread all the more widely, and crowds of people came to hear him and be healed from their diseases. But he would go away to lonely places, where he prayed. (Luke 5:15-16)
- ④ One day Jesus was praying in a certain place. When he had finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." Jesus said to them, "When you pray, say this: "Father: May your holy name be honored; may your Kingdom come..." (Luke 11:1-2)
- ⑤ One Sabbath Jesus went to eat a meal at the home of one of the leading Pharisees; and people were watching Jesus closely. (Luke 14:1)
- ⑥ Jesus spent those days teaching in the Temple, and when evening came, he would go out and spend the night on the Mount of Olives. (Luke 21:37)
- ⑦ On the Sabbath he began to teach in the synagogue. Many people were there; and when they heard him, they were all amazed. "Where did he get all this?" they asked. "What wisdom is this that has been given him? How does he perform miracles? (Matthew:6:2)



(Answers in order: 1) read the scriptures, 2) taught the people, 3) he prayed, 4) Jesus was praying, 5) went to eat a meal, 6) teaching in the temple, and 7) began to teach in the synagogue)

Why Keep Sabbath?

Here's a list of the reasons of why Sabbath is important. In each reason there is one scrambled word that you will need to unscramble to make sense of the reason. Happy unscrambling!

1. Sabbath gives us time to TEACRREE _____ our minds and bodies.
2. Sabbath helps us to spend EMIT _____ with those we love.
3. Sabbath creates space in our lives for God's presence to be DREMEMBERR _____.
4. Sabbath gives us CAPES _____ to think about our lives.
5. Sabbath gives us important YLPA _____ time to make sure joy is part of our lives.
6. Sabbath invites us to DANEXPA _____ our minds through reading and good conversation.
7. Sabbath challenges us to build a healthy WOLF _____ of work and play into our week.
8. Buying and selling are important activities to FERLAIN _____ from on the Sabbath.
9. Use Sabbath time to let go of SERROWI _____ and to trust anew in God.
10. Sabbath is a blessing—rest your mind, refresh your spirit, and renew your LATERIONSPIHS _____ with those important to you.



(Answers: 1) recreate, 2) time, 3) remembered, 4) space, 5) play, 6) expand, 7) flow, 8) refrain, 9) worries, and 10) relationships)

Try It! — Keeping Sabbath

Here are ways that can help you and your family celebrate Sabbath. Choose the ones that you like and talk with your family about making them happen this week!

- ___ 1. Attending church with my family
- ___ 2. Spending some time alone reading a book
- ___ 3. Cooking a nice meal to share with others
- ___ 4. Going for a walk or bike ride
- ___ 5. Watching a funny movie
- ___ 6. Doing fun activities as a family like playing a board game or a group video game
- ___ 7. Taking a nap
- ___ 8. Reading the Bible or praying
- ___ 9. Writing some letters or cards to friends and family
- ___ 10. Talking with a family member or friend
- ___ 11. Serving others like visiting someone in nursing home or collecting food
- ___ 12. Visiting a museum or going to a movie
- ___ 13. Your Idea: _____

