
Activities to Keep the Sabbath Day Holy

Attend worship

Light a candle in your home to remember your intention for the day

Spend time together with your family, have a festive family meal, play board games together or watch a family movie together

Breathe deeply

Look at pictures of your family and go back as far as you can

Listen to uplifting music

Spend some time by yourself and with God

Read in your Bible and journal about your reading

Write a Thank You note to someone who helped, inspired or encouraged you in the past week

Start or continue to write in a gratitude journal

Color for the joy of it

Visit someone who could use some company

Play music on an instrument or drum out rhythms

Call someone you haven't talked to in a while

Read some poetry or a good book

Take a nap

Take a mindfulness walk and notice anything in nature

Write a letter to someone who lives in another city

Invite another family to join you for dinner or a treat

Read about your ancestors or visit with your grandparents (or other elders) about their youth

Sit outside and listen to the sounds of nature

Memorize a Bible verse or two

Write a card or letter to someone in the service

Do one thing at a time

Live mindfully in the moment

Centering Prayer (sit in silence and listen for God)

Walk your dog or play with your cat

Go for a bike ride for fun

Things to Avoid When Sabbath Keeping

Laundry

Housecleaning, vacuuming, dusting etc.

Home repairs

Shopping in stores or online (any spending of money)

Reading or answering emails

Social media

Yard work unless it is fun for you and nurtures your soul

Cooking or baking for the week ahead

Making a to do list for the week ahead

Paying bills or any kind of money management

Cleaning closets, sorting, organizing

Calendar planning for the future

Multi-tasking of any kind

Washing the car

Homework or any work you get paid for

Anything that is work for you