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