

# Sabbath Activity Ideas

The Sabbath is a day of rest, a day of worship, a day of fellowship, a day of rejoicing, and a day of meditation. As special days go, the Sabbath has more profound implications than any other. For God's people there is no more important a day than the Sabbath because it is the link that identifies you with the Father. It's a day on which a person can escape the cares of the world and meditate on God's Word.

1. Turn off your electronics, computers, video games, etc.
2. Call someone to whom you haven't spoken to for a while.
3. Take a nature walk in the park or woods.
4. Save the New York Times Sunday crossword puzzle and work it.
5. Teach your kids to play Hearts (a card game) or chess.
6. Read a good book.
7. Go to a dog park with your pooch(es).
8. Soak in a hot bath.
9. Visit elderly friends or relatives in their nursing home or assisted living.
10. Make cupcakes with your kids.
11. Work on your hobby.
12. Make a wish list of things you want to do on your next vacation.
13. Organize your boxes of family pictures. Revel in fond memories.
14. Play your favorites on the piano, violin, flute, etc.
15. Take a nap.
16. Go to the symphony.
17. Make a special tea or cocoa that you only have on Sabbath.
18. Play jump rope or hopscotch with your kids.
19. Work on recording your family tree.
20. Make your favorite dessert and then bring some to a friend to enjoy together.
21. Go through clothing or household items that you don't use anymore and donate them.
22. Take photos and start an album of everyone you've had as guests for Sabbath.
23. Look at your high school and college yearbooks.
24. Snooze in your hammock.
25. Fly a kite.
26. Finger-paint with your kids. Get messy!
27. Sit on your front porch and take in the sights and sounds of your neighborhood.
28. Sit on your back porch and take in the nature that is in your backyard.
29. Write a note to your kid's teacher about something he or she has done that you appreciate.
30. Visit a sick friend or relative.
31. Play a board game with your family.
32. Go camping—yes, camping.
33. Write in a journal, one you keep or one that records gems your kids say.
34. Meet friends in a park. Have a picnic.
35. Visit a museum.
36. Build a fort with your kids in the living room or backyard.
37. Have friends over for tea/coffee.
38. Go for a walk by yourself, or with your family or best friend.
39. Write a letter (yes, a real letter on paper) and mail it to someone as a surprise.
40. Snuggle in bed with your kids, knowing there's no need to rush out of the house on Sabbath for work or school.
41. Go for a swim, or visit a nearby lake or river. Being near water can be very calming.
42. Plant some flowers in your yard.
43. Bake some cookies and bring them to a neighbor.
44. Take a ride in any direction for two hours. Explore interesting places along the way.
45. Meditate on God's Word.
46. Sing your favorite songs.
47. Do whatever relaxes you most.