

# lgk

# SUMMER SABBATH PLAYLIST

## VERSE

**Hebrews 4:10-11** – God rested from his work. Those who enjoy God's rest also rest from their works. So let us make every effort to enjoy that rest.

## ABOUT SABBATH

Sabbath is a gift offered from God and modeled by Jesus- time intentionally set aside to take a deep breath and rest in whatever way brings you closer to God and closer to each other. It is a time when God invites us to come home and discover that in him, our lives are filled with grace, forgiveness and hope.

## LEARN MORE

- [The Restless Craving for Rest](#) by the Bible Project.
- [Practicing Sabbath for One, Three or Five Minutes - 30 Ideas](#) by Traci Smith
- [How to Sabbath with Kids](#)

## THOUGHT TO PONDER

"Relationships are often built in the intervals, the spaces between activities when nothing much is going on." (*Simplicity Parenting*, Kim John Payne)

## IDEAS FOR SABBATH

- [Cease/Rest/Embrace/Feast](#)
- Take a no agenda walk – explore God's creation together
- Take a bike ride
- Power down – read a book, do a puzzle, paint/draw a picture, play board games
- Sing or listen to music
- Go outside and look at the clouds or the stars
- Order takeout from your favorite restaurant
- Share an object with your family and tell them how it reminds you of God
- Read Bible stories – we love *Jesus Calling* or *The Jesus Storybook Bible*
- Take a nap
- Eat an ice cream cone

## QUESTIONS TO ASK

- What does rest mean to each of us in our family?
- What could we simplify this summer to have Sabbath time?
- How could we offer each other Sabbath rest?

## PRAYER FOCUS

**Silent Prayer** – Invite your child to come and sit for a moment without talking. Encourage your child to listen to the presence of God whispering in their hearts. Begin with just 30 seconds and stretch it out longer as you live into the practice.

**Ideas to add to silent prayer times:**

- Light a battery-operated candle to light up the room and signify that this is a special time.
- Place feet on the floor to feel connected and centered.
- Imagine you are by a quiet stream in the forest and as thoughts come into your mind, imagine them landing on a leaf in the stream and gently floating away.
- End with the Lord's Prayer said out loud.

## LITURGICAL SEASON

The time between the holidays of the church is called ordinary time, a time to catch our breath and live in the rhythms of everyday life. This season lasts from May 24- November 27th. The color of the season is green. We live in these ordinary, every day times, growing and learning in Christ as new creations in him.