



# Sabbath

HolyHabits

## Worship

Focus on God and give Him all the glory and join Sophie with the actions - 'Every Move I Make': [https://youtu.be/IONpF7db-\\_s](https://youtu.be/IONpF7db-_s)



## Word



It is good to live busy, active lives, but we also need to make sure that we make space for rest. We are not machines, we cannot just keep going and going. God designed us to need days off from doing! God himself took time out. Talk about what you remember of the creation story, what God created and when and how he felt etc. (A full account can be read in Genesis chapter 1 to chapter 2 verse 3.) Look up Genesis 2 verses 2-3. What did God do on the seventh day?

It is interesting that not only did God rest, but He made that seventh day 'holy' too. This is said again in Exodus chapter 20 verses 8 to 11 as one of the ten Commandments (the rules of how to live a good life for God). God actually commands us to keep one day work free and to set it apart (mark it as different) and make it 'holy'. God is pointing out our need to make sure we connect with God spiritually, to remember to worship, to rest in God and make sure that healthy rhythms of work, play and rest are kept each week. Of course this does not mean that we only worship God on our Sabbath day! God is wanting us to be fit and well physically, emotionally and spiritually all the time and we recognise that keeping a day set aside can really help with this.

I wonder what a 'holy' day would look like for you?

I wonder what you would find restful?

I wonder what brings you joy and life and balance?

## Activity suggestions



- Spend some time worshipping God - this could involve singing, playing an instrument, dancing, painting, drawing, soaking etc.
- Spend time with family and friends (following guidelines of course).
- Go for a walk or a bike ride.
- Enjoy a special family meal or treat together.
- Play games with your family.

**0-7's:** Download the PDF of a pillow. (If you have an old light-coloured pillowcase - you could decorate it.) Decorate the pillow case with all the things that bring you joy and life and happiness. Get an adult to help you cut it out and put it by your bed to remember on Sunday's to take time out to rest and be refreshed and to focus on God.

**7-11's:** Download the PDF of the fuel gauge. Think about what you do each day and write it in that day section. Eg; Monday might say - school, piano lesson, Brownies. You might want to decorate or colour your gauge.

Carefully cut around the fuel gauge and the arrow. If you have a split pin available, make a hole (get an adult to help) and pin the arrow onto your gauge. Alternatively use bluetac to attach your arrow. Looking at your fuel gauge during the week as you spend time on daily activities such as school, sports, music lessons and household activities, remember how God knew that we would need rest and wants us to set aside one day a week (Sunday, for most) to be refreshed and renewed by Him and to make Him central. When we take this time we are re-fuelled by God.

## Reflect



Spend some time prayerfully thinking about what it means to stay connected to Jesus and how you are able to do this. Ask God to help you have healthy rhythms in your week. Ask God to help you with anything you are worried about. Praise God for all the things you are thankful for this week.