

# Parent Resources for Sabbath Rest

## **Books for parents:**

Rhythms of Rest

by Shelly Miller

Win The Day.

by Mark Batterson

Habits of the Household

by Justin Earley

The Techwise Family.

by Andy Crouch

Garden City.

by John Mark Comer

Ruthless Elimination of Hurry.

by John Mark Comer

## **Books for kids:**

God Speaks in Whispers

by Mark Batterson

Rest

by Elizabeth Verdick

## **Podcasts to listen to on sabbath/rest:**

Fight Hustle, End Hurry.

with John Mark Comer &  
Jefferson Bethke

Rest by The Gathering

## **Articles to read:**

How To Keep The Sabbath With Kids by Rosie Villodas

How To Discover Your Unique Rest by Carey Nieuwhof

What the Bible says about rest by Bonnie Gray

A Time To Rest (said no parent ever). by Cynthia Yanof



# Best Practices for Sabbath Rest

## **General ways to set yourself up for Sabbath success:**

- Daily reading and quiet time should be modeled for your kiddos where your phone is not near you, and the kids know not to interrupt. Make it accessible and doable for everyone. This can be 10 min, an hour, or whatever works best.
- Provide journals for each family member and have them choose a cozy spot to spend their quiet time in. Decide as a family if everyone will do this at the same time or at different times of the day. Hold each other accountable, but show grace.
- Decide which day your Sabbath day will be. Start small with maybe a few hours and work your way to a full 24 hours. Make a list together of what would bring each person joy and rest.
- Don't feel obligated to do all the things. Each family will have different activities that they work into their sabbath. All families will not look the same but it should feel similar; Sabbath is a time to stop as a family and focus on God and the joy he brings to us all.
- Have something in your home that signifies that you are on your sabbath rest. It can be as simple as lighting a candle in your dining room or putting out a bowl of fruit that you all can enjoy together; maybe it's a special blanket that you all cuddle under together during family prayer time. Whatever you find that works for your family, allow it to be a symbol and reminder to you all that this is a time to stop and rest with one another and God.



# Tips for Each Stage

## **Ideas for families with young children:**

- Have special toys that are only available on your family's sabbath. Choose toys that may be special, are quieter than normal, or spark joy for your child. Things like blocks and puzzles are great examples for younger children.
- Plan a special simple activity for your family to do together. Go to the park, break out the paints, have a tea party, etc. Choose an activity that you can all do together and enjoy it. Take time to embrace the joy you see in your kids while you are playing together.
- Take turns with your spouse having personal reflection time. Maybe while one of you is having your quiet time, the other is enjoying some one-on-one time with your kids.

## **Ideas for families with older kids:**

- Make a jar of little papers that have things to do as a family. Set some guidelines as to what can be written down. (They must bring joy and honor God) Once a week, someone gets to pick from the jar and do that thing as a family. (Go mini golfing, have a picnic lunch, go for a walk on trails, have a nerf gun war, etc.)
- Create a list together of what brings each person joy and rest and honors God. Try to stay away from screen time ( but enjoying a movie together can be acceptable)
- Get cozy! Stay in your pajamas or loungewear for the day. Maybe even take a nap together.
- Try doing a breath prayer together or listen to an episode of [The Mindful Christian](#) together to learn the importance of stillness and meditation.

## **Ideas for families with teens:**

- Institute a "no tech time" for one evening a week (or more!) where you have a long dinner (something everyone loves like "make your own pizza" or "appetizers galore") and then play board games together or sing karaoke, or even watch a family movie (as long as everyone watches without phones or devices nearby!)
- Have your teens help make the yummy dinner and prep for the sabbath time. Give them space to do what brings them joy and rest, even if it doesn't bring YOU joy and rest!
- Ask your teen to create a Sabbath Spotify playlist that can play at some point during your sabbath time.



# Pastor Missy's Family Plan

## For Families with Older Kids & Teens

### **Knechel Family Sabbath**

- Friday morning and afternoon- we will get ready for Sabbath. Jason will do the grocery shopping, and the kids and I will prepare our meal. Some days we will invite friends and other family over.
- Friday evening- we will have a long dinner together where we sit, share about our week, play a dinner conversation game, and just enjoy each other. After dinner and dessert, we will play games like Family Feud or Rummikub, our favorites.
- Saturday morning- everyone sleeps in and stays in jammies. We enjoy coffee and hot cocoa and pop the prepared breakfast in the oven. (we even use paper plates and plasticware for this to allow for no cleanup! If you are an environmentalist, feel free to skip that part!)
- Saturday late morning- we all go do our quiet time with Jesus. Some may do this for 20 minutes, while others for a few hours. We play soft music and take our time reading, praying, and being still.
- Saturday afternoon- take a nap, read a book, play a quieter type of card game with family, or get outside together.
- Saturday late afternoon- watch a movie together, decide what to order for dinner
- Saturday evening- eat take out while discussing the last 24 hours and what happened (debrief their sabbath time)





# Kyleigh's Family Plan

## For Families with Little Kids

### The Petrella Family Sabbath

- Friday night - we will turn on the flameless candles on our mantle and pray as a family before jumping in the car to go to dinner together. The candles will stay on until Saturday night to help remind us that we are focusing on God and the joy he brings to our family during this time.
- Saturday morning - we will do our best to sleep in or stay cozy in our pajamas for as long as possible.
- Saturday - my husband and I will take turns having some quiet time to ourselves with God in worship while the other plays with some special 'sabbath only' toys we have designated for our daughter. Afterwards as a family we will do some type of activity like going to the playground, taking a walk, and maybe even invite some friends or extended family to join us. Followed by a nap for everyone!
- Saturday evening - since my husband enjoys cooking, he will cook us up something delicious or if it isn't bringing him joy that day, we will order some take out and enjoy another family meal together.
- We know that every week this may not work, things are going to have to shift at times but our goal will be to implement as much of this routine as we can this year.

