

Delightful Day?

How to pass on the legacy of delightful
Sabbaths to those we love.

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*Every Child a
Disciple of Jesus*

What does Sabbath Mean to You?

God gave us the gift of the Sabbath and He wants it to be a delightful experience. However, in this day and age, life is a challenge and Sabbath isn't always the delight we would like it to be.

But, if we want to pass on a delightful legacy, we have to rediscover the delight of Sabbath for ourselves.

Without thinking too hard, list ten works that come into your mind when you think of Sabbath and write them below. It's ok to be honest!

Some things that Sabbath means to me are:

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

The Best Sabbath Ever!

When was it?

Where were you?

Who were you with?

Why did you enjoy it so much?

1. God Creates the Sabbath as a Gift for Us

Genesis 2:2-3 Msg

By the seventh day God had finished His work.
On the seventh day He rested from all His work.
God blessed the seventh day.
He made it a Holy day
Because on that day He rested from His work,
All the creating God had done.

- Why do you think God created the Sabbath for us?
- Why do you think God need to have a Sabbath too?
- What do you like best about the way He created the Sabbath?
- **List at least ten reasons why it is more important than ever for us to keep Sabbath in the 21st Century.**

Sabbath is a Gift

Sabbath is like a box full of gifts. Below is a list of items that could represent some of the gifts that the Sabbath gives to our lives. How might these gifts help us to understand more about the meaning of Sabbath? Choose a few items that represent what you would like to experience in your Sabbath Gift Bag and write what they mean to you.

Sachet of salt

Battery

Pain-relief tablets

A padded heart

Perfume bottle

Pearls

Dove

Packet of seeds

Hand cream

Honey

Flower

Safety pin

Smooth stone

Star

Pillow

Lip balm

Handkerchief

What else would you like in there?

2. The Sabbath is for Joyful Celebration

Isaiah 58:13-14 Msg

“If you watch your step on the Sabbath
and don’t use My Holy day for personal advantage,
If you treat the Sabbath as a day of joy,
God’s holy day as a celebration,
If you honour it by refusing ‘business as usual,’
Making money, running here and there –
Then you’ll be free to enjoy God!
Oh, I’ll make you feast on the inheritance of your ancestor Jacob.”
Yes! God says so!

- How can we make Sabbath a day of joy and celebration in our homes and churches?
- What do you think are the things that God is promising to those who celebrate the Sabbath joyfully?
- **List at least ten ways you could celebrate the Sabbath in your home and church.**

3. The Sabbath is a Break from Work

Exodus 20:8-11 Msg

Observe the Sabbath day, to keep it holy. Work six days and do everything you need to do. But the seventh day is a Sabbath to God, your God. Don’t do any work – not you, nor your son, nor your daughter, nor your servant, nor your maid, nor your animals nor even the foreign guest visiting in your town. For in six days God made Heaven, Earth, and sea, and everything in them; He rested on the seventh day. Therefore God blessed the Sabbath day; He set it apart as a holy day.

- What does it mean to have a rest on the Sabbath?
- What are the blessings that come when we honour the Sabbath?

- **List at least ten things that you think God would like us to do on the Sabbath.**

4. The Sabbath is a Day for Helping Others

Matthew 12:9-13 Msg

When Jesus left the field, He entered their meeting place. There was a man there with a crippled hand. They said to Jesus, “Is it legal to heal on the Sabbath?” They were baiting Him. He replied, “Is there a person here who, finding one of your lambs fallen into a ravine, wouldn’t, even though it was a Sabbath, pull it out? Surely kindness to people is as legal as kindness to animals?” Then He said to the man, “Hold out your hand.” He held it out and it was healed.

- **List at least ten ways you could help other people on the Sabbath.**

Secrets of Delightful Sabbaths

Simplicity

How can I simplify my Sabbath and share the responsibility for preparing for the delight?

Anticipation

How can I anticipate the Sabbath actively, so that I can plan for the delight?

Blessing

How can I make the Sabbath a blessing for everyone around me and keep it positive, happy, affirming and beneficial?

Beauty

What can I do to make Sabbath more beautiful for myself and those around me?

Awe

How can I prepare my ‘spirit’ so I can welcome the gift of the Sabbath awesomely, with wonder and celebration? How can I help others to ‘catch’ the wonder, too?

Traditions Together

What traditions can I share, together with those I love, so I can help to pass the legacy of delightful Sabbaths into their lives?

Happiness and Health

What can I do so that I, and those around me, can truly say that Sabbath is a happy day, and a time that restores physical, spiritual, relational and emotional healing?

Delightful Day Ideas!

Write any ideas you have for delightful Sabbath activities in the boxes below.

<u>Art</u>	<u>Crafts</u>
<u>With Family and Friends</u>	<u>Children</u>
<u>Indoors</u>	<u>Outdoors</u>
<u>Computer/Internet</u>	<u>Music</u>

Sharing the Delight

List the people you want to help have delightful Sabbaths. How would you make Sabbath a special delight for them?

Person's name	What could I do to make Sabbath a delight for this person?

Responding to Sabbath

How would you like to respond to God's amazing gift of the Sabbath for you personally?

Find some time to do whatever you would like as a response to God, to thank Him for the gift of Sabbath.

Perhaps you would make a thank you card, a collection of items, a poem, a flower arrangement, a song, a photograph, or maybe you would like to run down a grassy hillside, or stand under a waterfall.

Write some ideas below.

Planning a Delightful Sabbath

When?

Where?

Who with?

What will you do?

What preparations do you need to make?