

The Sabbath was Made for You (and your family)

The following worksheet was prepared to be used as a tool in designing a picture of what a *perfect* Sunday might look like for you as an individual, couple, or family.

It is not an easy task to get a family on the same page. Some ground rules that may help are: Every person's voice must be heard and parents have the final word. Your enthusiasm and example as a parent will be contagious. Have fun!

1. Values are important and lasting beliefs shared by an individual, family or culture about what is good or bad, desirable or undesirable. Values have a major influence on a person's behavior and attitude and serve as a broad guideline in all situations.

What are your/your family's values about Sabbath keeping? Take some time to think, write, and share with each other. Agree on a family list of values.

2. Picture in your mind a perfect Sunday. Think about:
 - **Location/s:** Where are you?
 - **Community:** Who is with you?
 - * What are you doing with your family?
 - * What are you doing with your friends?
 - **Solitude/rest:** What are you doing alone?
 - **God:** How are you making space in your day for God?
 - **Work/activities:** What are you not doing?
 - **Food:** What are you eating?
 - **Sabbath length:** Twenty-four hours? Eight? Four? Two?
 - **Which day:** Sunday is a day of work for some.
 - **Symbols:** i.e., candles, pictures, music, etc.
 - How are family members treating each other?

Write or respond to the following:

My perfect Sunday includes:

3. Share your perfect Sunday with your family. Out of that come up with a family Sabbath plan that has desirable elements for each family member and is consistent with your values.
4. What are your obstacles/challenges and how can they be overcome?
5. When will you start your plan?

Remember: The Sabbath was made for man. Your plan should be a work in progress. God knows the challenges you face in keeping this day set-apart. He is more interested in persistence than perfection.