

# Family Sabbath Planner

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| <p style="text-align: center;">Date _____</p>                                                                                                                                                                                                                                                                                                                                                                                | <p style="text-align: center;"><i>Sabbath Weather Forecast</i></p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div> |
| <div style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center; margin-bottom: 10px;">  <p><b>Sunset Time</b><br/>:</p> </div>                                                                                                                                                                                  | <p style="text-align: center;">Family Spiritual Thrust</p>                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;"><b><u>Sabbath Theme</u></b></p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;">Scripture Reference:</p> <hr/><hr/><hr/> </div> <div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">Spirit of Prophecy Reference:</p> <hr/><hr/><hr/><hr/><hr/> </div> | <div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><i><b>Guest List</b></i></p> <hr/><hr/><hr/><hr/> </div>                                                                                                                                                                                                                                                                                                                                                           |
| <div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;"><i><b>Sabbath Vespers</b></i></p> <p>When: _____</p> <p>Where: _____</p> <p>Who: _____</p> </div> <div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">Special Planned Activities</p> </div>                                                                                       | <div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><i><b>Sabbath Menu</b></i></p> <br/><br/><br/><br/><br/><br/><br/> <div style="margin-top: 20px;"> <p>___ Dine at Home</p> <p>___ Potluck at _____</p> <p>___ Picnic at _____</p> <p>___ Invited to _____</p> </div> </div>                                                                                                                                                                                        |

To accompany the tape "Making Sabbath a Delight" in the album "The Work that Lies Nearest"  
And "Making Sabbath Special" in the album "Enhancing Family Life."

## **SABBATH THEME IDEAS**

|                                   |                                        |
|-----------------------------------|----------------------------------------|
| Characteristics of Jesus          | What children are to be in the home:   |
| Association                       | Self-denying, thoughtful and unselfish |
| How to keep the Sabbath           | Truthful, honest and upright           |
| How to have happy holidays        | Simple and economical                  |
| Be like Jesus                     | Diligent and persevering               |
| Study the individual parables     | Pure – thoughts and actions            |
| Study the individual talents      | Cheerful and courteous                 |
| Importance of our words           | Quiet, respectful and reverent         |
| Obedience                         | Clean, neat and orderly                |
| Special needs in the home         | Helpful and industrious                |
| Youth's responsibility            | Study the lives of the faithful:       |
| The sanctuary                     | Daniel, David, Enoch,                  |
| Self-denial                       | John the Baptist, Elijah,              |
| Recreation                        | Peter, Little Maid, etc.               |
| Lessons from the lake or mountain | Hannah & Samuel – from message         |
| The Waldenses                     | ("Samuel – Prepared & Willing")        |

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## **SABBATH ACTIVITIES**

Make all activities centered around the theme to strengthen the principles.  
Be sure to discuss and apply practically to both children and adults.

Treasure hunt – indoors/outdoors (treasure hunt ideas on “Making Sabbath a Delight”).  
Write a letter of encouragement or make a card of encouragement or thanks.  
Make a family tape recording or care package for someone.  
Invite a stranger to lunch or assist in a soup kitchen or homeless shelter.  
Make a flower or plant arrangement and take it to a shut-in.  
Design a poster for Sabbath theme to use during the week(s) to come (i.e. Be Like Jesus).  
Nature walk – observing lessons on the theme.  
Make special Sabbath placemats and laminate or make a book on creation and share.  
Play the “Talents Game” – from the message “Improving Important Talents.”  
Read a character building book as a family or memorize Scripture as a family.  
Make snow angels and talk about how angels work with us.  
Have a hymn sing-a-long, reading about the circumstances behind each hymn.  
Sing for shut-ins or at a nursing home.  
Gather nature objects on a walk, play the blindfold game when you return (game explained on “Making Sabbath a Delight”).  
Go on a hike observing how many nature objects you can find that go with the theme.  
Spend a nature Sabbath at a lake or mountain, taking time to discover the “little things.”  
Take a Waldensian Sabbath in the mountains – read, discuss, and apply principles from GC ch. 4 (Waldensian Sabbath described on “Making Sabbath Special”).

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