

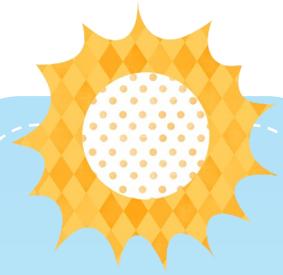
# Making Sabbath a Delight!

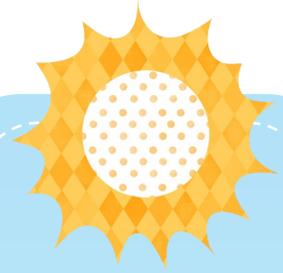
Here is a list of Sabbath activities made by a group of Family Ministry Leaders. Choose something that will delight your family.

Some activities are repeated because they could belong under two different headings.

## Outdoor delight

- Have a special Sabbath picnic outdoors.
- Use what you can find outside in nature to create scenes from a Bible story. Make one scene each, and then guess which Bible story it depicts. Or work on a larger scene together.
- Visit a free petting zoo or farm – or buy an annual pass for a nature reserve or zoo.
- Help an elderly person with their garden.
- Look for something in nature that is an illustration of God’s love or His character.
- Go on a bug safari! – Turn over a decaying log and see how many bugs are living underneath!
- Watch a small creature for several minutes. See what it does, what it eats, where it goes and how it moves.
- Find something that fills you with wonder! Look at it for a couple of minutes and discover all you can about it. Marvel at God’s creation.
- Have a nature alphabet walk. Find something that begins with an A (ant, acorn, apple) and then something that begins with a B (bee, butterfly, branch, bone) etc.
- Feel the world with your feet! Grass, mud, stones, sand, and then wash each other’s feet in a safe stream, or with a bottle of water.
- Give each person the same page of a paint chart. See how many things you can find that match these colours exactly! – tear off a tiny part of a leaf or petal so that you do not destroy the function of the plant.
- Go on a scavenger hunt! Make a list of natural objects and take a small bag to put them in. You can look for specific things, or broader categories such as something edible, something soft, something heart-shaped, etc.



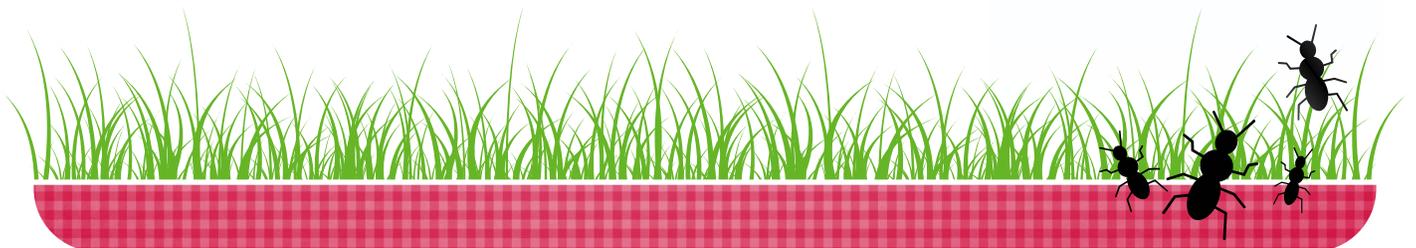


## The delight of helping others

- Invite someone living alone to come and eat with you.
- Learn sign language and then learn to sign Bible verses.
- Find a way to take someone with a disability into a beautiful natural place – using accessible taxis, etc.
- Sing at a nursing home.
- Read to a blind person.
- Take home-baked cakes and cookies to a police station, or nursing station in a hospital. Bless those who care for others on Sabbath.
- Collect food for a food bank. Go from house to house as a family and invite people to donate a can of food, or take a can of food if they need it.
- Take a small, seasonal gift to each of your neighbours' homes and ask if there is anything you can do to help.
- Help out at church as a family – find out what you can do and do it together – such as serving drinks or cleaning up after potluck.
- Help with Messy Church.
- Have a seminar at church about disability awareness, being kind to others, etc.
- Have a clean up party in the local park, beach or beauty spot. Get the right equipment to clean up safely.
- Hand out bottles of water or healthy snack bars in a mall or park.

## Creative delight

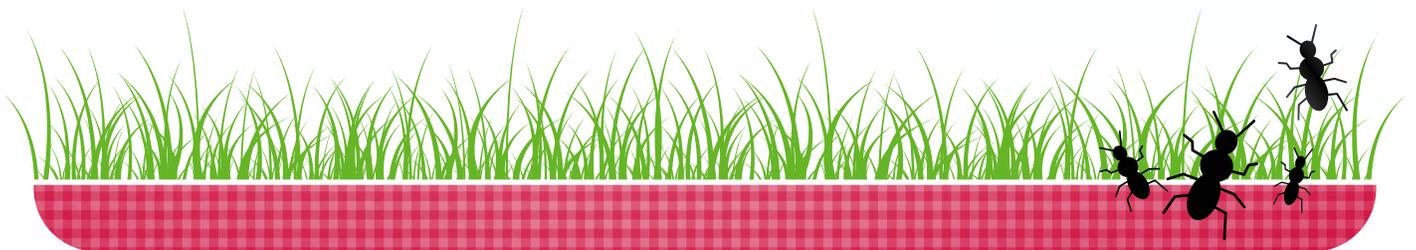
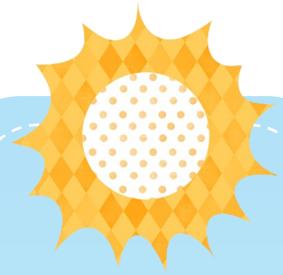
- Design, write and decorate encouraging messages and even Bible verses. Make a stack and then you can slip them into free commuter newspapers to give people a smile in the morning. Or pop them in library books, etc.
- Get clay, or air-drying clay, and invite people at church to make things together, such as candle lanterns to remind them that they are light in the world, or items from a Bible story, or something that illustrates God's love.
- Create a beautiful PowerPoint to accompany a Bible verse or song.
- Start a puppet ministry, or a mime ministry.



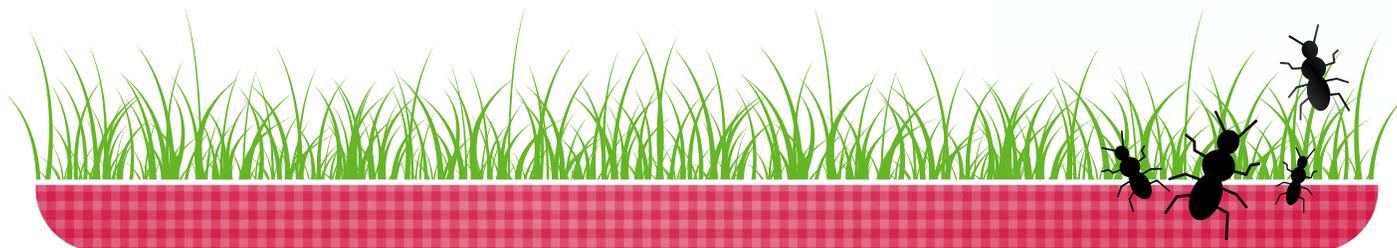
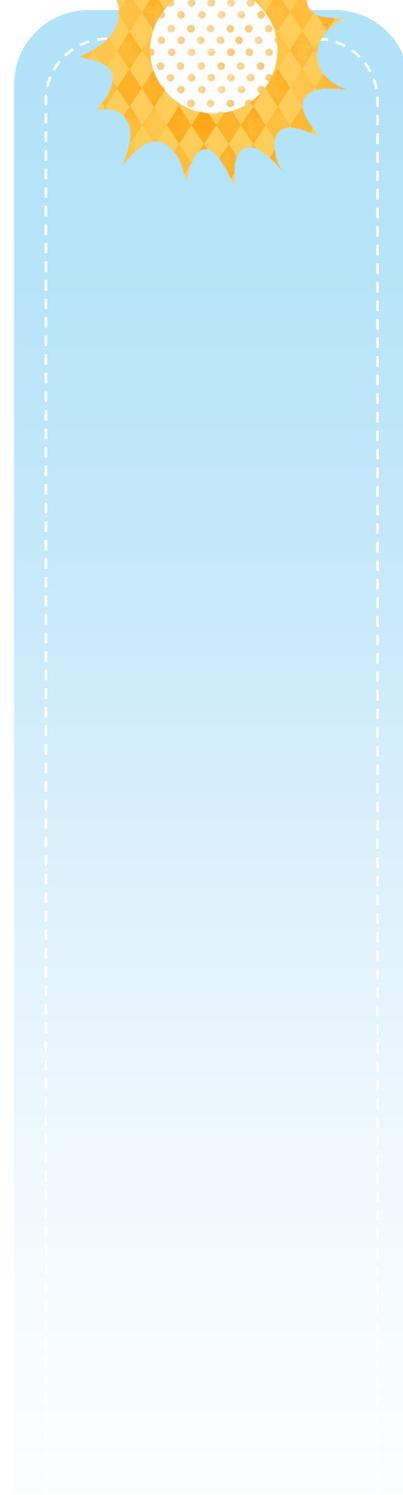
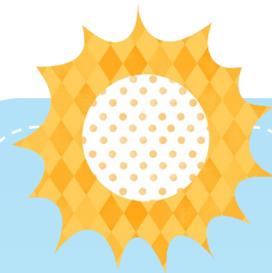
- Make Bible verse or inspiring banners to hang in your church or children's rooms.
- Make a Bible verse scrapbook. Let each person choose a Bible verse to print or write, and then decorate with craft materials. Each person can make their own book and you will learn Bible verses while you do this. Frame the best!
- Divide into groups and mime scenes from Bible stories for other people to guess.
- Make thank you cards or appreciation cards. Then send a few.
- Create a Bible scene in your home out of things you already have.
- Make a model of your heavenly home, or the heavenly city. Use a shoebox for your home, or even build it from plastic building bricks.
- Create a scene from the Bible using Lego Bricks.
- Search the Internet for animated Lego Bible stories and find out how to make your own with a video camera.
- Make an inspiring video and upload it to YouTube or post it in your Facebook page.
- Invite a Christian artist to church to talk about their work, and then teach people how to make or paint something inspiring to take home.
- Write and decorate a beautiful Bible verse on the pavement, or in a park, using outdoor chalk. Inspire people passing by.
- Learn how to do calligraphy and write beautiful Bible verses.
- Design and create a new Bible game.
- Make small gifts to encourage others – such as simple lavender bags, Bible verses burnt or written with sharpies on wood slices, etc.

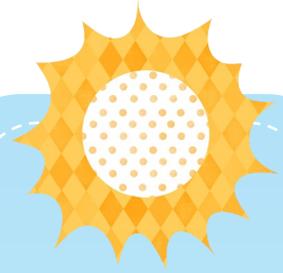
## Bible delight

- Use what you can find outside in nature to create scenes from a Bible story. Make one scene each, and then guess which Bible story it depicts. Or work on a larger scene together.
- Play Bible games.
- Play 'Fastest person to find a text'. Start reading a Bible verse or chapter and see who can find it first.
- Choose a chapter of Proverbs. Then let each person choose a proverb to illustrate in any way they want: use objects to make a scene, mime, draw something, etc. After 5-7 minutes let each person demonstrate what they have done while everyone else tries to guess which verse they are illustrating.



- Play a Bible name chain. Each name in the chain must start with the last letter for the previous name – Abrah**a**M – Mose**S** – Solomo**N** – Nebuchad-  
nezzar, etc.
- Write each book of the Bible on a wooden peg. Make several sets and see who can be the fastest to peg them in the correct order around a pizza pan, or the sides of a cardboard box.
- Create an interactive Bible study. Or find something to do in a Children’s Activity Bible, such as the ‘Hands On Bible’.
- Read a favourite Bible story. Then ask and discuss these questions, borrowed from Godly Play:
  - What do you like best in this story? What is the most important message in this story for you? Where are you in the story/which part of the story is most about you? Is there any part of the story we can leave out and still have all the story we need?
- Rewrite a psalm in modern language or a Bible story in the modern world.
- Imagine you are a person in the Bible – tell or write your life story.
- Plan a nature hike with Bible questions/activities posted in different places.
- Make a Bible Treasure hunt.
- Play computer-based Bible games.
- Play Bible charades or Bible Pictionary.
- Play ‘Sword in Hand’ <http://www.simply-fun-games.com/bible-activities.html>
- Explore lesser known Bible stories, verses, concepts, by creating practical illustrations for them.
- Use practical props to illustrate a Bible passage, such as Psalm 23.
- Write and decorate a beautiful Bible verse on the pavement, or in a park, using outdoor chalk. Inspire people passing by.
- Learn how to do calligraphy and write beautiful Bible verses.
- Design and create a new Bible game.
- Use what you can find outside in nature to create scenes from a Bible story. Make one scene each and then guess which Bible story it depicts. Or work on a larger scene together.

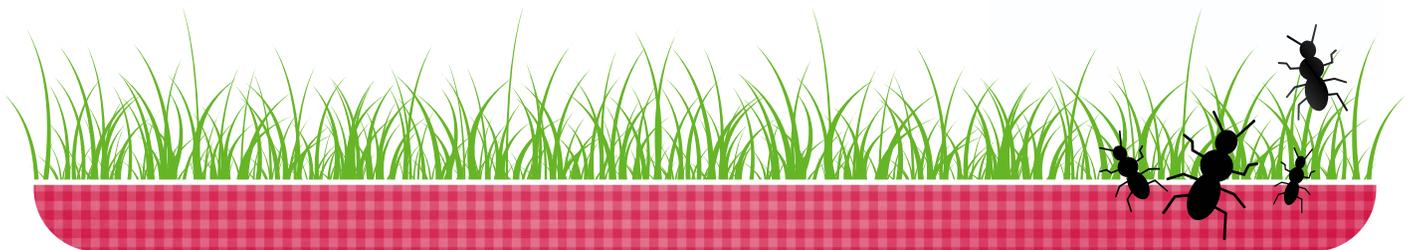


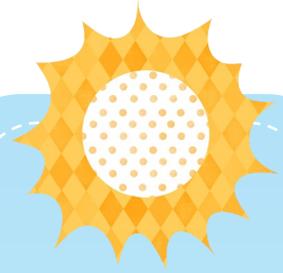


## Sabbath activities for children

(Many of the other activities on this list are also suitable for children)

- Download the app at [SabbathIdeas.org](http://SabbathIdeas.org)
- Bible arts and crafts – search Messy Church Pinterest boards for ideas.
- Have a toy box of Sabbath toys, games and books.
- Learn a new children’s Bible or praise song from the Internet. Explore Paul Field’s songs for children. <https://paulfield.bandcamp.com/album/pass-it-on-fit-for-life>
- Find and photograph Christian symbols around your town – such as crosses (look for cross patterns in things that are not specifically crosses), hearts, etc.
- Make a sand, clay or paper sculpture of a Bible story.
- Take a short singing service to a nursing home.
- Go on a campout into nature and spend Saturday night in a tent with a small open fireplace. Play Pathfinders together!
- Start Messy Church – even in your own home.
- Bike rides and walks into nature.
- Visit nature reserves and nature discovery centres.
- Make crowns for eternity together.
- Make cards to encourage people.
- Create your own Bible game.
- Make Bible story objects out of clay and see if people can guess what they are and which story they are from.
- Make your own Bible puppet show.
- Make a comic-style strip to tell a Bible story.
- Start a Bible story dress-up and prop box to help you act out Bible stories.
- Buy a colourful play parachute and learn how to use it to tell Bible stories, sing, pray, etc. Then take it into a park and let other people join you. <http://www.throughtheroof.org/shop2/parachute-bible-stories/>





## Musical delight

- Simply get together to sing and play whatever instruments you have.
- Form a band or bell choir.
- Sing to shut-ins.
- Make up your own actions to songs.
- Make your own musical instruments from things you have in your home.
- Organise a flash-mob in a public place and sing a Christian song – make it intergenerational.
- Have a lip-sync competition using Christian music.
- Make your own music video or recordings and share them on Facebook etc.
- Start a children’s choir that goes into public places and sings.

## Musical delight

- Create a storyboard PowerPoint to illustrate a Bible story – take photos or make pictures in creative ways.
- Create a Bible computer game – using kahoot <https://kahoot.it/>
- Watch inspiring videos on [www.ignitermedia.com](http://www.ignitermedia.com)
- Live stream a church service or watch Hope Channel.
- Listen to music.
- Facetime a lonely person or an old friend.
- Look at your old family photos and thank God for the lovely memories.
- Make short and inspirational video clips to upload.
- Send a whatsapp message to inspire a group.
- Go Geocaching – or place a Bible geocache for someone to find.
- Send an encouraging email.
- Create a Bible puzzle or wordsearch.
- Explore Pinterest for inspiring printables, crafts, and prayer station ideas.
- Make a PowerPoint of a song or Bible passage.

