

Sabbath Spiritual Practice
May 27 - June 2

This will be a hard practice for most of us as we are so connected constantly to some type of electronic equipment. Set aside the Sabbath as a day to refrain from using electronic equipment. As an added protection, send out a message the day before that you will be taking a day of Sabbath and will not be responding to any messages until the next day. Stick a note that says “God is waiting for you” on each piece of equipment in your house.

Children can pick a quiet activity to do by themselves or with family — but no video games for them either! You could also have them draw a TV or computer screen on a piece of paper or cardboard. Whenever they want badly to use an electronic device, they write or draw something they are thankful for inside the screen.