

## **Sabbath Spiritual Practice**

### **May 6-12**

Sabbath is meant to be restful, not another to do list. You should choose to continue the practice from last week or try a new one. One way to make Sabbath something you look forward to is to reserve certain activities you enjoy for the Sabbath day only. Quiet activities and activities that take you out into nature are particularly attuned to Sabbath rest.

For children, set aside certain toys, books, and movies to be enjoyed only on the Sabbath day. Children are quick to grasp the concept of “special” things being reserved for a special day.