

Sabbath Spiritual Practice

April 29 - May 5

Pick an activity that you repeat many times a day — like texting or buckling your seat belt. Whenever you do it, pause before starting and say a short prayer. This can be used only on your Sabbath day or in the days leading up to it, as practice for your intention to keep this practice.

Give children permission to remind you to do this — they love being given that responsibility. They could also choose one of their own favorite activities as a cue for stopping to say their own prayer — as simple as Thank you, God.