

LEARNER SHEET: SABBATH DAY

Matthew 12:1-14



PRAYER TIME

Remember your partner's prayer needs—record them here.

DISCUSSION TIME

- Talk about a time when you felt very tired and worn out.

- Talk about a time when you felt very rested and energized.

- When and where do you feel closest to God?

- What does it mean to keep something holy?



THE BIG IDEA

We need time with God.



BIG FUN IDEA

Take a Saturday mini retreat. Find a peaceful local setting and decide ahead of time as a group what kind of schedule would be restful and refreshing. Be sure to balance time alone and time together; as well as time in worship, time in study, and time in play!



BIG SERVING IDEA

Teach another family in your congregation what you have learned about the importance of time with God. Model a sabbath evening for them—bring them dinner, bring a couple ideas for refreshing quality time spent together as a family, and end with devotions (which could include Bible reading, singing, and prayer).

LEARNER TAKE-HOME SHEET: SABBATH DAY

Matthew 12:1-14



KEY WORDS

Keep a family white board someplace near the dinner table, and write these words on it. Try writing a family definition for each one during the week.

WHOLENESS
REST
REFRESH
DEVOTION

Take this sheet home and keep it someplace near the dinner table like on the fridge. At least three times next week at dinner, use Prayer Time and one other family activity to make your confirmation learning come alive!

PRAYER TIME

Incorporate the ancient practice of *lectio divina* in your prayers this week. Read a passage aloud, pause for a few minutes of contemplation, then read the same passage aloud and again take time to reflect. What images does this passage stir up for you? What prayer concerns does it put you in mind of? Did these change? Did you hear the passage differently from one reading to the next?

TALK TIME

- Where and when do you feel closest to God? Do you find closeness in community with others or in time alone? Is there a place or time that is the same for everyone in your family? Encourage each other to seek out a God time and space each day.
- Does your family have any sabbath practices? If so, what are their origins? (Family tradition? Accidental? Conscious family decision?) If not, discuss together what kind of sabbath practices you would like to begin. (Your answers to the first bulleted question are a good hint of where to start!)

On the seventh day he rested. He didn't throw his hands in the air and say, "I give up."



WEB TIME

Sit down together and look up organizations that support living simpler lifestyles. What kinds of practical suggestions do they offer? Are there any your family would like to put into practice?

RITUAL TIME

Try a family mini sabbath every night this week—set aside a mutually agreeable time, sit down, light a candle, and read a passage of scripture together. You can find suggestions for daily readings at the ELCA Web site or in *Evangelical Lutheran Worship*. You may want to do this in the form of *lectio divina* as described in "Prayer Time" above.