

Discipleship in the Home



Sabbath

One of the things we learn from scripture is that the Sabbath is a different day than the other six days of the week. The Sabbath is described as being sacred and holy. Essentially, the Sabbath is a very special day!

Spend some time this month making the Sabbath a special day for you and your family.

Here are some ideas to practice.

- Start the Sabbath by having a special meal each Friday night.
- Invite some friends over for lunch on Sabbath.
- Go on a hike with family and friends.