



# Slow down

**Soap Verses: Isaiah 40:25-31 and Isaiah 58: 11-14**

**Activity: Plan your sabbath.**

What would your perfect sabbath look like? What stops you from having that kind of day regularly? Set aside a day this week to attempt to have a sabbath. Plan and prepare for it so that you can enjoy the day. Who will you sabbath with? How will you spend time with God that day? What will you do that makes your heart sing? How will you quieten distractions such as technology? What restful ways will you enjoy? How will you worship?

After you have had your day spend time thinking about what worked, how it felt and what you could do again. How could a sabbath become significant in your life?

**Family Activity:** Plan a family sabbath day together.

Ask everyone to suggest something that they find fun, relaxing and restful. Shape a day that has elements of something everyone loves. Make a photo diary of the day as a happy memory. Over a meal at the end of the day ask everyone what they enjoyed and what they are thanking God for?