

**WRECK THIS**  
*...summer...*  
**SABBATH**  
**JOURNAL**



**NAME:**

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# INTRODUCTION

## What Is Sabbath?

Historically Sabbath has been practiced by followers of Jesus in many different ways but, according to Pete Scazzero in *An Emotionally Healthy Leader*, there are commonalities for Sabbath observation- stop work, enjoy rest, practice delight, and contemplate God. During this Summer Sabbath it is our hope to prioritize regular rest with the Lord from August 1st through September 10th.

## Why Do We Sabbath?

*“Of the Ten Commandments, Sabbath is the only command originally expressed directly to Adam and Eve... Genesis says we Sabbath, first, because God kept a Sabbath and, second, because God built it into the DNA of creation, and it is therefore something creation needs in order to flourish... [and] as H.H. Farmer once said, ‘If you go against the grain of the universe, you get splinters.’”*

A.J. Swoboda, Subversive Sabbath

## How Do We Sabbath?

**Stop Work:** Sabbath is the time to embrace our limits and cease work, whether it be paid or unpaid. It’s a time to sit and realize that we will never finish all our goals and projects. And, we will all die one day with things undone. Sabbath is the time we practice the true reality that it’s God who’s on the throne running the universe, and not us.

**Enjoy Rest:** Sabbath is most clearly described in the Scriptures as a time of rest when we let our bodies and minds fall into peace. Rest includes everything that it sounds like: going slow, not being in a hurry, napping, contemplative walking, in which you observe things you don’t normally get to observe, and play (among other things).

**Practice Delight:** The climax of the creation account in Genesis is not the creation of humanity, as many may

assume. Rather, the day of rest, Sabbath, is the climax, when all creation comes together in peace and harmony, and God declares everything He has made very good (Genesis 2:1-2). Isaiah 58:13 instructs us to “call the Sabbath a delight.” Notice that Isaiah doesn’t say that the Sabbath is “useful” or “necessary” (though that’s true), but rather that it is a “delight.” Sabbath is good in and of itself; it’s not something we use to get prepared for the next work week.

**Contemplate God:** Sabbath is a day that is to be “holy” to the Lord. It’s a time we train our bodies, minds, and spirit to be in constant union with God. Lofty? Yes. But it’s a time to practice and train in that contemplation. There is no one way to do this. Remember, don’t turn being with God into work. Don’t try and “get” something from God during this time. Production is not the goal of Sabbath; abiding is. So just being with God is enough. At the end of your time, you might not have a powerful encounter, profound journal entry, or fresh revelation about who God is. And that’s okay. Just being with God is the hope and goal.

### **Closing Thoughts:**

This is a journal that is designed to help you celebrate Summer Sabbath. It contains a list of 60 ideas to change your routine and enjoy your Creator and Savior, 15 from each different category. Some are one time, some to do repetitively, so be sure to look through them all to see which may work for you. **The goal is not to get to every one of these activities but to choose a few that will work for you and your family.** In addition to reflective verses or quotes each day, there are also creative ways to destroy this journal as you try out some of these Sabbath practices.

Remember, in all our considerations and questions about how to Sabbath, there is abundant grace. Because we are brought into true rest through Jesus’ life, death, and resurrection, Sabbath should be treated with grace as well. Rest well.

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# PLANNING CALENDAR

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	AUG 1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	SEPT 1	2	3
4	5	6	7	8	9	10

**STOP WORK**



# 1.

## UNPLUG

---

**W**e spend WAY too much time on our phones, tablets, and computers. Choose a time to unplug from the internet, television, screens, etc. Put it on a schedule. Do it several days a week. Make a plan to be on your phones less. Maybe fast from social media for the whole Summer Sabbath?! Free up time to reorient our hearts and minds on the Lord. Let's plug into Him this month.

***“Therefore, if you have been raised with the Messiah, keep focusing on the things that are above, where the Messiah is seated at the right hand of God.”***

—Colossians 3:1

## **DRAW A PHONE BELOW:**

## **NOW STAB IT WITH A PENCIL.**

# 2.

## LAUNDRY FREE DAY

---

**I**f your home is anything like our homes, laundry is an every day occurrence. Choose a day, a week (a month?) and decide that you will not do laundry for that day or that week. This will take preparation and intentionality in order to free up time to have a laundry free day- this is a good thing! We plan for the things we prioritize! Do this intentionally in order to create space for Summer Sabbath!

***“So whether you eat or drink or whatever you do, do it all for the glory of God.”***

—1 Corinthians 10:31

**WIPE YOUR DIRTIEST SOCK  
ON THIS PAGE**

# 3.

## HALF-WAY

---

**S**abbath is about prioritizing the provision and power of the Lord over our own efforts. Choose an activity, a chore, a task that you can intentionally do “half-way.” Maybe you pick up the play room instead of deep cleaning it. Maybe you leave the laundry on the couch for the day instead of folding it and putting it away. Choose to do something half-way, trusting that God will provide time to do it the rest of the way later.

***“And the man and his wife were both naked and were not ashamed.” (Laundry is a consequence of sin)***  
—Genesis 2:25

**CLEAN ONE EAR WITH A Q-TIP AND TAPE  
IT TO THIS PAGE**

# 4.

## NO COOK DAY

---

In Israel, most people do not cook on Shabbat. Take a day a week and decide that it will be a “No Cook Day.” This means you don’t turn on the grill, stove, or oven. It also means that you choose not to force others to cook either so it means no going out to eat! Eat cereal for dinner, sandwiches, a salad. Have fun with this extra time with the Lord.

***“You shall kindle no fire in all your dwelling places on the Sabbath day.”***

—Exodus 35:3

## DRAW YOUR PLATE BELOW

# 5.

## SPEND NO \$\$\$

---

**T**his is as simple as it sounds. On this day spend no money- not for coffee, groceries, bills, gas, or anything. This will take some intentionality on our parts so we have to prepare for it. Plan ahead for rest from spending. If you really want to challenge yourself, choose to do this for a week!

***“No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.”***

—Matthew 6:24

**WE BURN THROUGH MONEY ALL THE  
TIME. LET'S CHOOSE NOT TO DO THIS  
TODAY.**

**INSTEAD BURN THIS PAGE**

# 6.

## CHOOSE A CHORE

---

**S**abbath is about taking a break and resting in the Lord. Look at your weekly chore list and decide not to do a chore for a whole week (make sure it's appropriate- the animals will need to be fed more than once a week!). Don't add another chore, just remove one.

*“Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do no work. It is a Sabbath to the LORD in all your dwelling places.”*

—Leviticus 23:3

**WRITE THE CHORES YOU'RE NOT GOING  
TO DO ON THIS PAGE**

# 7.

## MAKE NO PLANS

---

**R**ing-fence a day on the calendar (this means to circle it to us Americans) and make a decision that you will make zero plans for that day. This means that when you and your family wake up, you can decide what to do together and go and do it. Try to avoid planning out the day in the morning, but see how the day takes you! Pray about each activity you choose to do and let Him guide you to what will come next!

***“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”***

—Jeremiah 29:11

**SCRIBBLE ON THIS PAGE WITH  
RECKLESS ABANDON**

# 8.

## SURPRISE DAY OFF

---

**T**ake a day off that you weren't planning to- if you're a parent, don't tell your family. Surprise them! Some of us may need to request a day off in advance but try not to fill the day with endless activities, just take a random day off and relax! God often surprises us in small ways that are life-giving. Let's emulate this aspect of His character through a surprise day off.

***"The Sabbath was made for man, not man for the Sabbath."***

—Mark 2:27

**HAVE YOUR BOSS SIGN BELOW TO GIVE  
YOU THE DAY OFF**

**X** \_\_\_\_\_



# 9.

## NO UTENSILS DINNER

---

**P**lan a dinner where you use as few utensils and dishes as possible. No forks, knives, spoons, pots, pans, plates, cups. This will create an opportunity not to have to do dishes after dinner! Eat with your hands! Share a communal plate! Get creative! God often takes us out of our comfort zones, and challenges us to new adventures. Have fun with this one!

***“You shall eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you.”***

—Psalm 128:2

**WIPE YOUR HANDS ON THIS PAGE  
AFTER YOU'RE DONE EATING**

# 10.

## LIE DOWN

---

**T**his is as simple as it sounds. In a dark room, lay down on the floor, close your eyes and just breathe. Focus your thoughts on the Lord, on resting in Him, on clearing your head of everything not of Him. Breathe in the air He gives you and the life that comes with it. Plan to do this several times a week over the course of this month.

*“In peace I will lie down and sleep, for you alone, O Lord, will keep me safe.”*

—Psalm 4:8

**PUT THIS JOURNAL UNDER YOUR HEAD  
AS YOU LIE DOWN AND JUST BREATHE.**

# 11.

## PAUSE THE PROJECT

---

If you have a home, there is never an end to the projects. For Summer Sabbath take an important project, one that you would be focused on all month, and choose to back-burner that project. Don't spend the month planning for it, contemplating how to do it, saving for it, etc. Just push it out of your mind for the whole month. Choose to intentionally create space both mentally and physically.

*“God bought you with a great price. So honor God with your body. You belong to Him.”*

—1 Corinthians 6:20

**EVERY TIME YOU'RE TEMPTED TO PICK  
UP THE PROJECT, MAKE A FOLD ON  
THIS PAGE  
(AND DON'T DO THE PROJECT!)**

# 12.

## NO SHAVE AUGUST

---

**H**ow much time do you spend on appearance? Choose an activity that you do daily and choose not to do it for a day, a week, or all month. Don't shave. Don't wear make up. Don't curl your hair. Choose something and be intentional about creating more space this month by not doing that thing one day a week or all month!

*“You shall not round off the hair on your temples or mar the edges of your beard.”*

—Leviticus 19:27

**DO THE MATH. BELOW FIGURE OUT  
HOW MUCH TIME YOU SPEND IN ANY  
GIVEN MONTH DOING THE ACTIVITY  
YOU ARE GOING TO CEASE DOING.**

**SHOW YOUR WORK**

# 13.

## TV FREE DAY

---

**T**he average American watches more than 4 hours of television a day. Choose a day a week, a week, or all month not to watch television. We get so busy being entertained that we don't connect with God or with one another. This activity is likely to free up the most time in your schedule- what would you do with 28 extra hours a week?

***"I will not set before my eyes anything that is worthless. I hate the work of those who fall away; it shall not cling to me."***

—Psalm 101:3

**WRITE THE NUMBER OF HOURS YOU  
SAVED TODAY BY NOT WATCHING TV  
TODAY.**

# 14.

## LEAVE THE DISHES

---

**I**nstead of washing dishes immediately following dinner, intentionally leave them in the sink and enjoy time with your family or friends. Leave them for a week? (A month might prove to be a real challenge...). Schedule a meal each week to intentionally leave the dishes for the next day. Part of the Sabbath is trusting there will be enough time to do all the things that *need* to get done in the 6 days the Lord allots for them. Trust that time with the Lord and those He has blessed you with is more important than a clean sink.

***“And I will stretch over Jerusalem the line of Samaria, and the plummet of the house of Ahab: and I will wipe Jerusalem as a man wipeth a dish, wiping it, and turning it upside down.” [Biblical evidence that men should do dishes]***

—2 Kings 21:13

## BLOW BUBBLES INSTEAD

## POP THEM ON THIS PAGE

# 15.

## ALARMS OFF!

---

**P**lan a day when you'll turn off your alarms and sleep in. One of our favorite times are mornings when the kids wake up before the adults and all come crawling into Mom and Dad's bed. Plan to intentionally sleep in and enjoy the rest God gives!

*"Come to me, all you who are weary and burdened, and I will give you rest."*

—Matthew 11:28

## WRITE DOWN WHAT TIME EVERY PERSON IN YOUR FAMILY WOKE UP

**ENJOY REST**



# 16.

## NAP

---

**T**ake a nap. Short? Long? Doesn't matter. Just take one to the glory of God and the good of all people. Plan to take them regularly this month.

*"I lay down and slept, yet I woke up in safety, for the LORD was watching over me."*

—Psalm 3:5

**USE YOUR JOURNAL AS A PILLOW  
BONUS POINTS IF YOU DROOL ON IT**

# 17.

## BREATHING

---

**F**or those of you with an Apple Watch, there is an app on it called “Breath” that will remind you to pause and take a deep breath during the day. For all of us, we have phones that have the ability to set alarms throughout the day. Prepare for this activity by setting up the “Breath” app or setting alarms for several times during the day when you will pause, close your eyes, breathe, and refocus your eyes on the Lord. Whenever you are reminded by the alarm/alert, take a moment- up to a minute, and just focus on the Lord.

***“This is what the Sovereign Lord says: Look! I am going to put breath into you and make you live again!”***

—Ezekiel 37:5

**TRACK YOUR INHALATIONS AND  
EXHALATIONS YOU TAKE IN ONE  
MINUTE ON THIS PAGE**

# 18.

## SNUGGLE TIME

---

**M**any people are suffering because of a lack of physical touch. Plan for time to snuggle with your loved ones. Watch a movie. Read a book. Just rest. Consider those who don't have children or a spouse and maybe give them a little longer hug, a hand on the shoulder, or something to make them feel the serotonin increase too! Often times we are the physical hands of feet of Jesus, for some people who don't get touched often, we can also become the arms that hug.

***“And He took them in His arms and began blessing them, laying His hands on them.”***

—Mark 10:16

**PLACE THIS JOURNAL BETWEEN YOU  
AND GIVE SOMEONE AN EXTENDED HUG**

# 19.

## MEMORY LANE

---

**B**reak out the photo books and take a trip down memory lane with friends or family. Laugh at family pictures, remember old adventures, celebrate the joys God has brought you in this life.

*“I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now.”*

—Philippians 1:3-5

**TAPE OR RECREATE ONE OF THE MOST  
EMBARRASSING PICTURES YOU  
ENCOUNTERED HERE**

# 20.

## TELL A JOKE

---

**P**ick up a joke book (Dad jokes are the best) and tell a joke every night before you go to bed. If your family is far away- text them or call them with a joke every day for the month. Have fun with this! We've found that the lamer the joke the more funny it is! We know that God has a sense of humor- just look at the platypus!

*"A cheerful heart is good medicine, but a crushed spirit dries up the bones"*

—Proverbs 17:22

**WRITE YOUR JOKE HERE. IF IT BRINGS  
YOU TO TEARS, WIPE THEM HERE AS  
WELL**

# 21.

## THANKS!

---

**S**o much of Sabbath is being thankful for all God has given, but we should also be thankful for others, what they've done, how God's used them to bless us as well. Take some time once a week, once a day, once this month, to write a letter, an email, a card, a text message, and thank someone for all they've done for you!

***“Give thanks to the Lord, for he is good;  
his love endures forever.”***

—Psalm 106:1

## **WRITE WHO YOU WROTE TO AND WHY BELOW**

# 22.

## MAC AND CHEESE NIGHT

---

**W**e all have one of those meals our family regularly eats that doesn't get photos taken and posted to Instagram- Ramen night, Mac and cheese and hot dogs, etc. On a REGULAR meal night, invite some people over to have a REGULAR meal with you. Don't get dressed (wear your sweatpants and holey t-shirt) and just enjoy a meal together and then relax and watch a movie or play a game together, whatever you'd normally do but this time with company! It is the people in our lives that are important, not the fancy meals and clean houses. Invite others to really do life with you and enjoy them for the blessing they are from the Lord.

***“Give thanks to the Lord, for he is good;  
his love endures forever.”***

—Psalm 118:1

## **SMEAR SOME MAC AND CHEESE ON THIS PAGE**

# 23.

## PARK IT

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**I**n Washington it stays light pretty late at night so after dinner one night, surprise your family by shirking the pre-bedtime routines and head out to a park to play for an hour before bed. This activity guarantees to wear the kids out (probably the parents too!) so they'll get to sleep fast! Parents- plan this with friends to meet at the park? Plan to do it weekly? It's up to you! The Lord takes us on adventures often when we least expect it but sometimes we're so locked into our routines that we can miss or ignore His call. This is great practice at enjoying spontaneity.

***“Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it. Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy.”***

—Psalm 96:11-12

## GRASS STAIN THIS PAGE



# 24.

## SURPRISE WALK

---

**E**njoying Sabbath together is sometimes wrestling time to rest. After dinner one night this month (or one night a week if you want to) call a friend and ask if you can pop by and go for a post-dinner walk with them around their neighborhood.

*“Do two men walk together unless they have made an appointment?”*

—Amos 3:3

**PUT A LEASH ON THIS JOURNAL AND  
DRAG IT BEHIND YOU FOR PART OF  
YOUR WALK**

# 25.

## SUNSET ON THE WATERFRONT

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**P**ort Orchard has some beautiful waterfront parks. Take the family and/or friends down to the waterfront and watch the sun set over the Olympics. Skip rocks on the water, play in the sand, and just enjoy the beautiful city God has blessed us with.

***“From the rising of the sun to its setting  
The name of the Lord is to be praised.”***

—Psalm 113:3

## DIP THIS PAGE IN THE WATER

# 26.

## BOOK IT!

---

**T**he average American reads four books a year. Let's stretch our brains and decide to turn off the tv and read a book during Summer Sabbath. This will take planning, intentionality, and discipline to get it done! If you're advanced level, read four books in the month of August! Choose a book that focuses on the character of God, on spiritual disciplines, on living as a family on mission.

***“Blessed is he who reads and those who hear the words of the prophecy, and heed the things which are written in it; for the time is near.”***

—Revelation 1:3

**TAKE THIS PAGE AND MAKE A  
BOOKMARK OUT OF IT**

# 27.

## YOUTUBE PARTY

---

**I**n vite some friends over in the evening, turn on your smart television and have everyone share their favorite YouTube videos. This is a VERY LOW KEY event- think sweatpants and a dirty house. This is inviting others to do life with you! Just enjoy one another and time taken to rest together! God takes delight in watching his children... probably on Youtube as well.

*“A joyful heart is good medicine...”*

—Proverbs 17:22

**USE THIS PAGE AS YOUR SCORE SHEET-  
VOTE FOR THE FUNNIEST YOUTUBE  
VIDEO**

# 28.

## PAJAMA DAY

---

**T**here'll certainly be a day of rain this month, decide to capture that day and make it a pajama day! No one is allowed to get out of their pajamas or take a shower all day! Spend the day reading, watching movies (might we suggest the Star Wars or LOTR movies?) or playing board games together! Legos are also a fun pastime! Nothing says Sabbath like pajamas.

*“Come to me, all you who are weary and burdened, and I will give you rest.”*

—Matthew 11:28

## **DRAW OR DESCRIBE YOUR FAVORITE PAIR OF PAJAMAS (PAST OR PRESENT)**

# 29.

## MOVIE NIGHT

---

**P**ick a night and a movie, get some popcorn and invite some friends to come over and watch a movie together. Again, don't make a big deal about it. Order pizza if you want, but don't make it a whole event- the idea is to REST TOGETHER!

***“Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”***

—Matthew 11:29-30

**SMEAR POPCORN OR PIZZA ON THIS  
PAGE**

# 30.

## SUMMON YOUR INNER ARTIST

---

**S**chedule some time (more than you think) to create some art- paint, color, draw, sculpt. Even if you aren't an artist, embrace this characteristic of God's character and seek to emulate it as best you can. It isn't about the product but the process of creativity.

***"But now, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand."***

—Isaiah 64:8

**TRACE YOUR HAND ON THIS PAGE AND  
MAKE IT INTO SOMETHING OTHER THAN  
A HAND**

**PRACTICE  
DELIGHT**



# 31.

## TEXT DJ

---

**C**reate a text group of friends/family members and periodically throughout the day send them YouTube videos of songs. The rule is that they must listen to the song at some point and take a dance break. Do this daily, weekly, or just whenever you feel like it! Heaven is going to be full of songs, we might want to get used to it!

***“He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.”***

—Psalm 40:3

**GRAB THIS PAGE AND DANCE TO A  
SONG WHILE HOLDING IT.**

# 32.

## DRIVING CONCERT

---

**C**hoose to take the long way to work, or the store and blast music and sing/dance along! Bonus points for inviting someone else to come with you on your drive! The Lord loves a joyful noise... even if it's off key!

***“Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.”***

—James 5:13

## WRITE YOUR PLAYLIST BELOW:

# 33.

## DINNER PARTY

---

**S**o much of what we do to celebrate Sabbath is about fellowshiping with our neighbors, friends, and family enjoying all that the Lord has blessed us with. Plan a dinner party. Plan to eat good food, drink good drinks. Plan a game to play or a way to celebrate just being with one another. Put it on the calendar and send out the invites! No reason is needed to throw a dinner party, just decide to celebrate all that God has given with those you love!

***“Better is a dish of vegetables where love is  
Than a fattened ox served with hatred.”***

—Proverbs 15:17

## SCRIBBLE YOUR MENU PLAN HERE:

# 34.

## ICE CREAM RUN

---

**O**ne night when the kids are just getting into their beds, pajamas on and books out to read. Stand at the top of the stairs and say, “ICE CREAM RUN! BE IN THE CAR IN 2 MINUTES!!!” Then take them to DQ for a mini blizzard! The Lord blesses us unexpectedly all the time and we are called to be a blessing to one another.

*“Every good gift and every perfect gift is from above,  
coming down from the Father of lights with whom there is  
no variation or shadow due to change.”*

—James 1:17

**PUT A SMEAR OF EACH PERSON'S ICE  
CREAM ON THIS PAGE**

# 35.

## LOVE CHALLENGE

---

**F**or married couples only- Traditionally, historically, the people of God would not only celebrate the Sabbath, but also enjoy one another as well. Making love was a typical aspect of Jewish Sabbath practice. Sex is a gift from the Lord and, when celebrated in the way He designed it, it is a beautiful way to connect, enjoy, and celebrate the gift of marriage. Here's a challenge for the married folks- make love every day during Summer Sabbath. Enjoy!

***“The husband should give to his wife her conjugal rights, and likewise the wife to her husband. For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.”***

—1 Corinthians 7:3-5

**DRAW A HEART FOR EVERY DAY YOU  
MEET THIS GOAL ON THIS PAGE**

# 36.

## COOKING PARTY

---

**G**et a new cookbook from some foreign land and choose a few recipes that you have never made before. Invite some friends/family over and cook together. Make a mess and enjoy the process, snacking and tasting as you go! Play some music, do some dancing in the kitchen and have fun with your people! Working alongside your brothers and sisters in Christ brings us toward unity in life and in mission.

***“When Joseph saw Benjamin with them, he said to his house steward, “Bring the men into the house, and slay an animal and make ready; for the men are to dine with me at noon.””***

—Genesis 43:16

**PURPOSEFULLY SPILL SOMETHING ON  
THIS PAGE**

# 37.

## DANCE PARTY

---

**R**andomly throughout the month tell Alexa to blast some dance music, grab your spouse, roommate, dog, or kids and have a dance party. Shake what the good Lord gave you!

*“You turned my wailing into dancing; you removed my sackcloth and clothed me with joy.”*

—Psalm 30:11

**ROLL UP THIS JOURNAL AND USE IT AS  
YOUR MICROPHONE**

# 38.

## IN THE SHOP

---

**W**hether you're a car person or a wood shop person, invite some friends or family over to have a day in the shop. Create something, work on something, enjoy just being with one another and chatting while using some tools! God is creative, we see evidence of it everywhere. Emulate this as you create, repair, or build something to His glory.

***“Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.”***

—Colossians 3:23-24

**TAKE A TOOL AND MAKE A MARK ON  
THIS PAGE**



# 39.

## DATE NIGHT

---

**M**any married couples get out of the habit of going on regular, planned date nights. For the Summer Sabbath, choose one day a week to be date night and alternate planning dates. If you need childcare, ask a friend to watch the kiddos. If you're not married, plan a weekly friend date with some friends!

*“Rejoice in the wife of your youth”*

—Proverbs 5:18

**MAKE YOUR DATE NIGHT PLAN/  
SCHEDULE HERE**

# 40.

## MAILBOX

---

**M**ake and send out some cards for family members or friends you haven't seen in a long time. Letters are such a tangible way for us to express our affection for one another, and, more importantly, God's affection for others through us.

***"You are our letter, written in our hearts, known and read by all men; being manifested that you are a letter of Christ, cared for by us, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts."***

—2 Corinthians 3:2-3

**RIP OUT THIS PAGE AND WRITE  
SOMEONE A NOTE**

# 41.

## GET OUTSIDE & HIKE

---

**T**his is exactly what you might think- plan a hike and go do it together with some friends! Enjoy the beauty of the Cascades or Olympics. Let the experience draw you to worship of the Lord and His creativity!

*“How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, “Your God reigns!””*

—Isaiah 52:7

**PUT THIS JOURNAL ON THE GROUND  
AND STAND ON IT TOGETHER AS A  
FAMILY/GROUP.**

# 42.

## CAMP

---

**P**lan a night to camp- in the front yard, in the living room, in the mountains, it's up to you! Change up your routine, talk about the Feast of Booths and how Hebrews would observe it, enjoy time together and with the Lord!

***“Our bodies are like tents that we live in here on earth. But when these tents are destroyed, we know that God will give each of us a place to live. These homes will not be buildings that someone has made, but they are in heaven and will last forever.”***

—2 Corinthians 5:1

## STAPLE SOME NATURE ONTO THIS PAGE

# 43.

## WRESTLE

---

**I**f you have male children, it is likely that they don't just like wrestling, they need to wrestle. Moms, get in on the fun. Grandma, Grandpa- get in there! Aunts, Uncles, cousins, everyone! Have fun. If the kids are really young, all you have to do is lay on the floor and they will come attack you! As you throw these little ones around, thank the Lord for the blessing of these children.

***“For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.”***

—Ephesians 6:12

**USE THE JOURNAL AS THE PRIZE AND  
DARE ONE OF THE KIDS TO TAKE IT  
FROM YOU**

# 44.

## NERF WAR

---

**W**hen everyone else heads out to the store, get the nerf guns and place them at the front door, grab one for yourself and go hide somewhere in the house. Leave a note that says, “I’m inside. Grab a gun and come find me. Whoever gets shot last gets to pick what we have for dinner. Good luck.” Spontaneous joy should be a hallmark of the Christ-follower. His blessings are so unexpected, undeserved and unwarranted- we should be praising His name all the time. Even a nerf war can be a great time of enjoying the people God has given us.

***“There is a noise of war in the camp.”***

—Exodus 32:17

**DRAW A TARGET ON THE PAGE AND  
SHOOT AT IT**

# 45.

## TEXT LOVE

---

**T**exting is becoming the means of communicating for these newer generations. Think of teens, young adults, or other “texters” you might know and send them some love in a way they will receive it. Share with them how much you and Jesus love them and how much you are blessed by them!

*“And a second is like it: You shall love your neighbor as yourself.”*

—Matthew 22:39

**DRAW A HEART ON THIS PAGE WITH  
YOUR NON DOMINANT HAND**

**CONTEMPLATE  
GOD**



# 46.

## GO TO CHURCH

---

**I**nvide a friend to come with you to church and to hang out afterwards in the Cafe, Courtyard, or Playground!

*“So the churches were strengthened in the faith, and they increased in numbers daily.”*

—Acts 16:5

**HAVE SOMEONE FROM THE CHURCH  
WELCOME CENTER SIGN THIS PAGE**

# 47.

## GOD IS...

---

**P**ost this paper that says “God Is...” on the fridge and throughout the month write down aspects of God’s character that come to mind. Things like, Faithful, good, loving, our salvation, savior, etc. Get the whole family in on it!

***“Anyone who does not love does not know God, because God is love.”***

—1 John 4:8

## GOD IS...

# 48.

## SILENCE!

---

**S**pend a day, an hour, a half-hour, in silence. Alone or with your whole family. Spend some time in prayer listening to the Lord instead of speaking to Him. Set up a regular schedule this month of trying to be still and know that Jesus is the Lord, your God.

*“For God alone, O my soul, wait in silence, for my hope is from him.”*

—Psalm 62:5

**IF YOU HAVE TO TAPE YOUR MOUTH  
SHUT AND THEN PUT THE TAPE HERE  
WHEN DONE**

# 49.

## SPACES

---

**T**here are some spaces that just bring us to worship, a sanctuary, a stream, atop a mountain, our parent's kitchen. Plan a day to go and visit one of these places and just spend some quality time with the Lord. Ask Him to reveal why it is this space draws you to worship. Spend some time praising Him and thanking Him for all the blessings you've received.

***"You will seek me and find me when you seek me with all your heart."***

—Jeremiah 29:13

**STAND ON TOP OF THIS JOURNAL IN  
YOUR SPACE**

# 50.

## JESUS YOGA

---

**W**e know that this can be controversial as some believe practicing yoga to be a religious experience while others view it as more of an exercise regiment. Our hope with this activity is to redeem this experience and to make it a meditative, active, mindful connection with Jesus. Find your favorite yoga video on Youtube (try <https://youtu.be/fjMLPWaDeus>) and/or look up Yoga with Jesus. Feel free to turn the sound down, use it only for the visual direction on what to do next. In your mind, recite the Shema or the Lord's Prayer repeatedly, slowly as you go through the motions. Focus your mind and your heart on Jesus throughout the whole experience.

***"I will meditate on your precepts and fix my eyes on your ways."***

—Psalm 119:15

**PLACE THIS JOURNAL UNDER YOUR  
YOGA MAT OR TOWEL**

# 51.

## SHABBAT

---

**P**lan and host a Shabbat Dinner. There are many books available that demonstrate how to host one of these weekly meals. Here is a guide we have created to help: <https://storage.snappages.site/2P5KGM/assets/files/Messianic-Passover-Booklet.pdf> Invite some family or some friends and enjoy this meal together.



***“Remember the Sabbath day, to keep it holy.”***

—Exodus 20:8

## WRITE THE BLESSING YOU SHARE HERE

# 52.

## SABBATH COFFEE

---

**O**ften when we want to spend time with our friends, we invite them out for coffee. This is a different type of coffee date, this one is with Jesus. Take a journal, a Bible and a pen/pencil and go out to coffee on your own. Spend some time just sitting with and listening to Jesus as He speaks to you through prayer or reading of the Word.

*“O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you.”*

—Psalm 63:1

**USE THIS PAGE AS A COASTER- DON'T  
WORRY ABOUT THE COFFEE RINGS**

# 53.

## CHURCH WATCH PARTY

---

**E**very week the Adventure of Faith church service is streamed online via Facebook live. Instead of coming to church one morning for worship, invite some friends or family to your house for breakfast and worship. Sing along with Andrea, pause the sermon to ask what it was CJ just said during the sermon. Pray and worship intimately in your home.

***“Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood.”***

—Acts 20:28

**DRAW SOMETHING ON THIS PAGE AND  
USE IT AS A PLACEMAT OR CENTER  
PIECE FOR YOUR BREAKFAST**



# 54.

## BIBLE STORY TIME

---

**R**eading to your children is one of the greatest, most intimate things you can do with them. Choose a great Children's Bible and read it to your kids each night during Summer Sabbath. If you don't have young children, or children at all, choose a book to read out loud to whomever else you live with (or call someone if you live alone).

*“Train up a child in the way he should go; even when he is old he will not depart from it.”*

—Proverbs 22:6

**HAVE A CHILD DRAW ONE OF THE BIBLE  
STORIES YOU READ BELOW**

# 55.

## HEARING THE WORD

---

**T**here are many podcasts out there that people listen to nowadays, but we still think that the best one we could listen to is the actual Word of God read in an audio book version. If you use Blue Letter Bible or Olive Tree apps, they will read out loud the Bible to you. Choose a book to listen to while you go on a run, or while you weed in the garden, or while you prepare breakfast. Make it part of your daily or weekly routine.

*“He who has ears, let him hear.”*

—Matthew 13:9

**BRING THIS JOURNAL WITH YOU AS  
YOU GO ABOUT YOUR DAY LISTENING**

# 56.

## PRAYER NIGHT

---

**E**very week on Tuesdays, Adventure of Faith Church hosts Prayer night from 6-7 pm in the Worship Center. All are welcome to join to pray together with your church family. Maybe choose to attend Prayer Night as a family during Summer Sabbath this year.

***“The Lord has heard my plea; the Lord accepts my prayer.”***  
—Psalm 6:9

**SIT ON THIS JOURNAL AS YOU ATTEND  
PRAYER NIGHT**

# 57.

## PRAY WITH US

---

**E**very morning at 8 am, a prayer prompt is being posted on Facebook. During Summer Sabbath, instead of having written out prayers, we will be sharing prompts that cause us to pause, reflect, and dialogue with the Lord. With each prompt, contemplate it conversationally with God, asking Him to speak on the subject. Be reflective and honest as you pray. Feel free to share some thoughts in response to your time with the Lord in the comments.

***“O God, hear my prayer; give ear to the words of my mouth.”***

—Psalm 54:2

**POKE A HOLE IN THIS PAGE FOR EVERY  
DAY YOU DO THE MORNING PRAYER  
PROMPT**

# 58.

## JOURNAL

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**W**e have found journaling our prayers to be a way to really keep us focused when we are spending time in prayer. Maybe you're not big on writing, but give journaling your prayer instead of saying it out loud a try. Often we find that writing prayers out causes us to slow down as we pray, to listen more, to be guided more by the Lord. Give it a shot.

***“Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart.”***

—Proverbs 3:3

# WRITE ONE OF YOUR PRAYERS IN THE SPACE BELOW

# 59.

## FAMILY PRAYER

---

**D**o you pray together as a family? Before meals? At bed time? However you regularly pray together, add another time where you pray a little differently than you do the rest of the time. Maybe practice saying the Lord's Prayer every night before sleep together, or the Shema when you wake at breakfast. Paul calls us to pray without ceasing, to spend our lives eternally connected to the Lord. Let's try out prioritizing prayer as a family.

***"Blessed be God, because he has not rejected my prayer or removed his steadfast love from me!"***

—Psalm 66:20

**RIP OUT THIS PAGE AND PUT IT  
SOMEPLACE THAT WILL REMIND YOU  
TO PRAY WITH THE FAMILY**

# 60.

## FAST FOR A DAY

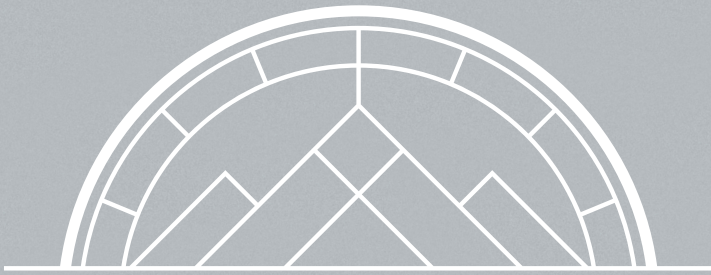
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**C**hoose something to fast from- food, media, television, sweets, etc. and instead of doing whatever that thing is, focus on the Lord in prayer instead. Choose one day a week (Friday fasts?) where you choose to live your life a little differently than you do the rest of the week. Refocusing, reorienting your eyes and heart on the Lord.

***“But I, when they were sick— I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest.”***

—Psalm 35:13

## PLAN YOUR FASTING SCHEDULE BELOW



# ADVENTURE

◀ OF FAITH ▶

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