

SABBATH BUCKET LIST

19 Ways to Make Sabbath a Delight.

While attending church is an important part of Sabbath, it is only a small portion of the day. Accept the challenge to be more intentional in what you do as a family on the Sabbath. Keep yourself on track by printing out the Sabbath Day Bucket List below. **Choose one activity to do each week with your family, and check it off once completed.** It is as simple as that. Let's make Sabbath a delight as a church and as a family.

<input type="checkbox"/> Locate all the churches in your state and mark them on a map with pins.	<input type="checkbox"/> Write thank you notes to those who spoke in your church.	<input type="checkbox"/> Learn some songs and go walkabout or visit an age care facility and sing to those in your community.	
<input type="checkbox"/> Take a Sabbath walk.	<input type="checkbox"/> Have a book of the Bible read-a-thon.	<input type="checkbox"/> Make cookies and write a note to someone in your street or church telling them what you admire about them.	<input type="checkbox"/> Create an "I'm Thankful for..." list or poster.
<input type="checkbox"/> Write a family newsletter and email it to extended family members.	<input type="checkbox"/> Create a gospel quote book or post them on social media.		
<input type="checkbox"/> Write a giant letter to the missionaries from your family or church on a large piece of butcher paper.	<input type="checkbox"/> Have a family object lesson contest. Have everyone pick one or two items around the house and come up with a story about how that item can illustrate a gospel principle.	<input type="checkbox"/> Look through YouTube together to find your top five songs of encouragement.	
<input type="checkbox"/> Invite someone lonely to join your family for a picnic.	<input type="checkbox"/> Create a family motto and display it in your home.	<input type="checkbox"/> Study your family history and act out a story.	<input type="checkbox"/> Choose a verse or commandment to memorise.
<input type="checkbox"/> Fill in the blank with your family's idea <hr/>	<input type="checkbox"/> Find some great Sabbath Pins on Pinterest and create a Sabbath board... Keep adding to it over time as you completed things on the board.	<input type="checkbox"/> Invite a family from church you would like to know better to come to your home for a haystack Sabbath lunch.	