


Spiritual Environment at Home





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Outline



- Worship time
- Home traditions
- Preparing for Sabbath
- Sabbath activities
- Food for the Friday evening and Sabbath

Worship Time


- Personal worship
 - Need cup filled every day
 - Need to “eat” spiritual food daily
- Family worship - bedtime or in morning
 - Read and discuss information
 - Take time with children;
 - Sometimes takes 30-45 min
 - Open up and reveal issues, problems, concerns
 - Identify differences in school values with home values
 - Hear about problems with schoolmates
 - Pray together
 - Teach children to pray
 - Recognize when prayers are answered
 - Help children to have personal relationship with God

Attend Sabbath School and Church




- Keep children involved without overdoing
 - Participate in programs / duties of church
 - Memory verses, Investment, Music, 13th Sabbath
- Provide offices in church for youth
 - Secretary, music, deacons, deaconess, social
 - If Series of Meetings, get youth involved
- Be involved in raising money
 - Help them understand generosity

Traditions



Merriam-Webster Dictionary

- An inherited, established, or customary pattern of thought, action, or behavior (as a religious practice or a social custom)
- A belief or story or a body of beliefs or stories relating to the past that are commonly accepted as historical though not verifiable
- The handing down of information, beliefs, and customs by word of mouth or by example from one generation to another without written instruction
- Cultural continuity in social attitudes, customs, and institutions
- Characteristic manner, method, or style


Home Traditions




- Types
 - Weekly, Holidays, Yearly, Birthdays
 - Readings, Meals, Celebrations, Vacations
 - Meals together at specific times during the week
- Examples
 - Christmas eve read Dickens Christmas Carole
 - Birthdays with desired celebrations for each person; choose activity this year...
 - Colored mashed potatoes at Thanksgiving
- Any examples from the audience

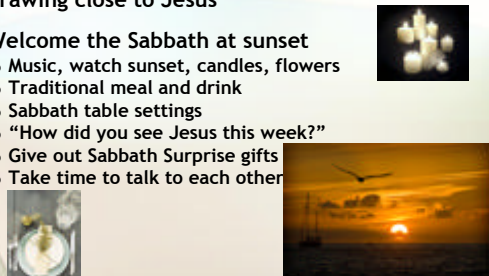
Preparing for the Sabbath

- Every day - look forward to Sabbath
- Practice for young children
 - Learn to sit still for Sabbath School service
 - Learn to play softly, or listen during church
- Preparation for the day
 - Clothes, Sabbath bag, food, planning for fellowship
 - Great to clean house
 - What if can not get done?
 - Straighten
 - Avoid fellowship????





Mary Lou's Insights: Experiencing Sabbath Rest

- Goal: Sabbath rest is about relaxing and drawing close to Jesus
- Welcome the Sabbath at sunset
 - Music, watch sunset, candles, flowers
 - Traditional meal and drink
 - Sabbath table settings
 - "How did you see Jesus this week?"
 - Give out Sabbath Surprise gifts
 - Take time to talk to each other



Mary Lou's Insights: Experiencing Sabbath Blessing

- Goal: Experience abundant affirmation and favor of God and instill a sense of identity and belonging
- On the Sabbath day
 - Provide personalize Sabbath blessing
 - Creative Sabbath breakfast
 - Celebrate each member's spiritual birthday as well as birthdays and other holidays
 - Develop family commitment, like pray for each other at specific time
 - Take time to talk to each other

HAPPY SABBATH

References

- Cummings Jr, Des. The CREATION HEALTH Series, Book 2, Find A Deeper Rest. Florida Hospital Publishing: Orlando, FL c2002.