

KIMBERLY GRIFFIN

SABBATH  
CELEBRATION

ISA

# SABBATH IS A CELEBRATION

*Don't forget the Sabbath,  
The Lord our God hath blest,  
Of all the week the brightest,  
Of all the week the best;  
It brings repose from labor,  
It tells of joy divine,  
Its beams of light descending,  
With heav'nly beauty shine.*

*Chorus:*

*Welcome, welcome, ever welcome,  
Blessed Sabbath day.*

*Welcome, welcome, ever welcome,  
Blessed Sabbath day.*

*2 Keep the Sabbath holy,  
And worship him today,  
Who said to his disciples  
"I am the Living Way;"*

*And if we meekly follow  
Our Saviour here below,*

*He'll give us of the Fountain*

*Whose streams eternal flow. [Chorus]*

*3 Day of sacred pleasure!*

*Its golden hours we'll spend  
In thankful hymns to Jesus,  
The children's dearest friend;*

*O gentle, loving Saviour,  
How good and kind thou art,  
How precious is thy promise*

*To dwell in ev'ry heart! [Chorus]*



**I** have often heard the stories of children who dread the entrance of the Sabbath because life as they know it ceases and met with restrictions that make Sabbath a burden, so unlike God's design. If you call the Sabbath a delight, the holy of the Lord honorable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it. Isaiah 58:13-14. God has so many blessings he wants to give us through the delight of the Sabbath, and it is my prayer that this book helps you find enjoyment in the Sabbath.

I LOVE the holidays and I would have to say that Christmas has to be my absolute favorite. No, it's not because of the gifts but I love the food, music, the decorations and lights, time off from work, the generosity of people, spending time with family and the celebration of Jesus. The freedom and peace I feel around the holidays is what has me looking forward to them all through the year. The Sabbath was established to offer us peace and connection and it can be celebrated with the same energy and enthusiasm as the national holidays.

The Sabbath celebration requires preparation.



I recently heard a sermon and the pastor shared a fitting thought, “preparation symbolizes significance, when something is important you take time to prepare.” We plan our holiday celebrations and Sabbath should be treated with the same if not more importance. Don’t leave one stone unturned. I have heard stories of people who desire to make Sabbath a celebration and for lack of planning and what should have been a day of joy and peace looks more like World War 3.

#### Here’s what you need to plan:

1. **Sabbath Meals.** With the busy week most of us have, our weekly meals may sometimes leave a lot to be desired. With the blessings of 24 hours to spend in fellowship with God, family and fellow believers we have the opportunity to make memorable meals that your family will look forward to and associate with celebrating Sabbath.
2. **Sabbath Attire.** This is serious. I don’t know how many times a perfectly blessed Sabbath morning turns into doom and gloom all over clothing. Failing to plan your attire can result in a scheduled departure of 9:00 a.m. looking more like 10:00 a.m. or later. This misfortune can have a ripple effect, from mom yelling at kids, mom blaming dad and false accusations among siblings. It’s hard to recover from a morning with that kind of start.



- Sabbath Activities.** Your Sabbath celebration hinges on well planned Sabbath activities. I am not suggesting that you make each week a production but you must have an idea of how you want to spend this time with God and with others. More times than I care to count I see kids dreading the arrival of Sabbath because they have to turn off their favorite TV show or give up the phone or tablet. I would argue if kids knew they were about to spend time with their family connecting in a fun and spiritual way they would turn the devices in early waiting for the moment Sabbath arrives.

### **Sabbath Meal Ideas**

Growing up during the Christmas holidays my dad always made sure we had crisp apples, oranges, mixed nuts and hard candy (the unwrapped kind that would stick together if your palms were sweaty). There were years when the gifts were limited but those items were constant. Sabbath meals should reflect some consistency that will have your loved ones reflecting on Sabbaths for years to come. Here are few ideas to get you started.

**Friday Night Breakfast.** This is one of our Sabbath traditions. When everyone is home for the weekend, we can be found around the table welcoming in the Sabbath with breakfast.

**Homemade Bread.** The smell of homemade bread is aromatic and it gives this warmth and comfort that reminds us of God's love.

**Ultimate Salad Bar.** Have several base options followed by your favorite toppings and enjoy the conversations that spark from bumping into each other around the table attempting to make the best salad. I recently went to Sabbath lunch where they included salads within a salad. They had potato salad, pasta salad, and carrot-raisin salad as topping. (If you do this on Friday night you can use the left overs for haystacks /taco salad the next day, just add chips and beans)

**Homemade Pizza.** Another one of our family traditions. You get the smell of homemade bread and the sparks of conversation while people are adding their toppings for personal pizzas or team pizzas. (Looks like the homemade bread and salad bar all in one)

**Sparkling Juice.** There are weeks when it does get a little busy and you may not have all the details mapped out but you can always have sparkling cider in the pantry and even if it's spaghetti and salad, put it on nice china, bring out the glasses and add some cold sparkling juice (even for the kids) and your simple meal takes on a whole new meaning.

**Mexican and Tex Mex,** served with Pina Coladas and Mojitos (Virgin of course)

**Italian Pasta Bar** served with warm oil and crushed oregano and pepper for dipping

**Picnic Food** - For those warm spring and summer sabbaths when it is too hot to turn on the oven

**Soup and Sandwiches** for those fall and winter months when you have less daylight and need simple comfort food,

**Sack lunch** for those Sabbath's on the road enjoying the blooming flowers or the changing leaves

**Birthday Themed** - The honoree chooses the menu and don't forget the cake

As with holidays, some meals are presented on fine china and birthdays can be celebrated with themed paper goods. Every week won't be served with cloth napkins and crystal stemware but what should always be on the menu is connection with God and others.

### **Sabbath Attire**

For many of you enjoying this book, there will be a time during the Sabbath hours for corporate worship. It may seem sound absurd, but let me encourage you to avoid the wardrobe malfunctions by preparing for this special time of communion with God and fellow believers. As you join others for corporate worship there will always be someone in your family who needs to arrive early as a participant in the worship experience and you don't want them to be stressed or late.

When your children are younger, you will have the opportunity to select their attire and then you can have the pleasure of dressing them alike or dressing like them before they really have their own opinion. As the children age, they might not want to tell you exactly what they are wearing but they will assure you their attire is planned and what you will discover is you are still dressed in the same colors or coordinated colors. They won't always like it but it will be too late to change. Consider this your weekly photo shoot and plan accordingly.

### **Sabbath Family Traditions**

I grew up with two older sisters and from the time I can remember Christmas, I can always remember my sisters coming into our room and reading the Christmas Story to us and singing. It didn't dawn on me until writing this book, my parents probably sent them into the room to read to us while they put out our gifts—Duh! Whatever the reason, almost 40 years later I can still remember them coming to our room reading the birth of Jesus found in the book of Luke followed by them singing Sweet Little Jesus boy. Today I have a special bond

with all my siblings and it is steeped in the traditions we were brought up on as children.

You can share those same memories with your loved ones as you intentionally make Sabbath a celebration.

As Sabbath enters, we sing and fill the house with music and it is always followed by a meal.

Here are few ideas for Friday night.

1. Read a family themed devotional and answer the questions that may follow.
2. Put a puzzle together
3. Play family games (Bible Mad Gab, Bible Taboo, Bible Guesstures)
4. Watch a Christian Concert on Youtube
5. Visit a sick friend or family member
6. Family Crafts
7. Family Karaoke
8. Read and Act out a Bible Story
9. Watch a Christian Movie (Pureflix or Netflix)
10. Prepare blessings bags to deliver to the homeless
11. Share testimonies of your week and how you saw God work
12. Host another family and share your traditions and hopefully learn something new
13. Tea, Truffles and Testimonies
14. Create a prayer garden
15. Paint and Praise
16. Take a night drive to see the sky at night
17. Watch a National Geographic's Episode and learn about an animal
18. Write Letters and Draw Pictures to send to a church in another state/country
19. Celebrate A Bible Hero
20. Do a Science Experiment
21. Host the Bible Olympics
22. Close your eyes and listen to an Uncle Author's Story or An Adventure in Odyssey Story
23. Indoor Scavenger Hunt
24. Family Check Up
25. Write thank you notes for soldiers or first responders
26. Make No-Sew blankets to donate

# MONTHLY THEMES

## **January: Fresh Start**

When it comes to New Year resolutions there are those who are for it and those against it. I would agree that one can experience a lifestyle change at any time but for some it's easier to begin the journey on January 1st. Whenever you begin the process, make it a matter of prayer so you can have the strength of heaven.

## **February: Love for God, Others and Self**

February is often referred to as the love month. Why not take these 4 weeks to rehearse the Love of God by expressing it in our interaction with others and self-care.

## **March: He Is Risen**

Let's celebrate our Risen Savior by reflecting on His life and His death and what that sacrifice has given to each of us.

## **April: Showers of Blessings**

I'm sure you've heard the saying, 'April showers bring May flowers'; use this month to shower blessings on others by making this a month of service.

## **May: Mothers, Milestones and Memories**

This is a month filled with celebration. Celebrate the women who brought us into the world, those who are graduating and the men and women who paid the ultimate sacrifice for our freedom.

## **June: Fathers, Friends and Family**

It's officially summer! Here's to longer days and lots of sunshine. Host a family/church/neighborhood barbecue to include a Father's Day competition (corn hole, 3 legged race, egg toss, yard Jenga) start early and as the Sun is setting share a spiritual thought about Fathers and Heavenly Father!

**July: Religious Liberty**

As America celebrates her freedom, take a moment to discuss the challenges and conquest of religious liberty around the world.

**August: Back to School**

Use this time to create academic vision boards, spend time praying for your teachers and asking God to bless the upcoming academic year.

**September: Labor of Love**

Another opportunity for service to those in your neighborhood and the community first responders. (Police Officers, Fire Departments, Paramedics and Hospitals, Teachers, etc)

**October: Heritage Appreciation**

Create a family tree and family map. You can also use the month to learn about other nationalities and cultures.

**November and December: Family Traditions**

Serving as a Youth Leader, I always used the months of November and December for family traditions. We asked families to open their home to our youth group/church and we spent time learning about them and how they serve God as a family unit.

**BIZARRE DAYS AND CELEBRATIONS**

There are times throughout the year when the celebrations aren't coming fast enough or perhaps, you family is like mine where the birthdays are all in a cluster. Use those other months to celebrate bizarre days and food holidays, here are a few in April and July to get you started. <http://www.holidayinsights.com/>

**APRIL Month Long Celebrations**

- National Humor Month
- International Guitar Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Kite Month
- National Poetry Month

- National Pecan Month
- National Welding Month
- Records and Information Management Month
- Stress Awareness Month
- Sexual Assault Awareness Month

### **APRIL Weekly Celebrations:**

- Week 1: Library Week
- Week 1: Read a Road Map Week.
- Week 2: Garden Week
- Week 3: Organize Your Files Week
- Week 3: Medical Labs Week
- Week 4: Administrative Assistants Week
- Week 4: National Karaoke Week

### **April Daily Holidays, Special and Wacky Days:**

- April 1: National Walking Day - first Wednesday in month  
 April 2: National Peanut Butter and Jelly Day  
 April 3: National Walk to Work Day - first Friday of month  
 April 4: School Librarian Day  
 April 5: Read a Road Map Day  
 April 6: California Poppy Day  
 April 7: World Health Day  
 April 8: Draw a Picture of a Bird Day  
 April 9: Name Yourself Day  
 April 10: National Siblings Day  
 April 11: National Submarine Day  
 April 12: Grilled Cheese Sandwich Day  
 April 13: National Peach Cobbler Day  
 April 14: National Dolphin Day  
 April 15: World Art Day  
 April 16: National Stress Awareness Day  
 April 17: National Cheeseball Day  
 April 18: Husband Appreciation Day - third Saturday in April  
 April 19: National Garlic Day  
 April 20: Look Alike Day  
 April 21: Kindergarten Day  
 April 22: National Jelly Bean Day  
 April 23: National Zucchini Bread Day - they hold this at a time when you are not sick of all that zucchini.  
 April 24: Arbor Day -last Friday of month  
 April 25: World Penguin Day  
 April 26: National Pretzel Day  
 April 27: Tell a Story Day  
 April 28: Great Poetry Reading Day  
 April 29: Greenery Day  
 April 30: Hairstyle Appreciation Day

**July: FOOD HOLIDAYS**

- 1 Creative Ice Cream Flavors Day
- 3 Eat Beans Day
- 5 National Apple Turnover Day
- 7 National Strawberry Sundae Day
- 9 National Sugar Cookie Day
- 10 Pick Blueberries Day
- 11 National Blueberry Muffin Day
- 12 Pecan Pie Day
- 13 National French Fries Day
- 15 Tapioca Pudding Day
- 16 Fresh Spinach Day
- 17 Peach Ice Cream Day
- 19 National Raspberry Cake Day
- 20 National Lollipop Day
- 21 National Junk Food Day
- 23 National Hot Dog Day
- 28 National Milk Chocolate Day
- 29 National Lasagna Day
- 30 National Cheesecake Day

As a senior in high school I was introduced to the Seventh-day Adventist denomination. I had never heard of the denomination before and didn't know anything about it. I had passed the church for years and it never registered that they were in worship on Saturday. If I can be honest, I started visiting the church because of a guy (Smh) but what I found was more than I could have ever imagined.

I grew up in a Christian home and was very familiar with church, but one of the things that stood out the most was the youth program that took place every Saturday evening. I returned week after week and found myself enjoying the gathering and wanted to know more. My spiritual journey led me to attend several evangelistic meetings where I received answers to questions that I hadn't asked and my beliefs about life, heaven and hell were completely turned upside down.

It had been a few years and I was enjoying my spiritual walk but what I couldn't seem to grasp was the Sabbath. I wrestled with that for many months ok if I'm honest;

it was more like a year or two and I just had to know if the Sabbath was truly a big deal!! Now in college, while others were trying to find themselves, a spouse or a promising career, I was trying to find out if Sabbath really mattered to God! So, I began searching the bible and praying and asking God if Sabbath really mattered to Him. The Bible says “circumcision is nothing, and uncircumcision is nothing, but what matters is the keeping of the commandments of God” I Corinthians 7:19. Before opening the Bible, I prayed and asked God to answer this question and He answered it! Not one time, but over and over again. God knew I would need to have an answer for those who argued the Sabbath was an Old Testament commandment and He revealed it to me in both the Old and New Testament. From that revelation, I began following God in new truth.

Sabbath gives us an opportunity to go deeper. All too often we hear of youth and young adults who can't wait to come of age to leave this church of do's and don'ts. Parents and lovers of young people can change the trajectory by simply going deeper. Young people are not interested in a surface relationship with God they truly want to experience Him and develop a DEEP-ROOTED relationship with Him and His church.

My family and I recently started reading a book together for evening worship (thanks COVID-19) and I must admit I was a little nervous presenting such a spiritually weighted book to my teenage daughter. During the first night of reading, without any prompting, she was the first to speak!!!! We are continuing to read and our home is changing our prayers are changing and it's been for OUR good.

The Sabbath gives us 24 hours to go deeper in our relationship with God and with others. We all have busy schedules and perhaps you can't find the time during the week, it was definitely our struggle pre-COVID, but you have to establish some non-negotiables because it's THAT important!



Some of the activities listed earlier will help in establishing your relationship with your family and with God and as your journey begins to mature don't be afraid to go deep.

1. **Family Renewal:** Each family member takes a turn giving one word that describes your family. Talk about the similarities and differences in each family member's word. As a family choose a new word that will be your collective focus and commitment. List ways you and your family will build upon this new descriptive word for your family. Plan or take a family portrait to mark your family renewal.
2. **Family Agape Feast:** Celebrate your family renewal by hosting a special love feast. Spend a moment talking about God's unconditional love and your families love for each other. Enjoy a family feast with fresh fruit, fresh bread, cheese and nuts.
3. **Family Service Project:** My daughter and I recently became volunteers for a local meal delivery ministry; the beauty of this service project was that we were equally involved.



We are given 24 hours to be free from the cares (bills, school, traffic) of this world and reflect on the peace (nature, family, stillness) of God. It is a seal of allegiance to our Creator and a sign of God's eternal covenant with His people. God's gift to us each week is the Sabbath, unwrap it and see what's inside!!

*It's a blessed day, It's a day of rest  
 It's a happy day, A day to celebrate  
 It was made for man, to show us the way  
 Lord I thank you for the Sabbath day  
 We fellowship in His temple  
 We study in His Word  
 We tell of His great mercy  
 To those who've never hear*

*It's a holy day, it's been sanctified  
 It's the Sabbath Day that we should recognize  
 It was made for man, to show us the way  
 Lord I thank you for the Sabbath day  
 Lord I thank you for the Sabbath Day*

AdventSource



YOUTH & YOUNG ADULT MINISTRIES  
support | mentor | serve

ISBN: 978-1-62909-840-1



9 781629 098401