Family Sabbaths: Resting Together in God



Build a weekly rhythm of spiritual rest and renewal as a family through God-centered Sabbath practices.





Table of contents

<u>Introduction</u>	3
Day 1: J The Gift of Rest	4
<u>Day 2: W Resting in God's Presence</u>	10
Day 3: Building Family Harmony	16
Day 4: Worshipping Together	22
Day 5: Sharing Meals in Grace	28
Day 6: Sharing Stories and Faith	34
Day 7: X Renewing Our Hearts Together	40







Introduction

Welcome to Family Sabbaths: Resting Together in God. In our busy, noisy world, families often struggle to find time to pause, rest, and reconnect—not only with each other but also with God. *The practice of Sabbath rest* offers a divine invitation to step away from daily tasks and distractions to experience peace, renewal, and spiritual restoration together as a family.

Throughout the Bible, God commands Sabbath rest as a holy rhythm, a blessed time for delighting in His presence and deepening relationships. It's not simply about ceasing work but about **finding joy, healing, and connection** in a sacred pause. This journey invites your family to explore how God's design for Sabbath can become a treasured weekly tradition—an oasis of peace amid life's busyness.

Each day of this 7-day plan offers Scripture, thoughtful devotionals, and questions to help you and your family engage with the heart of Sabbath rest. You'll discover how resting in God can heal weariness, strengthen family bonds, and cultivate a shared spiritual life that nurtures everyone's soul. *May this time together inspire new rhythms of renewal, joy, and love in your home.*









Day 1: **B** The Gift of Rest









Day 1: 🔑 The Gift of Rest

Your Verse

Exodus 20:8-10 - "Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the LORD your God."

Supporting Scriptures

- Genesis 2:2 "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work."
- Hebrews 4:9 "There remains, then, a Sabbath-rest for the people of God."







Day 1: **B** The Gift of Rest

Devotional: Embracing God's Rest as a Family

God's invitation to Sabbath rest is a gift—not a burden. From the very beginning, God modeled rest after creation, setting a pattern for us to follow. The Sabbath is a holy time set apart for ceasing labor and focusing on God's presence. It is meant to be a delight and a refreshing pause amid life's demands.

For families, the Sabbath becomes an opportunity to slow down together. When we embrace this sacred rhythm, we remind ourselves that life isn't just about doing and producing—it is about being. Being with God, being with one another, cherishing the moments God gives us to rest, laugh, and share.

Today, consider what it means to keep the Sabbath holy as a family. It is less about strict rules and more about creating an atmosphere where every member can feel renewed and loved. The Sabbath is a gift inviting your family to go deeper in relationship—not only with each other but with the Creator who sustains you all.







Day 1: 🥬 The Gift of Rest

Reflect and Apply

1.	How does your family currently treat the idea of rest or Sabbath? Is it a joy, a challenge, or something else?
2.	In what ways can embracing Sabbath rest together impact your family's relationships and spiritual growth?
	What practical steps can your family take to set aside a day and make it holy for God?







Day 1: 🥬 The Gift of Rest

Journaling Prompts

	Write about a time when you felt truly rested and connected with your family.
2.	List ways your family can slow down and honor Sabbath this week.
	Reflect on what 'resting in God' means personally and for your loved ones.







Day 1: 🂋 The Gift of Rest

Prayer for Today

Gracious Father, thank You for the beautiful gift of Sabbath rest. Help our family to embrace this time as holy and life-giving. Teach us to pause our busy routines, to find joy in Your presence, and to nurture our relationships with one another. May our Sabbath be a refreshing sanctuary where love, peace, and renewal flow freely. Guide us in creating rhythms that honor You and strengthen our family bonds. In Jesus' name we pray. Amen.

















Day 2: W Resting in God's Presence

Your Verse

Psalm 46:10 – "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Supporting Scriptures

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Isaiah 40:31 "Those who hope in the LORD will renew their strength."







Day 2: W Resting in God's Presence

Devotional: Finding Peace in God's Presence

True rest comes not just from ceasing activity but from being still in God's presence. When families gather for Sabbath, it's an opportunity to quiet hearts amidst noise and busyness and simply experience God's nearness. The Psalmist's call to "be still and know" invites us to pause, reflect, and trust in God's sovereignty and goodness.

Jesus welcomes the weary and promises rest for the soul. As a family, learn to create space for this divine peace. Whether through prayer, worship, or silent moments together, resting in God replenishes the spirit and strengthens bonds. It shifts our focus away from worries and tasks to the One who holds all things in His hands.

Today, as you practice Sabbath rest, try inviting each family member to share a time they felt God's peace or to simply sit quietly together, centering on God's love and grace.







Day 2: 🛱 Resting in God's Presence

Reflect and Apply

1.	What does it mean for your family to 'be still' before God together?
2.	How can experiencing God's presence during Sabbath impact the way your family handles stress?
3.	In what ways can you create space for stillness and reflection as a family?







Day 2: 🐯 Resting in God's Presence

Journaling Prompts

1.	Describe a moment when you felt deeply at peace with God.
2.	Write about challenges that make it hard for your family to rest in God.
3.	Imagine and outline a simple Sabbath ritual focused on being still with God.







Day 2: W Resting in God's Presence

Prayer for Today

Lord Jesus, thank You for inviting us to find rest in You. Help our family learn how to be still and know Your presence each Sabbath day. Calm our hearts, renew our souls, and teach us to trust You more fully. May Your peace rule in our home, replacing anxiety with hope and love. Draw us close to You as we seek rest together. Amen. 😂 🙏 👀









Day 3: Building Family Harmony









Day 3: Real Building Family Harmony

Your Verse

Psalm 133:1 – "How good and pleasant it is when God's people live together in unity!"

Supporting Scriptures

- Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance against someone."
- Ephesians 4:2–3 "Be completely humble and gentle; be patient, bearing with one another in love."







Day 3: Real Building Family Harmony

Devotional: Cultivating Peace and Unity at Home

Sabbath rest is also rest in relationship—resting in the harmony God desires within our families. When God's people live in unity, there is a beautiful blessing. The Sabbath provides a weekly chance to put aside irritations, forgive, and recommit to love one another deeply.

Families can use this sacred time to practice patience, gentleness, and understanding. It can become a safe space where each person is valued and heard. Forgiveness is a cornerstone of this harmony, allowing wounds to heal and relationships to flourish.

As your family gathers in Sabbath rest, consider opening your hearts to one another's needs and seeking reconciliation where needed. Celebrate the gift of unity—and ask God to strengthen it daily.







Day 3: Ruilding Family Harmony

Reflect and Apply

Are there unresolved conflicts or tensions within your family that Sabbath rest could help heal?
In what ways can practicing forgiveness during family Sabbath positively affect your relationships?
How can your family intentionally cultivate patience and gentleness with one another?







Day 3: Ruilding Family Harmony

Journaling Prompts

1.	Write about a time when forgiveness brought peace to your family.
	List ways your family can show more patience and kindness during Sabbath.
	Reflect on how unity feels in your home and what might strengthen it further.







Day 3: Real Building Family Harmony

Prayer for Today

God of Peace, we thank You for the blessing of family and the call to live in unity. Help us to bear with one another in love, to forgive fully, and to nurture harmony in our home. May our Sabbath time be a sanctuary where peace reigns and grace flows freely. Teach us to be humble, gentle, and patient as we grow closer together. Let Your Spirit heal divisions and build strong bonds of love. Amen. • Let Your Spirit heal divisions and build strong bonds of









Day 4: Worshipping Together









Day 4: **5** Worshipping Together

Your Verse

Psalm 95:1 – "Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation."

Supporting Scriptures

- Colossians 3:16 "Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit."
- Hebrews 13:15 "Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name."







Day 4: **W** Worshipping Together

Devotional: Creating Joyful Worship Moments

Worship is a vital part of family Sabbath that unites hearts and draws everyone closer to God. Singing, praying, and reading Scripture together create an atmosphere of joy and reverence. These shared expressions of faith build collective memories and foster spiritual intimacy.

When families worship together, it strengthens their identity as a spiritual unit and helps all ages engage with God in meaningful ways. Singing hymns or praise songs, sharing testimonies, or simply thanking God aloud nurtures gratitude and trust.

This Sabbath, encourage family members to participate in worship in ways they feel comfortable, making it a time of celebration and connection. Remember, worship is not about perfection but about sincere hearts offering praise to the Rock of our salvation.







Day 4: **The Worshipping Together**

Reflect and Apply

1.	How does singing or praying together influence your family's connection with God and each other?
2.	What types of worship expressions feel most meaningful for your family to share on Sabbath?
3.	In what ways can worship during Sabbath become a cherished family tradition?







Day 4: **The Worshipping Together**

Journaling Prompts

1.	Recall a joyful worship experience with your family and describe it.
2.	List songs or Scriptures your family might use to worship together.
3.	Write about how worship strengthens your family's faith and unity.







Day 4: **W** Worshipping Together

Prayer for Today

Lord, our Joy and Strength, we praise You together as a family and thank You for the gift of worship. Help us to lift our voices and hearts to You with joy and reverence each Sabbath. Unify us in praise and deepen our love for You and for each other through these moments. May worship refresh our spirits and bring lasting peace. Amen.

















Your Verse

Acts 2:46 – "Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts."

Supporting Scriptures

- 1 Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God."
- Ecclesiastes 3:13 "That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God."







Day 5: Sharing Meals in Grace

Devotional: Experiencing God's Blessing Around the Table

Sharing meals is a powerful expression of Sabbath rest and family fellowship. Eating together with glad and sincere hearts echoes the early church's joyful community and reflects God's provision and grace.

Family meals on the Sabbath can be more than just about food—they become sacred moments to slow down, express gratitude, and enjoy each other's company. Take this time to bless the food, share stories, and cultivate a sense of thankfulness for God's daily gifts.

Approaching meals as a spiritual practice helps to build memorable rhythms of connection and care. It reminds us that all we have comes from God and that enjoying it in loving community is a holy delight.







Reflect and Apply

	How can Sabbath meals be transformed into meaningful spiritual experiences for your family?
	What traditions can your family develop around sharing food that nurture gratitude and joy?
3.	In what ways do shared meals build stronger family bonds and reflect God's love?







Journaling Prompts

1.	Describe a favorite family meal that felt special or blessed.
2.	List ways your family can express thanks during Sabbath meals.
3.	Reflect on how breaking bread together can deepen your family's faith.







Prayer for Today

Generous God, thank You for the gift of food and family. Bless our Sabbath meals and fill our hearts with gratitude and joy as we share them together. Help us to see each meal as a sacred moment to recognize Your provision, to love one another, and to rest in Your grace. May our home be filled with warmth and thankfulness always. Amen.

















Your Verse

Deuteronomy 6:6-7 - "These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road."

Supporting Scriptures

- Psalm 78:4 "We will not hide them from their descendants; we will tell the next generation the praiseworthy deeds of the LORD."
- Proverbs 22:6 "Start children off on the way they should go, and even when they are old they will not turn from it."







Devotional: Passing Faith Through Family Stories

The Sabbath is a perfect time to share the stories of God's faithfulness across generations. Parents and grandparents can teach and remind children of God's love by telling biblical stories, personal testimonies, or family experiences where God's hand was evident.

Storytelling nurtures faith and identity, grounding the family in God's promises and lessons. It also encourages children to ask questions and develop a heart for God. This intentional time of sharing strengthens the spiritual heritage your family passes on.

Consider setting aside part of your Sabbath to narrate favorite Bible stories or remember answered prayers and acts of grace within the family. This practice enriches understanding and builds a legacy of faith.







Reflect and Apply

	How has sharing stories about God shaped your faith and family relationships?
	What biblical or family stories would you like to pass on during family Sabbath time?
3.	How can storytelling become a meaningful spiritual habit for your household?







Journaling Prompts

1.	Write a short story of how God has shown faithfulness to your family.
2.	List Bible stories that could inspire your family's faith journey.
	Reflect on the impact of faith stories from your childhood and how to share them.







Prayer for Today

Faithful God, thank You for the gift of stories that teach and inspire. Help us as a family to share Your truth and faithfulness with one another. Open our hearts and minds to learn and grow in faith through these stories. May the legacy of Your love be passed down clearly and joyfully in our home. Strengthen us to be witnesses to Your grace. Amen. \square















Your Verse

Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Supporting Scriptures

- Isaiah 43:19 "See, I am doing a new thing! Now it springs up; do you not perceive it?"
- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"







Devotional: Starting Fresh in God's Grace

Sabbath rest is ultimately about renewal—the restoring of hearts and minds in God's grace. As you conclude this week of family Sabbath reflection, remember that each time you intentionally rest in God, you open the door for transformation and new life.

The world pressures us to rush and conform, but God invites families to be renewed continuously, to leave behind old patterns, and embrace the new things He is doing. Sabbath offers not just physical rest but spiritual rejuvenation for every family member.

Take this time to commit together to fresh starts—letting go of past hurts, welcoming forgiveness, and stepping forward united in hope. Celebrating renewal together will empower your family to carry the Sabbath spirit into every week.







Reflect and Apply

1.	What old habits or worries is your family invited to release for renewal?
2.	How can embracing God's new work shape your family's future together?
	What changes can your family make to keep Sabbath rest a regular and transformative practice?







Journaling Prompts

1.	Write about ways your heart feels renewed after practicing Sabbath rest.
2.	List areas where your family needs fresh grace and transformation.
	Reflect on commitments your family wants to make for future Sabbath times.







Prayer for Today

Transforming God, thank You for the gift of renewal through Sabbath rest. Help us as a family to leave behind what holds us back and embrace the new life You offer. Teach us to continually open our hearts to Your transforming grace and to support one another in growth. May Sabbath be a wellspring of hope and strength in our home, guiding us each day. We trust You to make all things new. Amen. **







Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a free HolyJot account. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others.

ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.