Sabbath and Children: Celebrating Rest and Family



Discover God's design for families to honor the Sabbath together, nurturing children in faith through rest, worship, and shared moments.





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Introduction

Welcome to this 7-day Bible study plan on "Children" with a special focus on the importance of having a weekly Sabbath as a family. In today's fast-paced world, families often struggle to find meaningful time to connect deeply, rest, and grow spiritually together. The Bible reveals the Sabbath as a gift from God — a day of rest, worship, and renewal not only for individuals but for entire households, including children.

Throughout Scripture, God emphasizes that the Sabbath is holy, set apart to deepen our relationship with Him and with one another. When families dedicate a weekly Sabbath, they create a sacred rhythm that nurtures children's hearts, teaching them God's ways, love, and the value of rest. This special time cultivates joy, peace, and spiritual formation within a loving family environment.

During this study, you'll explore how God's Word invites families to pause from busyness, honor Him together, and embrace the Sabbath as a powerful way to disciple children. Each day offers scripture reflections, devotional insights, and practical steps to integrate Sabbath principles into your home life, helping your children learn the beauty of God's rest and presence.

As you engage, may you and your children grow in grace and faith, experiencing Sabbath joy that refreshes your souls and strengthens your family bond.

















Day 1: 🔑 The Gift of Rest

Your Verse

Exodus 20:8-10 - "Remember the Sabbath day by keeping it holy..."

Supporting Scriptures

- Genesis 2:2-3 "By the seventh day God had finished the work he had been doing..."
- Mark 2:27 "The Sabbath was made for man, not man for the Sabbath."







Day 1: 🥬 The Gift of Rest

Devotional: God's Design: Rest Is a Blessing for Families

God gifted us the Sabbath to rest, renew, and reflect. In the creation account, God rested on the seventh day—not because He was tired, but to set a holy example for us. This divine pause invites families to stop their busy routines and cherish precious moments together, especially nurturing young hearts.

As a family, honoring the Sabbath creates space where children sense God's love tangibly. It breaks the cycle of exhaustion and distraction, allowing you to slow down, worship, and deepen your bonds. When children experience weekly rest as something holy rather than a chore, they learn to value God's rhythm for life.

Remembering the Sabbath day means setting it apart as special time with God and each other. Whether through reading Bible stories, praying, singing, or simply sharing meals without rush, your family models what it means to live in God's restful presence.







Day 1: 🥬 The Gift of Rest

Reflect and Apply

	How does your family currently experience rest together? How can Sabbath rest deepen this?
	What habits or distractions might interfere with honoring the Sabbath as
	a family?
3.	How can children better understand rest as a blessing rather than a limitation?







Day 1: 🥬 The Gift of Rest

Journaling Prompts

	Describe your ideal family Sabbath day. What activities help you rest and worship?
2.	Write about a time your family experienced peace and joy through rest.
3.	List ways to gently teach children the importance of Sabbath rest.







Day 1: 🂋 The Gift of Rest

Prayer for Today

Lord, thank You for the gift of the Sabbath—a sacred time of rest and renewal. Help our family to pause together, set aside distractions, and draw near to You and each other. Teach our children to treasure this holy day, and may it bring peace, joy, and spiritual growth into our hearts. Inspire us to create loving rhythms that honor Your design and bless our family for generations. *In Jesus'* name, Amen.

















Day 2: Ramily Worship Together

Your Verse

Deuteronomy 6:6-7 - "Impress them on your children... talk about them when you sit at home..."

Supporting Scriptures

- Psalm 78:4 "We will tell the next generation the praiseworthy deeds of the Lord..."
- Colossians 3:16 "Let the message of Christ dwell among you richly as you teach and admonish one another..."







Day 2: Ramily Worship Together

Devotional: Nurturing Faith Through Family Worship

Worshiping together as a family on the Sabbath plants seeds of faith in children's hearts. God's intention is that parents lovingly teach their children about Him daily, and the Sabbath provides a special, distraction–free opportunity to focus on this mission.

By reading Scripture stories, singing songs, and praying as a family, children hear God's truth in ways they understand and experience His love firsthand. This creates a foundation of faith that lasts a lifetime.

Family worship on Sabbath reinforces your role as spiritual leaders to your children. It supports an environment where questions are welcomed, faith is lived authentically, and God's word shapes your family's values and identity. Even simple, joyful acts of worship together speak volumes to children about God's goodness and presence in everyday life.







Day 2: Family Worship Together

Reflect and Apply

	How does your family currently worship together, and how can Sabbath focus deepen this practice?
	What changes could you make to include children more fully in worship experiences?
	How can you encourage children's questions and expressions of faith during family worship?







Day 2: Family Worship Together

Journaling Prompts

	Record your thoughts on your family's worship patterns and areas for growth.
2.	Write down a favorite Bible story to share with your children during Sabbath worship.
	Plan a simple worship activity to do together at your next Sabbath gathering.







Day 2: Ramily Worship Together

Prayer for Today

Father God, thank You for the privilege of worshiping You as a family. Lead us to make Sabbath worship a joyful, meaningful part of our family rhythm. Help us to teach our children Your ways with love, patience, and clarity. May Your Word take root in their hearts and blossom in their lives. Guide us in creating worship moments that delight You and nurture our family's faith. *In Jesus' name, Amen.*







Day 3: [3] Sabbath Meals & Fellowship









Day 3: [C] Sabbath Meals & Fellowship

Your Verse

Acts 2:46 - "They broke bread in their homes and ate together with glad and sincere hearts."

Supporting Scriptures

- Luke 24:30 "When he was at the table with them, he took bread, gave thanks..."
- 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 3: [C] Sabbath Meals & Fellowship

Devotional: Sharing Meals: Nourishment for Body and Soul

The Sabbath meal is a sacred time for family connection and celebration.

Eating together offers more than physical nourishment; it cultivates joy, gratitude, and fellowship. Jesus often used meals to teach, bless, and build community — a model we can emulate with our children.

Setting aside time to enjoy Sabbath meals together without hurry creates a warm atmosphere where stories, prayers, and laughter flow naturally. Children learn the importance of hospitality, thankfulness, and the joy of shared moments around the table.

Consider making your Sabbath meal a simple feast where God is honored as the provider of every good thing. Use this time to talk about God's blessings and encourage kids to express gratitude, helping to root contentment and faith deep in their hearts.







Day 3: 🏿 Sabbath Meals & Fellowship

Reflect and Apply

How do family meals during the Sabbath support spiritual growth and connection?
In what ways can you make Sabbath meals more meaningful and less rushed?
How might you help children understand the significance of giving thanks before meals?







Day 3: 🏿 Sabbath Meals & Fellowship

Journaling Prompts

	Describe your ideal Sabbath meal and what traditions you'd like to include.
2.	Write about a memorable family meal that fostered unity and joy.
3.	List practical ideas to make Sabbath meals a special, restful time.







Day 3: [C] Sabbath Meals & Fellowship

Prayer for Today

Lord, we thank You for Your provision and the gift of family fellowship. Bless our Sabbath meals as times of joyful gratitude and connection. Help us to slow down, be present, and cherish every moment together. Teach our children to recognize Your hand in all we have, nurturing thankful hearts and welcoming spirits. May our table be a reflection of Your love and grace. *In Jesus' name, Amen.* \square \swarrow















Your Verse

Proverbs 22:6 - "Start children off on the way they should go..."

Supporting Scriptures

- Isaiah 54:13 "All your children will be taught by the Lord, and great will be their peace."
- Ephesians 6:4 "Bring them up in the training and instruction of the Lord."







Devotional: Guiding Children with Biblical Wisdom

The Sabbath offers a special time to intentionally teach children God's Word. Proverbs reminds us that early instruction shapes lifelong paths. As families set apart this day, parents can create nurturing environments for biblical learning filled with love, patience, and encouragement.

Teaching Scripture on the Sabbath doesn't have to be formal or lengthy. It can be story time, exploring God's promises, or discussing how His truths relate to everyday life. Children absorb faith best when learning feels natural and connected to their experiences.

Modeling godly character and sharing personal stories of faith help children internalize lessons beyond words. Use Sabbath rhythms to inspire curiosity and wonder about God's Word, building spiritual foundations that hold firm through life's challenges.







Reflect and Apply

1.	How do you incorporate teaching Scripture into your family's Sabbath?
2.	What methods resonate best with your children for learning God's truth?
3.	How can Sabbath be a helping context for modeling faith in daily life?







Journaling Prompts

1.	Write down a favorite Bible passage to teach your children this Sabbath.
	Reflect on your own faith journey and how you want to share it with your kids.
3.	Plan a creative activity that helps children remember God's Word.







Prayer for Today

Heavenly Father, thank You for the precious gift of Your Word. Help us to faithfully teach our children Your truths on the Sabbath and every day. Give us wisdom, patience, and creativity as we guide their hearts towards You. May Your Word take deep root and bear lasting fruit in their lives, bringing peace and joy. Empower us to live examples worthy of their trust. *In Jesus' name, Amen.*

















Day 5: **5** Joyful Praise and Song

Your Verse

Psalm 95:1 - "Come, let us sing for joy to the Lord..."

Supporting Scriptures

- Psalm 100:1-2 "Shout for joy to the Lord, all the earth..."
- Ephesians 5:19 "Sing and make music from your heart to the Lord."







Day 5: Joyful Praise and Song

Devotional: Singing Together: A Family Celebration of Faith

Singing praises on the Sabbath unites hearts and lifts spirits, especially for children. Music is a universal language that kids quickly grasp, making worship vibrant and memorable. Joyful singing expresses gratitude, builds confidence, and honors God with gladness.

Involving children in songs during family worship breaks barriers and invites participation. The rhythm, melodies, and lyrics help embed biblical truths deeply, turning worship into a heartfelt celebration.

Encourage children to pick favorite worship songs or even create simple praise choruses together as part of the Sabbath. As you sing, reflect on God's goodness and invite His presence to fill your home with peace and joy.







Day 5: 🕭 Joyful Praise and Song

Reflect and Apply

	What role does music and singing currently play in your family's worship?
2.	How do children respond to worship through song during the Sabbath?
3.	What new ways can you encourage joyful praise at home?







Day 5: **5** Joyful Praise and Song

Journaling Prompts

1.	List worship songs your children enjoy and why they resonate.
2.	Describe a memorable moment when singing united your family in faith.
	Plan a time this Sabbath to introduce a new worship song to your children.







Day 5: **5** Joyful Praise and Song

Prayer for Today

God of Joy, we praise You with song and gladness. Fill our family Sabbath with uplifting music that brings hearts closer to You and to each other. Help us to celebrate Your goodness through every note and lyric. Inspire our children to express their faith joyfully and without fear. May our home be a sanctuary of praise and peace. *In Jesus' name, Amen.*















Your Verse

Matthew 11:28 - "Come to me, all you who are weary... and I will give you rest."

Supporting Scriptures

- Hebrews 4:9–10 "There remains, then, a Sabbath–rest for the people of God..."
- Psalm 23:1-3 "He makes me lie down in green pastures..."







Devotional: Learning True Rest in God's Presence

The Sabbath invites us into deep, restorative rest — physically, emotionally, and spiritually. Jesus calls weary souls to come and find rest in Him, a rest beyond mere inactivity. For families, this means slowing the pace and being fully present, allowing God's peace to refill your hearts together.

Modeling Sabbath rest to children teaches them the value of slowing down, listening, and trusting God to care for their needs. This sacred pause nurtures resilience and gratitude, enabling everyone to face life's challenges refreshed.

Encourage simple rest activities on Sabbath: reading quietly, walking outdoors, or meditating on God's goodness. As your family practices true rest, you reflect God's loving, renewing power to the next generation.







Reflect and Apply

	What does true Sabbath rest look like for your family beyond physical breaks?
2.	How can you model reliance on God's care and peace to your children?
3.	What barriers prevent deeper rest and how can you overcome them?







Journaling Prompts

1.	Write about times you experienced deep rest and renewal in God.
2.	Plan Sabbath activities that help your family embrace restful presence.
3.	Reflect on what keeps you and your children from fully resting.







Prayer for Today

Jesus, thank You for offering true rest for our souls. Help our family to experience Sabbath rest deeply—beyond busyness and distractions. Teach us to trust You fully, to slow down, and to receive Your peace together. May this rest restore our hearts and prepare us for the week ahead. Make our home a refuge of Your tranquility. *In Your name, Amen.*















Your Verse

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

Supporting Scriptures

- Joshua 24:15 "But as for me and my household, we will serve the Lord."
- Philippians 1:6 "He who began a good work in you will carry it on to completion..."







Devotional: Creating Sacred Rhythms That Endure

Establishing a weekly Sabbath is more than a habit; it's a legacy of faith for your family. The joy and unity found in Sabbath rest and worship create memories and spiritual roots that last through generations.

Intentional family traditions built around the Sabbath bless children with stability and teaching of God's faithfulness. Whether it's lighting candles, reading Scripture, sharing stories, singing, or enjoying restful activities, these rhythms express your household's commitment to serve the Lord together.

Trust that the seeds you plant in Sabbath rest will be cultivated by God's Spirit over time. Your faithful efforts build a heritage of faith, peace, and love that your children and their children will cherish and continue.







Reflect and Apply

	What meaningful Sabbath traditions does your family already have or want to start?
2.	How can you involve children in creating special Sabbath customs?
3.	What legacy of faith do you desire to leave through Sabbath observance?







Journaling Prompts

1.	List current or desired Sabbath traditions for your family.
2.	Write about how Sabbath rhythms have influenced your faith journey.
3.	Plan ways to involve children in leading parts of your family Sabbath.







Prayer for Today

Gracious God, thank You for the gift of family and the blessing of Sabbath rest. Help us to build lasting traditions that honor You and nurture our children's faith. May our family Sabbath become a sacred rhythm that brings unity, joy, and spiritual growth through all generations. Guide us in faithfully serving You together with hearts full of love and gratitude. *In Jesus' name, Amen.* \heartsuit \bigwedge \bigwedge







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