



# Planning Sabbath Fun and Social Activities

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**NJC YOUTH**  
DISCIPLING YOUNG PEOPLE FOR CHRIST

# Group Activity







# Bible Alphabet Game



5 MIN



**\*\*List *names* from the Bible that start with the letter...**



	<u><b>Names</b></u>	<u><b>City</b></u>	<u><b>Animal</b></u>	<u><b>Things</b></u>	<u><b>Point</b></u>
1	Benjamin	Babylon	Bee	Baptism	40
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
				Total	

# DISCUSSION



1. Is there a “fun” limit on Sabbath?
2. What activities did you do as a child on the Sabbath?
3. Sabbath, restriction or renewal? Does one focus cause more harm?





"Make the **Sabbath** a **Delight**—All who love God should do what they can to make the Sabbath a delight, holy and honorable. They cannot do this by seeking their own pleasure in sinful, forbidden amusements. Yet they can do much to exalt the Sabbath in their families and make it the most interesting day of the week. We should devote time to interesting our children. A change will have a happy influence upon them.





**We can walk out with them in the open air; we can sit with them in the groves and in the bright sunshine and give their restless minds something to feed upon by conversing with them upon the works of God, and can inspire them with love and reverence by calling their attention to the beautiful objects in nature.**







**The Sabbath should be made so interesting to our families** that its weekly return will be hailed with joy. In no better way can parents exalt and honor the Sabbath than by devising means to impart proper instruction to their families and interesting them in spiritual things, giving them correct views of the character of God and what He requires of us in order to perfect Christian characters and attain to eternal life. Parents, make the Sabbath a delight, that your children may look forward to it and have a welcome in their hearts for it.

"(CG 536 2)



If you keep your feet from breaking the Sabbath and from doing as you please on My Holy day. If you call the Sabbath a delight and the Lord's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob "For the mouth of the Lord has spoken  
Isaiah 58:13-14

# COMMON BELIEFS

- ▶ The Bible says that on the Sabbath day we are not to do as we please, therefore anything pleasurable should be avoided on the Sabbath
- ▶ Forbids anything that would be considered “fun”
- ▶ Visit “*recreational*” settings without fully participating (Ex: Beach - can’t go in water past knees)







# UNDERSTANDING THE TEXT

## ► WHEN WE READ...

“If you keep your feet from breaking the Sabbath and from doing as you please on My Holy day.”

## ► WE UNDERSTAND...

“If you keep your feet from breaking the Sabbath and from being religious hypocrites who mistreat others on My holy day then...

The message of the text is not forbidding fun on the Sabbath but instead encouraging us to call the Sabbath “a delight”



# The ASK



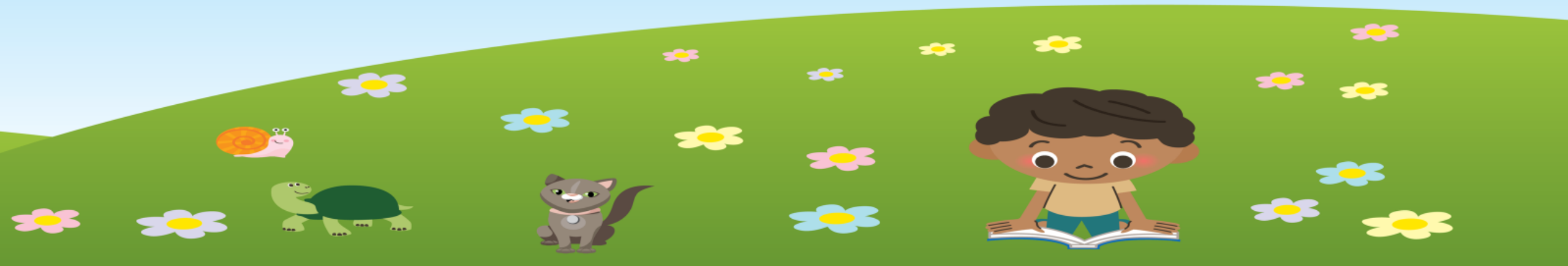
- ▶ God is calling us to call His Sabbath a delight, NOT a religious demand
- ▶ He is calling us to enjoy it, not just go through the motions while our hearts are far from Him
- ▶ He is calling us to be sincere and treat others right
- ▶ He promises that we “will find your joy in the world”

*making*  
**THE SABBATH DAY**  
*a delight*



*“The Sabbath - oh! - make it the sweetest, the most blessed day of the whole week.”*

White, Ellen G  
The Faith I Live By (pg36)





# The Gift of Sabbath rest

- ✓ There are times when ...called to rest and ...called to press on.
- ✓ Opportunity to balance the two and trust the Holy Spirit to lead us in both.
- ✓ Allow God to restore our physical bodies.
- ✓ Exhaustion compromises immunity.
- ✓ Hinder our ability to live the way God is calling us.
- ✓ Rest before the Lord.
- ✓ Solitude and pause.
- ✓ Sit with the Lord, allow Him to search your heart.



# SABBATH

► **Worship**



► **Service**



► **His Word**



► **Creations** (family,nature,etc)







- ☐ Age appropriate.
  - ▶ Christ Centered.
- ☐ Resources and limitation.
  - ▶ Relevance.
- ☐ Know your audience.
  - ▶ Location, location..
- ☐ Safety.





# Group Discussion



- Share any Sabbath activities you have successfully implemented.
- Have you tried a Sabbath activity with your youth that was not received well? If so, share your lessons learned.





# Activities



- ❖ Debate a topic - support stance using the bible.
- ❖ Crafting together.
- ❖ Singing.
- ❖ Creating melodies - sing a line from a hymn, everyone in group add a line.
- ❖ Bible study for kids.
- ❖ Questions and answers.
- ❖ Scavenger hunt.



# Activities



- ❖ Nature walks - object lessons, name plants, flowers, etc.
- ❖ Verse off.
- ❖ Art - Painting/hiding rocks.
- ❖ Visit sick and shut in (zoom read/music).
- ❖ Serve (wash dishes, take garbage out).
- ❖ Swords up/Swords in hand - first to find the verse that is announced





- ❖ Age-appropriate questions in zip lock bag - shake take turns answering , cheer or reward for answers.
- ❖ Watch Biblical program, view slides as a group.
- ❖ Electronic bible games - Kahoot, family feud, jeopardy, Pictionary.
- ❖ VBS activities.
- ❖ Write M.A.S.H. at the top - select a topic (bible names, places, etc.)

The logo is a shield-shaped emblem with a blue border. Inside the shield, the word "ADVENTURER" is written in white, uppercase letters along the top curve, and the word "CLUB" is written in white, uppercase letters along the bottom curve. The central area of the shield depicts a landscape with green hills, two green pine trees, and a white cross in the sky. In the foreground, there is a silhouette of a family consisting of two adults and a child, holding hands and standing on a path.

- 
- An illustration showing the growth stages of a boy and a girl. On the left, a boy is shown from infancy (crawling with a pacifier) to adulthood (tall man in a green shirt and blue pants). On the right, a girl is shown from infancy (crawling with a pacifier) to adulthood (tall woman in a green shirt and pink skirt). The characters are drawn in a simple, cartoonish style with large heads and small bodies.



# SOCIAL

## LOCATIONS



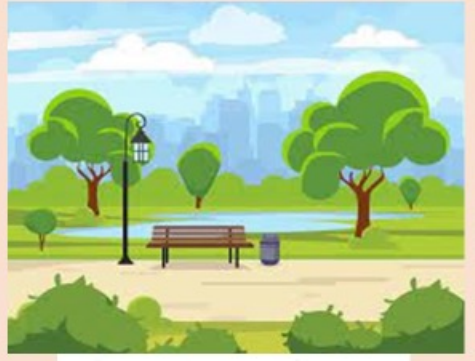
✓ Church



✓ Recreational venue



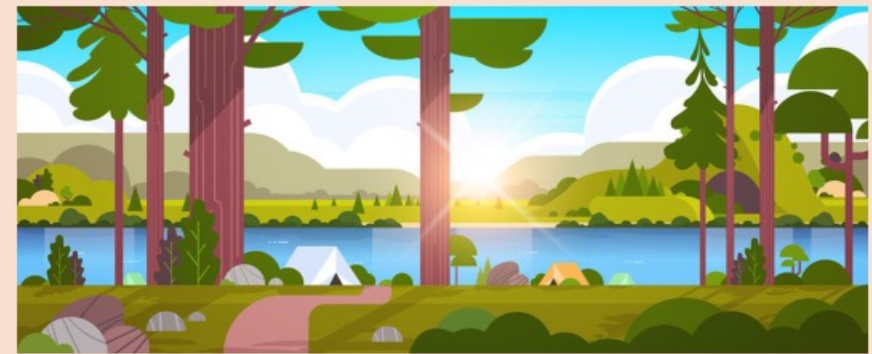
✓ Park



✓ Church members home



✓ Campground





# SOCIAL



▶ **Don't** limit yourself

▶ **Don't** be afraid to incorporate Christ centered activities

▶ **Don't** be afraid to incorporate mainstream activities



▶ **Do** have a Planning Committee

▶ **Do** Incorporate down time

▶ **Do** encourage them to invite friends

▶ **Do** partner with other church events

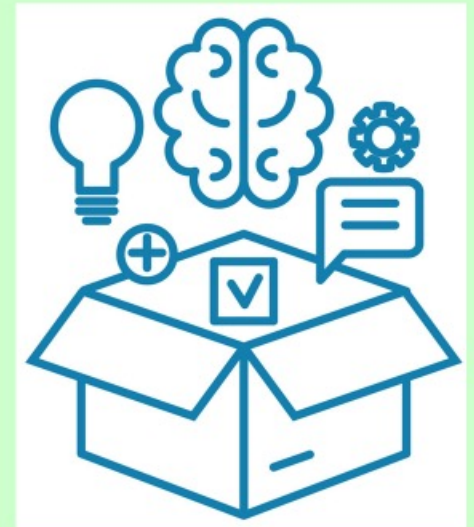
▶ **Do** Have FUN



# RESOURCES



- IMAGINATION!!!!
- EACH OTHER.
- Visit churches.
- AdventSource/ Adventist Book Center.
- **Google** is your friend.
- Put a spin on it!!!





# BEST MATERIALS

Recommended







- \* Sabbath should look, feel, and sound different!**
- \* Sabbath was meant to be a joy!!!**

# DISCUSSION



- ❖ Can Socials include games that are not Bible based?
- ❖ Should some socials be visitor focused and other member focused? Does it matter? Why?
  - ❖ Share a successful social event that your church held..





## Informacion de contacto

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# THE END



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