

Sabbath Notecards

Please enjoy these downloadable Sabbath Notecards to compliment the Mini Sabbath practice in *Faithful Families*. (Chapter 1, page 30.)

To use, print the one minute and five minute cards on different colored papers or cardstock. When you're interested in taking a mini-sabbath, just select the appropriate card from the pile and do what it says. Repeat whenever you'd like a mini Sabbath!

For dozens more ideas, see the book *Faithful Families: Creating Sacred Moments at Home* by Traci Smith. Chalice Press: 2017.

For other Faith at Home Printables, please visit www.traci-smith.com/etsystore

One Minute Sabbath Ideas

Breathe in and out for one minute. As you breathe in, think to yourself "I am breathing in God's love." As you breathe out, think "I am breathing out worry and fear."

Go outside and notice what the weather is like. Is it hot on your skin, or cold? Is it raining or sunny? Notice what the day has to offer and what nature you see. If it is night, notice the stars and moon.

Write down (or say) three things you are grateful for.

Read a Psalm.

One Minute Sabbath Ideas

- Stretch up as high as you can
- and then scrunch down as low as low as you can. Repeat for one minute.

- Take one minute to tidy up some space inside or outside. Notice how a tidier space helps you feel calmer.

- Close your eyes and think about a rainbow, sunset, or other beautiful scene in nature.

- Focus on all the sounds you hear in thirty seconds. Jot them down or talk about them with someone else.

Five Minute Sabbath Ideas

- Close your eyes and listen to an inspiring piece of music.

- Sit in silence and drink a small glass of ice water. Don't do anything else.

- Do five minutes of yoga.

- Write someone a thank you note or email.

Five Minute Sabbath Ideas

- Close your eyes and listen to an inspiring piece of music.

- Sit in silence and drink a small glass of ice water. Don't do anything else.

- Do five minutes of yoga.

- Write someone a thank you note or email.

Five Minute Sabbath Ideas

- Put some oils in an aromatherapy diffuser and sit in silence, noticing the smell.

- Take a five minute walk.

- Spend five minutes looking at birds through the window, or fish in a fish tank.

- Read a poem. I find Mary Oliver, Ann Weems and Madeline L'Engle particularly inspiring.