

Practical Ways for Moms With Young Children to Sabbath

1. Shift Your Mindset About Sabbath

- Sabbath may not look like physical rest, but it can be mental and emotional rest.
- Let go of perfectionism—Sabbath doesn't mean everything has to be in perfect order.
- Focus on what brings peace, not just avoiding work.

2. Plan Ahead to Make Sabbath Possible

- Meal prep prior to your Sabbath or make easy/freezer meals to minimize cooking.
- Schedule housework and laundry on other days so they don't take over Sabbath.
- Prepare the kids—teach them that Sabbath is a special day of rest.

3. Make Sabbath a Family Experience

- Engage kids in restful activities like reading, fort-building, or quiet time.
- Have a family meal together—whether at home or with extended family.
- Do restful, kid-friendly activities like going for a walk, having a picnic, or playing games.

4. Give Yourself Grace

- Don't feel guilty if Sabbath isn't "perfect"—it's about intentional rest, not rule-following.
- If something urgent comes up, do what needs to be done and return to rest.
- God sees your efforts and honors your desire to Sabbath.

5. Find What Feels Life-Giving

- Let the kids play freely while you watch and enjoy their joy.
- Use nap time or quiet time to do something that refreshes you—reading, prayer, or simply sitting still.
- If nature is restful, go outside for fresh air and a change of pace.
- Keep a simple rhythm—it doesn't have to be complicated to be meaningful.