

**STICKY
FAITH
EVERY
DAY**

Week 2: Unplug

Family Ideas

UNPLUG

Sticky Faith Every Day Family Ideas

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This week our focus is on making room for Sabbath rest in our lives: time to intentionally interrupt our week's activity in order to notice God at work.

Here are some ideas for you to engage the whole family this week (please don't feel like you have to do all of them; just pick one or two):

- Part of noticing God is to look for ways in which God is at work in the world around us. This can be hard to do when we are overwhelmed with life's distractions. This is what Sabbath practices invite us to do. What is something you could temporarily "unplug" from to create space to notice God? This doesn't need to be something that literally plugs in (like a computer or phone, although those are definitely included). This could be any of life's distractions. Could you choose to intentionally "unplug" from something (like cell phones or television) - for an hour a week, ten minutes a day, one day a week or even for the rest of this series? Lead by example and unplug. Share this commitment with your family, and discuss as a family how you might find a way to unplug together.
- In the spirit of the Sabbath (a regular interruption of our normal routine to notice God), could you surprise your family with a Sabbath moment? Perhaps dismiss a usual weekly chore to give kids a break. Take everyone on a field trip to a local museum or park to notice God's creation. Say "no" to an unnecessary commitment on behalf of your family (a birthday party or extra soccer practice) and treat them to a relaxing night home instead. Or instead of working on the computer when you're around the house this weekend, keep it turned off and see who notices. Then at the end of the weekend ask what it was like for other members of your family for you to spend the weekend away from your computer.
- Connect with a friend or two this week and ask for ideas their family has tried in order to create more Sabbath rhythms in their lives.