

SABBATH DAY

Traditions

record three of your blessings + trace gospel art pictures
+ hand out pass along cards on a walk + retell stories
from familysearch + create scripture timelines on butcher
paper + talk to someone new at church + practice
penmanship by writing letters to missionaries + print
journal prompts + do a secret deed for someone + put a
gospel-related object in a bag (like a seed) and play the
guessing game and share the significance + practice
bearing testimonies + deliver treats to neighbors + learn
a new etiquette rule + memorize a scripture verse + pick
a christlike attribute to study + act out a scripture parable
or story + visit a ward family member + learn the history
of a hymn + prepare for family home evening & come,
follow me + create a scripture scavenger hunt + learn
one new fact about the temple + cook a food storage
recipe + find a service opportunity on the justserve app
+ create a weekly goal + invite the missionaries over +
make a game to learn facts about the prophets & apostles
+ record your budget goals + cultivate your spiritual gifts