

16. Visitation of shut-ins
17. Songfests
18. Prayer bands
19. Sabbath music
20. Family group discussion and Bible study
21. Sabbath nature walks
22. Flower collecting
23. Bird watching and feeding

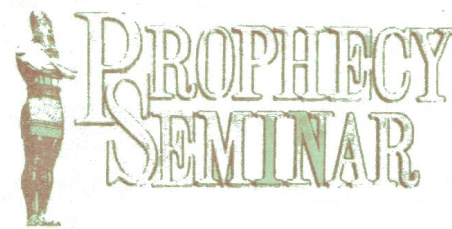
For further study, the following books may be of help:

**A Family Guide to Sabbath Nature Activities** by Eileen E. Lantry, (Pacific Press, Boise, Idaho)

**52 Things to Do on Sabbath** by Glen Robinson (Review & Herald, Hagerstown, Maryland)

**Sabbath Readings for the Home Circle**, E. G. White, Compiler (V. Roman, Nashville, Tennessee)

As can be seen, there is no end to the delightful, joyful things that can be done on the Sabbath, but it takes time and careful planning. With proper preparation, people will be able to fulfill Isaiah 58 to make the Sabbath a delight and joy in the Lord.



# EXHIBIT 1

## For Daniel Lesson 27

### JOYFUL SABBATHS

"If thou turn away thy foot from the Sabbath, from doing thy pleasure on my holy day; and call the Sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it" (Isaiah 58:13, 14)

Sabbath is the most exciting, joyful, happy day of the week. God never intended the Sabbath to be a burden to people. It is His plan that it be a day of joy and delight. One of the tragedies of Sabbath keeping through the years has been that individuals have attempted to make the Sabbath a burden instead of a delight. It is the purpose of this exhibit to show how Sabbath keeping can be a real delight and joy in the Lord. May God grant you joyful Sabbaths.

Proper, joyful Sabbath keeping begins with adequate preparation for the Sabbath. If the Sabbath is to be a delight and a joy in the home, then Sabbath preparation must begin on Sunday. In other words, the whole week is geared toward preparing for this great day of celebration. The Bible speaks of Friday being the "preparation day." Yet if the Sabbath is to be a delight in the home, one cannot leave all Sabbath preparation until Friday. Friday should only care for the last-minute preparations. Otherwise, Friday preparations can leave people exhausted so that they will not enjoy the Sabbath when it comes.

In order to free the Sabbath for celebration, people should plan the week so that their house is cleaned, the automobile filled with fuel, food prepared, clothing cleaned and pressed, and all is in readiness when the sun sets on Friday evening. Friday evening can then be a wonderful time for the family to spend together. If a person is single, it can be a nice quiet time to spend in reflection upon the Creator or to join with other singles in a Bible study fellowship group.

At least an hour before the sun sets on Friday evening, try playing sacred music to set the mood for Sabbath. Then at sunset, gather the family together for special worship to welcome in the Sabbath. It would be well to develop some family traditions around the way the Sabbath is begun each week, maybe a special song that is sung. If there are children in the home, make certain that family worship is conducted according to their age level. Friday evening can then be a time to spend sharing with the children, perhaps playing Bible games or other activities appropriate for children.

Friday evening is also a good time for a review of the Sabbath School lesson or extra time for reading and study of the Word. It is a good idea to go to bed early, to be refreshed and able to enjoy the worship services and other activities on the morrow.

On Sabbath morning, arise early and allow plenty of time for family worship before leaving for the church. Families that are in such a hurry trying to get ready for church usually arrive there in a frenzy and unfit to enjoy the blessings of the Sabbath. How much better to go to bed early Friday night, awake early Sabbath morning, and be early for Sabbath school. The mind then is much more open to enjoy the celebration that comes from attending Sabbath school and church.

Many parents with young children wonder how to make the Sabbath service a delight for their children. Sabbath school is usually geared for the young people, and usually they enjoy this. The worship service provides a real challenge for some parents, and yet with proper preparation it, too, can be made special even for children. One person said:

"I used to have quite a problem with my youngest boy in church until I tried a Sabbath treat after dinner on Sabbath when he had been especially good in church. He always looked forward to his treat, and I had much less trouble keeping him quiet. These treats did not always include something to eat. Sometimes it was a little toy or a Sabbath book."

Another person gives this advice for young children who find it hard to listen to a Sabbath sermon:

"Let them at the first of the sermon, with the help of mother or daddy, decide the main theme or trend of the sermon. Then on a sheet of paper write down certain key words, such as Jesus, heaven, cross, that will likely be used repeatedly in the course of the sermon. The child can listen, and each time the word is mentioned, make a mark under the word he has written. At the end he can count up the number of times the speaker used each word. The

older children may use the same idea, only with Bible references, or they may copy down each reference used in a single sermon. All of this will help the children keep their minds on the sermon. You will be amazed at how much the children will grasp from the pastor's sermon."

Sabbath meals, if properly prepared, can also be a real delight. Extra treats and surprises enhance the Sabbath meal and make it special.

Sabbath afternoon should be a special time for individual or family celebration of the Sabbath. The Sabbath should be the sweetest, most blessed day of the week. Parents can and should give attention to their children, reading to them the most attractive portions of Bible history, educating them to reverence the Sabbath day, keeping it according to the commandment. This cannot be done if the parents feel no burden to interest their children, but they can make the Sabbath a delight if they will take the proper course. The children can be interested in good reading or in conversation about the salvation of their souls. But they will have to be educated and trained. The use of object lessons, blackboards, maps, felt boards and pictures will be an aid in explaining these lessons and fixing them in the memory. Following are some suggestions for children and adults to make Sabbath afternoon a joyful time in the Lord:

1. Special toy box for small children
2. Nature and Bible games
3. Flannel board pictures
4. Sabbath reading
5. Bible map making
6. Bible quizzes
7. Memory verse games
8. Bible nature hunt
9. Bible verse guessing
10. A Sabbath book
11. Bible pantomime
12. Scrapbooks for shut-ins
13. Sunshine bands
14. Bible study
15. Bible treasure hunt