

Be intentional about renewing your relationship with God, family, and friends.

1. Remember the Sabbath!  
--Do nothing related to employment or income!  
--Take a nap!
2. Spend some time in Bible study.
3. Enjoy a meal with family and friends.
4. Plan an activity or game that all can enjoy.  
Take a walk!
5. Try a Screen-free Sabbath,  
or light T.V. or movie with everyone.



**Making disciples  
of Jesus Christ for  
the transformation  
of the world.**



### **Visit us:**

Lancaster United Methodist Church  
918 W Lancaster Blvd  
Lancaster, CA 93534

### **Call Us:**

661-942-0419

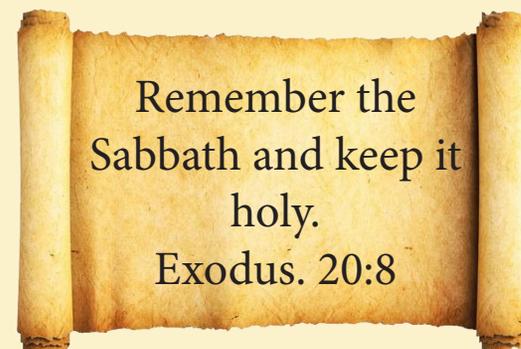
### **Email us:**

[lumc@lancasterunited.org](mailto:lumc@lancasterunited.org)

### **Web Address:**

[www.lancasterunited.org](http://www.lancasterunited.org)

## **KEEPING SABBATH**



## **Lancaster United Methodist Church**

### **Purpose:**

**For parents/ grandparents/mentors** to experience Sunday worship as the catalyst for their priestly role in keeping the Sabbath holy.

**For children/youth/mentees** to experience Sunday worship as the catalyst to their learner role in keeping the Sabbath holy.

# SABBATH ROAD TO DISCIPLESHIP

## TRAVELING TO CHURCH



1. Each member of the family takes a turn to share a high and a low from the past week  
E.g. "Tell us who or what made you mad, glad, sad, or afraid this week?"
2. After each person says a high and a low, then someone else prays a brief prayer for them using the **"turkey -be"** prayer format:  
E.g. (turkey) Thank God for his/her high and (be) ask God to be with her/him in the low.
3. Repeat 1 and 2 until everyone has had a chance to share a high and a low and be prayed for.

**The driver always prays an open-eyed prayer.**

## ARRIVING AT CHURCH

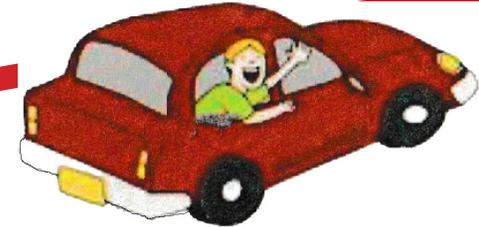


1. Remain in the car until everyone has had a chance to share a high and a low and are prayed for.
2. Sign in your children safely at the children's Ministry table and keep them with you in the sanctuary until time for the Children's Sermon when they will come forward.
3. Pay careful attention during the Children's sermon (maybe making a note or two) so that you may talk about it later.

### NOTE:

Sunday School lessons are **lectionary**, so that the scripture read in worship will be the same one studied in Sunday School. There are some exceptions.

## LEAVING CHURCH



1. Each person shares their **highs and lows** of the service (adults) and lesson (children) and any insights they may have had regarding the scripture of the day. Children may recite their memory verse (copies may be found in the Link).
2. Discuss the topic of the Children's sermon. How much did the children remember?
3. Using the **Turkey Be format**, pray for the Pastor and those who may have come to the alter rail or to the Prayer Team members for special prayers. Pray for the children from Sunday School who shared a high or a low.

### Turkey Be Format:

Turkey: Thanks be to God for ...  
Be: Be with (name) ...