


HOME HUDDLE HANDOUT

COMMANDMENTS 3

SABBATH



Together

FAITH 

Share

Highs and Lows



Read

the Scripture for the week



Talk

about how the Scripture might relate to your Highs and Lows today, then enjoy the nightly challenge



Pray

for your family Highs and Lows



Bless

one another with the sign of the cross and these words...



(NAME), child of God,
may you rest in the arms
of the God who loves you.
Amen.

Scripture of the Week

Remember the Sabbath day, and keep it holy.

— Exodus 20:8a

Nightly Challenge

Sunday Music: Highlight today's scripture in your Bible. Go to www.faithink.com and listen to the song by entering **TC03** in the FINKlink box on the bottom left. What words or phrases jump out at you? Why?

Monday Art Encounter: What do you see in the image on the front page? How might it relate to the Sabbath?

Tuesday Catechism Encounter: Open your Small Catechism or go online to Part I: The Ten Commandments. Hold hands and whisper, "I will keep God's day holy!" three times. Shout it together three times. Whisper it again three times. Now read Luther's explanation of the Third Commandment. What words or phrases jump out at you? Why?

Wednesday Game Night: Go to www.faithink.com and play the Quizbowl game by entering **TC03** in the FINKlink box on the bottom left column. Scroll to the bottom of the linked page and click "Launch Game." Have fun!

Thursday Question: What is the difference between re-creation, recreation and "wreck creation"?

Friday Role Play: Act out one of these situations.

1. A friend tells you: "I don't need to go to church. I can easily worship God in the woods." What do you say?
2. A mother tells you that she has a fight with her teenager every Sunday when it is time to wake up and go to church. She is ready to give up. "It's my only day to sleep in!" he says. She comes to you for advice. What do you say?

Saturday Reflections: What was your highest high this week? What was your lowest low? Thank and praise God for the highest high. Ask the Holy Spirit to help you with the lowest low. Close in Jesus' name.