


# Recharge During Your Sabbath

Three Things to Do to Recharge in Sabbath



# **FAMILY ALTAR GUIDE**




# **FUN**

**Time to Thank and Praise God for What He Has Done**

# INSTRUCTIONS

- Make this moment a “meeting time” wherein you can have “cooked food” or “delivered food” while your whole family enjoy this 1-hour meet up with the purpose of intimacy, information and inspiration.
- You can also have a simple group game to perk up everyone’s interest and basically have fun.
- Remember: ***“It’s more fun at home with the family.”***

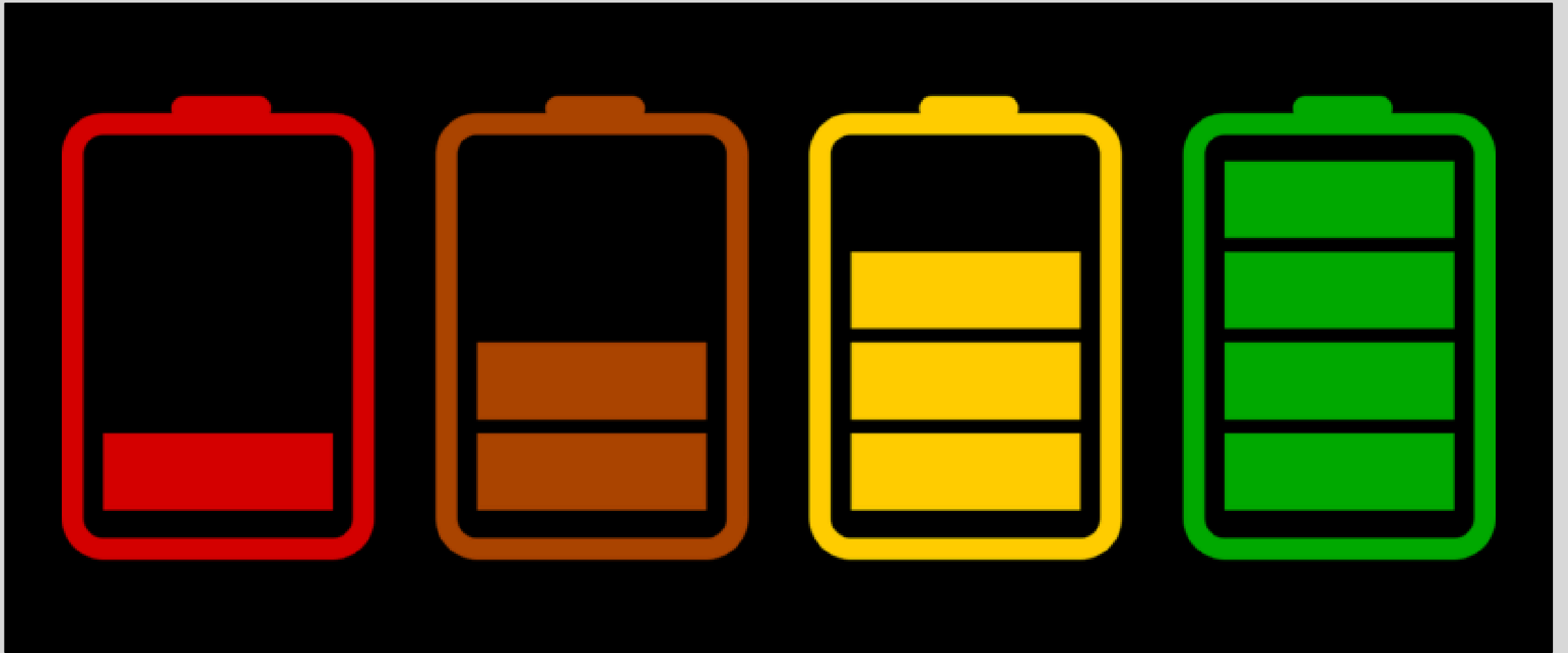


# FOOD

**Time Share and Apply God's Word to Our Lives**

# INSTRUCTIONS

- Before the sharing of today's SPIRITUAL FOOD, jump start the meet up with a fast or slow worship song can be played live or through YouTube.
- Singing Christian Worship songs can refresh and refocus a stressful mind and heart.



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## Take Note

God's commandment  
to observe the Sabbath  
is the longest of the  
Ten Commandments.





Remember the Sabbath  
day, to keep it holy.  
Six days you shall labor,  
and do all your work,...

**Exodus 20:8-9 (ESV)**



## Take Note

God says every seventh day  
we need to rest.



The Sabbath day was  
made to help people.

**Mark 2:27 (NCV)**



## Take Note

God created the Sabbath  
for our benefit.



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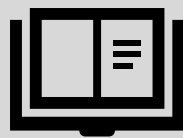
- 1. Time for Quietness**
- 2. Time for Family**
- 3. Time for Fellowship**

# **Three Things to Do to Recharge in Sabbath**

**Practice #1**

# **Time for Quietness**





He renews my soul.  
He guides me along  
the paths of righteousness  
for the sake of his name.

**Psalm 23:3 (GW)**





## Take Note

Quietness and soul restoration go together. In a world full of noise pollution, it's hard to find a place where you can be totally quiet.



Be still, and know  
that I am God.

**Psalm 46:10 (NIV)**



## Take Note

You need to schedule quiet periods in your life.



[Jesus told his disciples during a particularly busy period of ministry]  
Come away by yourselves,  
and we will go to a lonely  
place to get some rest.

**Mark 6:31 (NCV)**



## Take Note

If Jesus and his disciples  
needed quietness, you do, too.

Is there a place the you frequently go to when you want to time to just be alone, think and reflect? What usually happens there?



**Discussion**

**Practice #2**

# **Time for Family**





## Take Note

In the Philippine situation, Sunday has usually been a day reserved for two things: **church** and **family**.





A relaxed attitude  
lengthens a man's life.”

**Proverbs 14:30 (TLB)**



## Take Note

If you're going to last  
in weekly life, you need  
to relax and regularly  
have fun with your family.

How do you spend time with your family? What are the creative things you do together to spice up your gatherings?



**Discussion**

**Practice #3**

# **Time for Fellowship**





## Take Note

We draw strength from other believers. We're rejuvenated when we get together with other believers.



Let us not give up the  
habit of meeting together.

**Hebrews 10:25 (GNT)**



## Take Note

We need to spend more time encouraging and uplifting each other.



## Take Note

A weekly time of worship  
is a regular part of  
your study or work week.





## Take Note

But, as you carve out time to rest every week, make sure to spend time in fellowship by joining the worship services and Faith Groups.

How often do you spend time joining the worship services and the Faith Groups? What must you do to stay consistent and committed?



**Discussion**

**MEMORY**

**VERSE**



For I know the plans I have  
for you, declares the Lord,  
plans for welfare and  
not for evil, to give you  
a future and a hope.

**Jeremiah 29:11 (ESV)**



# **FAITH**

**Time to Serve our Family, Friends and Others**

# #FaithfulEverywhere

- Monday **FLI E-Class**
- Tuesday **Family Altar**
- Wednesday **Midweek Service**
- Thursday **Prayer Meet-Up**
- Friday **Principles In Life Webcast**
- Saturday **CYOD & Faithful Talks Webcast**
- Sunday **Celebration Services & Faithful Perspectives Webcast**