

Traditionally, there are 39 *melakhah* or deliberate activities that are not done on the Sabbath. These activities range from farming activities, to daily chores, to finishing projects. For our Aldersgate Sabbath, we recommend that our people don't do any activity that is unpleasant for you. For example, if you enjoy gardening, by all means go outdoors and enjoy yourself. But if gardening is nothing more than yard work to you and needs to be done, then refrain from it on that day. Nothing you do on Sabbath should feel obligatory to you.

Instead of focusing on things you shouldn't do, we have a list of recommended activities for people on Sabbath.

1. Turn off electronics, computers, ipads, and video games.
2. Put your cell phone to sleep.
3. Read a Bible story out of the Torah (Genesis, Exodus, Leviticus, Numbers, Deuteronomy).
4. Call a relative you haven't spoken to in awhile.
5. Take a nature walk in the park or take a walk through your neighborhood. Pray as you walk for the families who live there.
6. Do a paper crossword puzzle.
7. Teach your kids to play a card game (Hearts, Spades, etc) or chess.
8. Read a good book. (The Red Tent is good if you're interested in Judaism).
9. Soak in a hot bath.
10. Make cupcakes with your kids.
11. Work on your hobby.
12. Go through family pictures and reminisce.
13. Tell family stories.
14. Play a musical instrument.
15. Make birthday cards for others.
16. Take a nap. Seriously. Take. A. Nap.
17. Make a cup of hot tea or hot cocoa. Take time to enjoy it.
18. Think of a charitable organization you can donate money to.
19. Look through your high school yearbook. If your kids are home, show them.
20. Listen to the Aldersgate Abilene Spotify list.
21. Fly a kite.
22. Finger-paint with your kids. Get messy!

23. Sit on your front porch and take in the sights and sounds of your neighborhood.
24. Sit on your back porch and simply enjoy the nature around you.
25. If you're married, take time to be intimate with one another.
26. Write a note to your kids' teacher about something he or she has done that you appreciate.
27. Play Monopoly. Change the "Go to Jail" card to "Go to Jerusalem" and collect \$180!
28. Watch a biblical movie, such as *Prince of Egypt*, *The Star*, or *The Nativity Story*.
29. Visit a museum virtually. For a place to start, go to <https://upgradedpoints.com/best-virtual-museum-tours/>
30. Build a fort with your kids in the living room. Read some books out loud together.
31. Eat a popsicle!
32. Make a list of people you would like to invite over for a meal after Covid is over.
33. Write a letter to someone who has impacted you in a positive way and then mail it.
34. Take a ride or a drive and just enjoy the trip.
35. Write a poem that expresses your feelings about Sabbath.
36. Sing your favorite songs.
37. If you have grandkids, write down some stories from your childhood and send the stories to your grandkids.
38. Most importantly, do what relaxes you most.