

# Short on time Sabbath Prep Checklist

*Note: This is written in order of importance so it's okay if you don't get to everything.  
When sunset approaches skip to the "Prepare your heart" section.*

## Remember to:

- ☐ Fill the car with gas
- ☐ Prep tithe & offerings

## Food prep & Meal plan:

*Remember to keep it simple, such as a one-pot meal or sandwiches. I listed the meals in order of preparation.*

Potluck dish or Sabbath lunch:

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Friday evening Dinner:

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Sabbath morning breakfast:

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## Tidy Targets

- ☐ Sabbath outfits and shoes cleaned and laid out (especially important for kids)
- ☐ Charge devices (if needed for Bible/hymnal on tablet)
- ☐ Dishes washed or rinsed and stacked (into the dishwasher if you have one)
- ☐ Trash and compost taken out
- ☐ Family worship area clean and prepped
- ☐ Dining table clean and set
- ☐ Beds ready for sleeping
- ☐ Guest bathroom refresh: wipe sink, replace towels, pull shower curtain closed
- ☐ Clear one main surface of clutter

## Prepare your heart to rest:

- Jot down any unfinished tasks that would otherwise cloud your mind on sabbath either on the back of this page or on your phone, if need be you can set reminders on your phone for after Sabbath
- Choose a portion of scripture, a Bible story or even a hymn to refocus on when you find your mind wandering
- Ideas for opening Sabbath:
  - Take a walk
  - Sing or play Christian music
  - Light a candle and do personal Bible study
  - Welcome Sabbath with a special family worship (usually called vespers)