Sabbath Prep Ideas

Preparing Our Hearts and Homes

WOMEN SEEKING HIS KINGDOM

torahwoman.com

Here is an excerpt from a blog post titled:

Clay in His hands, prep day tips, Bible study tips and encouragement

Sabbath Preparation Tips

Every week we have a Sabbath prep day. We don't have to save it all for Friday. Figuring out how to do things throughout the week and even some food preparation that can be done sooner helps stress levels and being so so busy that day.

I have to sometimes remind myself to prepare my heart too. I don't like having to admit it when I have gotten too focused on the physical preparation. It does happen, I assume, to most of , if not all of us. Meditating on His word, copy work, listening to Godly music, podcasts, read or listen to Bible, or whatever else helps us enter the Sabbath at ease and ready for it.

It isn't meant for us to have a perfectly clean spotless house.

Now, I can attest to the truth that a cleanish home does help you feel more able to relax and enjoy the gift of His Sabbath. But that isn't why He gave it to us, having a spotless house isn't the point.

It is a day to physically, mentally, emotionally and Spiritually relax, recover from the week and focus on Him. It is a day to spend with family and brethren if we can. Enjoying His creation is so wonderful. What a rejuvenating day!

If some things don't get done it is ok. The Sabbath is a gift. Focus on Him, enjoy time with our families and if you have ability to gather with other believers that is amazing- enjoy that too!

Especially when you have littles it can be a challenge. That season of life is definitely a bit harder and has a different approach and handling than when have teenagers or the kids have grown and moved out. The littles season doesn't last long. One day the kids will be older and your approach and feeling less frazzled will adjust to each season of life.

Do what you can, don't beat yourself up and even let your littles help out too. Yeah it can take longer and does get frustrating and gets messy. But that is good! Most women I know, including myself have had moments we didn't let them and then regretted it later on. It can be fun and make for some great memories!

Even on the prep day getting into prayer and Bible study regardless will help your day go smoother. It helps our attitude and our approach to the day.

I certainly didn't like my kids seeing me complain about Sabbath prep I definitely don't want to send the message that His ways are a burden. Yikes And ouch! If it is a delight why oh why am I being cranky and complaining while I am prepping? That does not negate it being hard at times. Not at all . Sometimes it is straight up hard but I do prefer to not focus on that. Not always very good at it. These are some of the moments we need support and encouragement the most.

So plan ahead. It doesn't have to be a long list. Even if you are not a planner, a little bit of planning can make the Prep day and Sabbath go so much better.

My friend Heidi suggests planning out your next week on Fridays. That way it is done and your mind can relax and not be going back to on all that you have to plan and do before you plan it out another day. Brain dump before the Sabbath starts. I think that is a great idea.

Just remember planning ahead helps a lot. Don't save all the tasks for Friday. Give yourself grace. Get the kids to help . Don't run yourself needlessly ragged. That is not the point of it either.

I will introduce myself a little here. My name is Sharon and I am a believer, wife and mother. Our 20 year anniversary is just about here, yay, so close! We have two teenagers. Our family has home-schooled for 13 plus years.

My goal is to strive to help other women on their own walks in the spirit of Titus 2:3-5. I most certainly do not have it all together, however, trying to glorify our Father in all that I do is important to me. I have some ladies that I highly admire that are my go-to girls. They mean so much to me. I know what it is like to not have good role models for Biblical Womanhood, as well as practically zero help navigating being a wife and mom. So, I try to do what I know I would have appreciated as a young believer, wife and mother.

Like everyone else, I have my moments too where I fall flat on my face. We just repent, dust ourselves off, give ourselves mercy and grace, ask for forgiveness if need to and move forward, striving to do better.

You can find my blog at www.torahwoman.com where there is all kinds of topics I discuss. I often like to ask for other ladies' tips, strategies, ideas, hacks and the like for other women to share too. None of us have all the answers but we can all help each other on this walk. My goal is to also uplift, encourage, edify, support and make other s think. I often approach things differently hoping it causes deeper thinking and encourages others to be kind through our differences.

The Bible is our guide and I pray that what I share can be a blessing to any lady who comes across it.

Some Blog Posts I have written…there are many more

- Not the days of chaos
- What are our offerings to our families?
- Kindness begins in the home
- Ponderings on Sabbath preparation
- Start your day by making your bed
- Positivity in a not so positive world
- Taking care of yourself IS part of loving your family
- Crafting Talk
- The number one thing you can do to love your family
- Standards on our children,…food for thought
- How to stop yelling
- Leftovers should be for dinner, not given to our husband

It is easy to get caught up in the physical preparation for the Sabbath. It certainly is important and necessary.

Do we make it a priority to prepare our hearts as well? If we are going through the motions of preparing our homes for the cooking, cleaning and any errands need to get done but are in a bad mood, are we really approaching it the best we could be? Keeping our attitudes in check helps a lot. Not waiting for Friday to complete all of our tasks relieves much of the pressure we can feel.

Don't forget to fit in some Bible study and prep ourselves too.

Fill out the chart below in a way that is relevant and helpful to you personally. What would you like to consider and work on?

Verse	Character Trait/Fruit of the Spirit	Ways to practice

Some days or weeks are hard and scripture can be comforting. Sometimes we just need reminders. We are all different so write out your top five go to verses for the challenging times.

Have you considered setting up a playlist of worship music that you could play throughout the day? If that sounds like something that would benefit you you can make a list below. I label mine *Sabbath Prep Playlist*

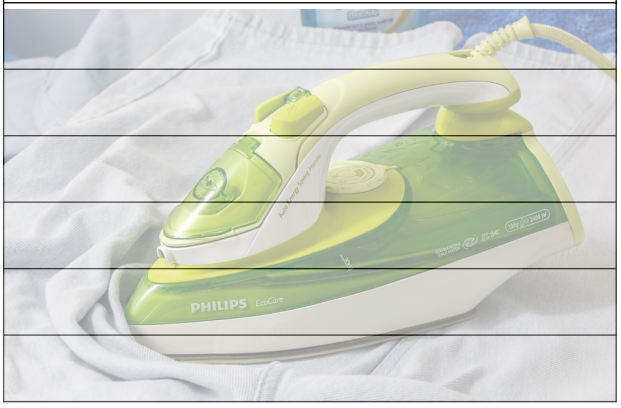
Artist/ Band	Album/ Song Name

How about list your go-to recipes and add easy ones as well. Creating a list can help especially on those tough weeks. I even have a friend whose family has the same menu every Sabbath. Hey, if it works for you too, awesome!

(I do often ask ladies to send in their favorite recipes so feel free to email me yours to sharon@torahwoman.com) I love to share and will post some that get sent in.

Recipe Name	Recipe Location

Setting priorities for Sabbath prep goes a long way and helps keep things in check. Having "must do" and "if have time" type lists is extremely helpful. Work on the higher priority first then if have time, work on the others. Listing Bible study and other things like this is good too to make sure fit in.

Priority Sabbath Prep


Would like to do if have time

Bible Study

Verse(s)

_____

Fruit of spirit /character trait shown?	How does this apply to my life? _____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What lessons can be learned?

_____

_____

_____

_____

_____

Bible Study / Notes

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