

Day 16 Go! Continued . . .

It's the Sabbath here today, and I'm determined to keep it!

For many years I've read what God has to say about the Sabbath in His Word, and wondered at how little attention I find paid to the subject in church. We don't question the other commandments, and yet this one seems to be modified, watered down, and passed over so easily by just about anyone.

I know Jesus said "The Sabbath was made for man, and not man for the Sabbath." I definitely take that to mean that it's not supposed to be an imposed cage for us or a set of rules we have to follow. I *do* think, though, that He surely had *something* in mind when He commanded the Israelites to keep it!

In our own family we've decided to make Sunday a special day. We eat breakfast together (since Dad leaves early every other morning, it's the only one we really have to do this!) and then attend church. I try to prepare something for lunch the night before if possible, and we eat cereal for dinner so I don't have to cook (shshshshshhhh! Don't tell! --it's actually one of my kids' favorite traditions, and one passed on from my husband's family!) . I try to not do any housework that day, though my husband will sometimes do some yard work. He enjoys it and doesn't have much time to do it during the week. The point to me seems to be that it's not just a day like any other day. When I've really got it together, I get the house cleaned on Saturday, with meals put together for Sunday and everything, having set out our Sunday morning clothes, and we "start" the Sabbath with a fancy meal on Saturday evening. Sunday after church is for fellowship with other families or our own extended family.

I love it when we pull this off well, and I'm determined to add to our Sunday traditions as time goes on! I really want this to be a day set aside for the Lord. It's a work in progress.

So what are Sundays like around your house? How's that workin' for ya? ;-) Put some thought into how you might want it to look, and think through some steps on how to get it there! There are several books out there to give you some ideas. I just bought one from Doorposts called [A Day of Delight: Making Sunday the Best Day of the Week](#). It's a great resource and one you can take ideas from and then add onto them as you wish!