

SABBATH

checklist



DATE: / /

REMINDER

I DON'T HAVE TO FINISH THIS WHOLE LIST TO "EARN" SABBATH. IT IS A GIFT FROM THE LORD THAT I RECEIVE. I CHOOSE TO REST NO MATTER HOW MANY OF THESE ITEMS I CHECK OFF.

MEALS

BREAKFAST

LUNCH

DINNER

FAMILY OUTING OPTION

FAMILY GAME OPTION

CHORES TO FINISH

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SPECIAL ITEMS SHOPPING LIST:

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<input type="checkbox"/>	<hr/>

SPECIAL QUIET TIME ACTIVITIES: (TOYS, BOOKS, SENSORY BIN...)
