

Looking Outward

The Sabbath day is a wonderful opportunity to reconnect with the Lord and with our neighbor. In the Word, the “Sabbath” symbolizes the conjunction of the Lord with heaven, the church, the angels, and with good people. Think of ways that you can become more “connected” with the Lord and write them in the circle below. Try some of these on the Sabbath—as well as other times. Also reflect on ways you can become more “connected” with the people in your life. Are there special activities you would like to do with members of your family? Friends? Neighbors? Write these ideas in the larger circle and try to follow up and do them!

Ways to “Connect” with Family
and Friends on the Sabbath

Ways to “Connect”
with the Lord on the Sabbath

The diagram consists of two concentric circles. The larger, outer circle is intended for writing ideas on how to connect with family and friends on the Sabbath. The smaller, inner circle is intended for writing ideas on how to connect with the Lord on the Sabbath. Both circles are currently empty, providing space for the user's reflections.