FOR ME SMASH BOOKS ARE JUST A MORE BEAUTIFUL JOURNAL. I THINK OF IT AS A DOODLE PAD, JOURNAL, MAYBE EVEN A SCRAPBOOK; BUT IT DOESN'T HAVE A SET PLAN. IT CAN BE MESSY, IT COULD BE OVERSTUFFED, AND MOST OF THEM ALL IT DOESN'T HAVE TO BE PERFECT.

WHEN IT COMES TO SABBATH, WE MIGHT BE STUCK IN THE IDEA THAT IT IS A RIGID DAY OF REST WITH ALL THESE RULES AND SUCH. BUT SABBATH IS A DAY TO FOCUS ON WHO GOD IS AND TO BE ABLE TO BE REFRESHED. THAT IS MY HOPE FOR THIS SMASH BOOK, THAT WE ARE ABLE TO COMPILE ALL THESE DIFFERENT AMAZING WAYS TO BE ABLE TO FOCUS ON GOD BUT ALSO TO REFRESH OURSELVES. ONE OF MY FAVORITE EXAMPLES IS FOUND UNDER THE “T” SECTION AND THAT IS TAKE A NAP, LISTEN, SOMETIMES WE JUST NEED A NAP.
1. **Gather some supplies** - I recommend that the journals would be an 8.5 by 11 size. Michaels is a great place to get them as they are either on sale or you can find a coupon through their rewards app. Other supplies include the printable pages attached, scissors, Mod Podge, brushes, scrapbooking paper, stickers, colorful pens, wasabi tape, and anything else that your women might like. This might be a good time to clean out some drawers of leftover art supplies.

2. **With this activity, they can work at their own pace. It’s easy as explaining what to do and let them have at it. They can cut out the letters to the word Sabbath, some of our ladies just did a rough cut, well others cut on the lines; both works. I would encourage that the letters are placed about 10 to 15 pages apart. This will allow for when they do engage in their Sabbath activity provides that extra space.**

3. **One thing that we did was add in an envelope so that we could use that to tuck away some small notes or cards.**

4. **I added extra pages that are some examples of a word to associate to each letter of Sabbath. I would encourage your ladies to add in their own that would help them on their Sabbath.**
5. ALSO, PINTEREST IS A GREAT RESOURCE IF YOUR LADIES WOULD LIKE SOME EXTRA PAGES. MAYBE THEY WANT TO ADD IN SOME COLORING PAGES OR LOOK UP VERSES TO COLOR.

6. REMEMBER IT DOES NOT HAVE TO BE PERFECT, THAT IS THE FUN ABOUT SMASH BOOKS!
Prayer for you:
For this moment of Sabbath may God help you engage in true Sabbath rest. May you unattach from the daily burden and the concerns that are yours. May you pause long enough to pray, be present enough to enjoy, and slow down enough to rest. But most of all, I pray that you may worship the One who give us Sabbath,
Reclaim the Sabbath. Create space for sacred rest.
SING/SONGS

Write lyrics that help connect you to God
What are the attributes of God?
(Such as Omniscient - Knows Everything)
How can you actively rest?
BIBLE
BOOK BY BOOK
BE IN NATURE
Art

Doodle in these pages while spending time with God, search online for Bible art that can be pasted in these pages to color, or pick up a craft that you have not done in awhile.
“Rest is a weapon given to us by God. The enemy hates it because he wants us to be stressed and occupied.”

ELIZABETH ELLITOTT
Whether it is a hobby that you have not done in a while or it's something that you want to try
TAKE A NAP
TAKE A BATH
TALK WITH A FRIEND
Describe a time in your life where God has rescued your...
WRITE SCRIPTURE THAT BRINGS YOU PEACE.
HOW CAN YOU SERVE GOD?
WHAT DO YOU NEED TO CONFESSION TO GOD?
List all your needs that God is currently meeting.