

Make a Sabbath Collage

When the Lord came into the world, He showed us that on the Sabbath day it is good to learn about the teachings of the Word, reflect on spiritual things such as eternal life, take a rest from our normal work, and express our love for our neighbors (see *True Christian Religion* 301).

For this project, you will make a collage of the things you would like to do on the Sabbath. But in keeping with what the Lord showed us, you will need to include at least one way to get instruction about the Lord, one way to rest and relax, and one way to help other people!

Suggested Materials

paper (poster board or mural paper, optional)
watercolor paints, colored pencils, markers, or wax crayons
scissors
glue or tape
optional: magazines for cutting out pictures or computer clipart

Suggested Procedure

1. Think about ways that you would like to spend the Sabbath day. Be sure to include one or more activities in each of these categories:
 - instruction about the Lord and His teachings
 - resting or relaxing
 - helping someone
2. Make or cut out pictures that illustrate at least one thing in each category.
3. If you wish to include more activities, feel free to make additional pictures. Or you could write down the other ideas and make these words part of your collage.
4. Make pictures that illustrate the way you would like to spend the Sabbath. Arrange these on a poster to remind you of your ideas about "the perfect Sabbath."

Alternate Project—Making a Mural

If you wish to do this project as a family or class, you can brainstorm your ideas together and then decide who will illustrate each thing. The finished pictures (and any additional ideas that are to be written) can be arranged on a large piece of poster board or on mural paper for display.