

Sabbath Bingo

KEEP EVERY SUNDAY SACRED WITH RESTFUL PLAY

HOW WILL YOU PRAY AND PLAY?

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| LOG OUT OF SOCIAL MEDIA FOR THE DAY | LECTIO DIVINA WITH THE GOSPEL | GET OUTSIDE AND SIT IN THE SUN | READ A BOOK FOR LEISURE | GO FOR A WALK IN NATURE |
| TAKE 3 DEEP BREATHS | GET CREATIVE JUST FOR FUN | LISTEN TO AN INSPIRING PODCAST | DRINK YOUR FAVORITE MORNING COFFEE | LISTEN TO PRAISE AND WORSHIP MUSIC |
| SPEND 5 MINUTES IN SILENT PRAYER | DO SOME GENTLE STRETCHING | <i>Free</i> | STAY OUT OF YOUR INBOX | CALL A FRIEND OR FAMILY MEMBER |
| COOK AND SHARE YOUR FAVE MEAL | PLAY A GAME | HAVE A PICNIC IN THE PARK | PRAY A HOLY HOUR | USE YOUR ESS MASS JOURNAL |
| GO FOR A DRIVE WITH THE WINDOWS DOWN | TAKE A NAP | PUT ON SOME DANCING MUSIC | WATCH A COZY SHOW WITH LOVED ONES | GET DRESSED UP FOR MASS |