

Sabbath Prep Plan: Yitro

February 6th, 2021

“Complete your outdoor work, and prepare your field; afterward, build your house.”
Proverbs 24:27 HCSB

It is hard to have “Shalom”(Peace) on your rest day when you have not prepared for it! Many times I’ve spend so much time getting my house and food ready, that I forget about planning our Bible study. Some weeks, I am so diligent to plan out our Bible study and activities and have no idea what I am going to cook. My hope is that these plans will help take out the stress of planning and bring some Shalom to your week as well.

All the activities and food are geared to making the Bible readings tangible and three dimensional! I hope that you are blessed by this plan! Shalom!

2 Days before Sabbath: Prep the big stuff!

Make sure you have everything on your list!

Cut up potatoes, cover in water and soak overnight (potatoes out of water will turn black!)

Pre-make rub for crockpot chicken, put in a gallon bag and add chicken. Toss to coat and leave in fridge.

Combine meatloaf ingredients, put in loaf pan, cover and store in fridge.

Prep a side veggie or salad for Meatloaf meal?

Make meatloaf glaze and store, covered, in fridge

Print out map activity and gather a variety of colors (crayons, pencils or markers)

Prep Day

AM: Put together chicken crockpot meal and store in fridge & make Cloud meringues and store in an airtight container.

Prep a side for Chicken crockpot meal? Or plan to eat with tonight’s leftovers!

1 ½ hours before dinner: Preheat oven and then cook meatloaf

45 minutes before dinner: make mash and put together/cook another veg or side for dinner?

Sabbath:

Enjoy a meal together!

Daytime activities:

Pull out your crockpot meal and turn on high, 6-8 hours before mealtime

Do the 10 Commandments project and listen to the song

Pull out your Mt. Sinai pictures and read/listen to Exodus 18:1-20:23 while you draw

Discuss what you read while enjoying some chicken and leftovers!

Grocery List

	Item	Total Quantity	Meatloaf	Mash	Cloud Meringues	Crockpot Chicken
Fats	Butter			1 stick		
Fresh Produce	Sweet potatoes			4 cups		
	White potatoes			3 cups		
Meats/Protein	Ground beef		1 lb			
	Ground turkey sausage		1 lb			
	Eggs		2		2	
	Chicken thighs, bone-in, skin-on					6-8
Seasonings/ Condiments	Onion powder		1 tbsp			2 tsp
	Garlic powder		2 tsp			2 tsp
	Italian seasoning		2 tbsp			
	Salt		1 1/2 tsp	2 tsp		2 tsp
	Ketsup		1/2 cup			
	BBQ Sauce		1/4 cup			
	Sugar		1/4 cup			
	Sugar (powdered or finely sifted coconut sugar)				1/4 cup	
	Bone or chicken broth		1 cup			
	Cream of Tartar or Lemon Juice				1/4 tsp	
	Flavor extract (of choice)				1 tsp	