



Topic: Helping Mom Clean and Prepare for Sabbath

Hosts: Sister Leah, Sister Alani

Event: The Princess Corner (Arizona Edition) pt.2

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Sister Leah: Shalom and welcome to another addition of the Princess Corner. It is an honor to be here and give some tips on how to help your mom clean and prepare for the sabbath.

· Isaiah 66:22-23 (KJV)

22 For as the new heavens and the new earth, which I will make, shall remain before me, saith the Lord, so shall your seed and your name remain.

23 And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the Lord.

How can I help my mom clean for the sabbath?

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Leviticus 23:3 (KJV)

3 Six days shall work be done: but the seventh day is the sabbath of rest, an holy convocation; ye shall do no work therein: it is the sabbath of the LORD in all your dwellings.

Sister Leah: In order for us to not have any work on the sabbath, we must prepare ahead of time. Start as early as you can, especially right now in the winter time because the sun goes down earlier.

· Genesis 2:3 (KJV)

3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

Sister Leah: God rested on the sabbath and because we are his children, we must follow his example by resting on the sabbath as well; we can't do any work. The scripture says we are supposed to keep the sabbath in all our dwellings so regardless of where we are, you are to keep the sabbath and do no work.

1) Start early: You should start your cleaning as early as Thursday.

Make sure to get all your cleaning and work done before the sabbath.

2) Make a list of what needs to be done before the sabbath.

-Bedrooms, bathrooms, kitchen, living room, hallways and stairs, etc.

Sister Leah: These are all rooms that are used on a daily basis by all members of the family and they need to be cleaned.

Bedrooms: Make beds, wash laundry (sabbath garment), wash all bedding and towels, fold and hang clothes, iron clothes, throw away any trash.

"As princesses, we need to make sure our apparel is clean and organized. Once your clothing is washed and dried, fold or hang them up to avoid getting them wrinkled. Wash all your bedding and towels, this will allow you to start the sabbath in a clean environment."



Bathrooms: Clean and wipe toilets, bathtub/shower, sink, mirrors, take garbage out, sweep and mop. Make sure to clean the bottom and sides of the toilet or it will smell.

Living room: Vacuum and sweep (under furniture), dust furniture, clear off couch, pick up toys, mop floors.

"We enjoy being in the living room and because we spend a lot of time in the living room, make sure that it is sparkling clean before the sabbath starts. Make sure to clean under the couch too because children tend to hide a lot of things under there. If you have any younger sisters you will automatically be an example to them so, train them and teach them the things you learn."

Kitchen: Put all dirty dishes in the sink, wipe down stove and other appliances, clear countertops, wash dishes, wipe down countertops, sweep and mop.

"The kitchen is the room that your mom will spend most of her time so it is important to keep it clean. It is your responsibility to be helping your mom with all the cleaning. When an area is clean, it feels inviting and you want to be there."

Its Friday! Most of the cleaning was done yesterday so, now what?

- You have less to clean.
- Make sure everyone cleans up after themselves, do not be rude when remind them.
- Follow last week's tips and tricks on how to keep your bedroom clean and organized.
- "It is not too early for you princesses to start learning how to clean and help your mom, eventually you will need to know these things for yourself."

How to help mom meal prep for the Sabbath? (2-day meal prep)

- Mark 15:42 (KJV)

42 And now when the even was come, because it was the preparation, that is, the day before the sabbath



- Exodus 35:3 (KJV)

3 Ye shall kindle no fire throughout your habitations upon the sabbath day.

- Exodus 16:23 (KJV)

23 And he said unto them, this is that which the LORD hath said, Tomorrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

- Know what meal will be prepared
- Check pantry
- Make a shopping list
- Help with grocery shopping, go buy the groceries if you are old enough.
- Dinner for Friday night, breakfast, lunch and snacks for Saturday.

Other ways to help mom Sabbath prep

- Help with little ones
- Help them get ready for sabbath
- (Babies) Prepare the baby's bag, diapers, wipes, clothes, milk, baby essentials
- Proverbs 31:13 (KJV)

13 She seeketh wool, and flax, and worketh willingly with her hands.

Do:

- Offer your help
- Finish all last-minute tasks an hour before it is dark.



Don't:

- Do not wait for your mom to ask you for help
- Do not wait until it's dark to complete last-minute tasks.
- Isaiah 66:22-23 (KJV)

22 For as the new heavens and the new earth, which I will make, shall remain before me, saith the Lord, so shall your seed and your name remain.

23 And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the Lord.

"Sabbath preparation is forever; we will be celebrating the sabbath in the kingdom."

## Q&A

Q: Can you explain Exodus 16:23 again?

A: Cook all your food on the preparation day (Friday) for the sabbath. We are not to cook on the sabbath day.

Q: Is it a sin to be chopping up foods when the sun has gone down?

A: You are not allowed to cook anything but it is okay to prepare them; you can chop things up.

Q: If the sabbath has already begun and I am still not done doing my work, am I in sin?

A: The scriptures say that we are not to work on the sabbath, it is a day of rest. Unfortunately, some adults still have to work on the sabbath but when we are in our house, we have control over it. Make sure that all of your chores are complete before the sabbath; if it gets dark, leave your chores alone. If an accident happens, do your best to clean it up but don't use it as an excuse to start cleaning everything.



Q: If you are preparing a meal on the sabbath, is it okay to wash all of your dishes when you are done?

A: I would suggest leaving your dirty dishes in the dishwasher (don't turn it on). This way, your house does not become a mess but you're also not washing dishes. If you don't have a dishwasher, you can place your dishes in a bucket. Just because you're not cleaning, doesn't mean your house has to be filthy.

Happy sabbath, enjoy your day of rest!