WRITING YOUR SABBATH PLAN

☐ My Sabbath day each week will be ________________________________

☐ I will mark off this day each week on my calendar as Sabbath

☐ Activities to complete each week to prepare for my Sabbath include:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

☐ Temptations to break my Sabbath commitment will most likely include:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

☐ Who will be affected by my observation of Sabbath, and how will I inform them of my plans?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Activities I will engage in during my Sabbath (What renews my spirit?):

☐                                                                                     

☐                                                                                     

☐                                                                                     

Activities I will avoid during my Sabbath (What drains my spirit):

☐                                                                                     

☐                                                                                     

☐                                                                                     

Encouragement I need to stay on track:

☐ Person(s) who can keep me accountable:     ☐ Person(s) with whom I will share my Sabbath journey:

________________________________________  ________________________________

________________________________________  ________________________________

☐ Additional ways I will share/process my Sabbath journey (journaling, blog posts, testimony, etc.):

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Adapted from 24/6: A Prescription for a Healthier, Happier Life by Matthew Sleeth, MD
For additional resources, visit www.sabbathliving.org
contact@blessedearth.org