

## 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:*

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Temptations to break my Sabbath commitment will most likely include:

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

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

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

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**Encouragement I need to stay on track:**

Person(s) who can keep me accountable: \_\_\_\_\_

Person(s) with whom I will share my Sabbath journey: \_\_\_\_\_

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

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