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? ________________________________
  ____________________________________________________________________________
  ____________________________________________________________________________

☐ How will I prepare for/honor Sabbath if I have a paper or exam the following morning?
  ____________________________________________________________________________
  ____________________________________________________________________________

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 (journal, blog posts, testimony, FB, etc.):
  ____________________________________________________________________________

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