

## 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.):  
\_\_\_\_\_  
\_\_\_\_\_