

WRITING YOUR SABBATH PLAN

SABBATH PREPARATION

My Sabbath day each week will be _____

I have marked off this day each week on my calendar as Sabbath to avoid scheduling conflicts.

Activities I need to complete each week *to prepare for Sabbath include:*

Temptations to break my Sabbath commitment will most likely include:

Who will be affected by my observation of Sabbath?

Family and Friends: _____

Staff and Colleagues: _____

Other: _____

SABBATH ACTION

Activities I will engage in for my Sabbath include:

- _____
- _____
- _____

Activities I will avoid for my Sabbath include:

- _____
- _____
- _____

SABBATH ACCOUNTABILITY

People who will encourage me to stay on track include:

Ways I can encourage others within my sphere of influence to practice Sabbath include:

Adapted from *24/6: A Prescription for a Healthier, Happier Life* by Matthew Sleeth, MD

For additional resources, visit www.sabbathliving.org

For more information, write to us at contact@blessedearth.org