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