## Designing Sabbath

What are my goals for Sabbath practice?

- 1.
- 2.

3.

What are my guidelines for Sabbath? During Sabbath, I will...

1.
2.
3.
During Sabbath, I won't...

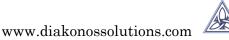
1.

2.

3.

My guiding scripture for Sabbath is:

My prayer for Sabbath is:



## Helpful Hints:

- 1. Schedule your Sabbath. Yes, on your calendar.
- Protect your Sabbath time. "I'm sorry, I have a previous commitment that day. Can we schedule it for another time?"
- 3. Enter Sabbath with a prayer, or some ritual that symbolizes that this is time set apart.
- Determine how you will end your Sabbath. It may be with a prayer, worship, or singing- something that helps you return to the regular pace of life.
- 5. Keep a journal of your Sabbath time.
- 6. Track what works well and what doesn't work with your Sabbath time.
- 7. Notice how do you feel during Sabbathbefore, during and after Sabbath.
- 8. Be graceful with yourself as you develop a rhythm of Sabbath.

