

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.
2. 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.
4. 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 Sabbath- before, during and after Sabbath.
8. Be graceful with yourself as you develop a rhythm of Sabbath.

