

SABBATH PLANNING GUIDE



WEEKLY

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MONTHLY

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YEARLY

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SABBATH DAY THIS WEEK

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WHO AM I SABBATHING WITH?

Sabbath is not one more thing to do—it's saying no to other things and making space to say yes to rest and delight with God.

DISCONNECT

What boundaries will I set?

OMIT

What will I intentionally set aside?

REST

How will I let my body and mind recover?

DELIGHT

What life-giving activities will fill my time?

ADORE

What will help spark awe in God?

CONNECT

How will I connect to God?

WHAT MUST I DO BEFORE SABBATHING?

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WHAT ARE MY SABBATH PRAYER?

Jesus, help me trade the race of this earth for the rhythm of heaven. My restless heart once again needs to find its rest in You. Amen.