

WRITING YOUR SABBATH PLAN

- My Sabbath day each week will be _____
- I will mark off this day each week on my calendar as Sabbath
- Activities to complete each week *to prepare for my Sabbath include:*

- Temptations to break my Sabbath commitment will most likely include:

- Who will be affected by my observation of Sabbath, and how will I inform them of my plans?

- Activities I will engage in during my Sabbath (What renews my spirit?):
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- Activities I will *avoid* during my Sabbath (What drains my spirit?):
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- Encouragement I need to stay on track:
 - Person(s) who can keep me accountable:

 - Person(s) with whom I will share my Sabbath journey:

 - Additional ways I will share/process my Sabbath journey (journaling, blog posts, testimony, etc.):