

Planning Your Sabbath worksheet

Sabbath is the practice of intentionally stopping from your work to spend a day resting and enjoying God and His gifts. For God's people, Sabbath is a reminder that our identity is not bound up in our productivity or what we accomplish - our identity first and foremost is that we are sons and daughters of the King based on what God's accomplished for us.

To help you prioritize your Sabbath, work through the prompts below.

Past Sabbath

Write three words to describe your most recent Sabbath.

Why did you choose those three words?

Upcoming Sabbath

Knowing your wiring, fill out the following activities to help you plan your next Sabbath.

Upward - What Godward activities should you include in your Sabbath?

Outward - Who can you include in your Sabbath activities?

Inward - What are restorative activities to include?

Brainstorm three (or more) specific, practical ways you can implement these activities into your next Sabbath.

Once you've brainstormed some ideas, circle one step you will take this next week. Talk to others to hold you accountable to your plan.

