

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? _____

- How will I prepare for/honor Sabbath if I have a paper or exam the following morning?

Activities I will engage in during my Sabbath (What renews my spirit?):

- _____
- _____
- _____
- _____

Activities I will avoid during my Sabbath (What drains my spirit?):

- _____
- _____
- _____
- _____

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 (journal, blog posts, testimony, FB, etc.): _____

Sabbath Starters

We are often asked, “How do I take steps to begin observing a Sabbath?” If you are ready to commit to keeping a Sabbath, here are some ideas to get you started.

- 1 Encourage your family to take guiltless naps.
- 2 Say grace before every meal on the Sabbath.
- 3 Take a Sabbath walk.
- 4 Take a social media fast.
- 5 Spend at least half an hour in silence.
- 6 Write a letter of appreciation.
- 7 Engage in service outreach.
- 8 Talk with your family and decide how you want to celebrate the Sabbath.
- 9 Clean the house and do all errands the day before the Sabbath.
- 10 Light Sabbath candles.
- 11 Avoid eating out, buying things, and driving (except to church).
- 12 Select a devotional to share with your family.
- 13 Take off your watch and remove all reminders of work during the Sabbath day.
- 14 Prepare a special Sabbath meal and invite someone to share it with you. Try baking *Challah* bread.
- 15 Turn off the computer and your cell phone. Use voicemail to screen calls.
- 16 Fill a special play box for children with quiet activities reserved for the Sabbath.
- 17 Read Psalm 92 (the Sabbath Day Psalm) or Psalm 23, 24, 29, 93, 126, or 148.
- 18 Read poetry (Wendell Berry’s Sabbath poems are a good start) or explore the neighborhood and take photos.
- 19 Talk together. Share praises and concerns with family or friends. Ask forgiveness from anyone you may have hurt or offended this week. Bless your spouse and children. Read a book aloud together.
- 20 Spend at least ten minutes completely surrounded by nature.
- 21 Prepare most Sabbath meals with local or organic foods.
- 22 Pick a cue throughout the week to bring in a moment of Sabbath peace to your weekday routine.