



Reclaim Sabbath

GOD'S GIFT FOR YOU

Writing A Sabbath Plan

For many people, the idea of Sabbath conjures up thoughts and feelings of legalism, Pharisees and such. But Jesus corrected that notion. He said God intended Sabbath as a gift. It is not intended to constrict us, but calls us to come to a complete work stoppage and to restore. In short, to stop, rest, play, and pray. This worksheet is designed to help you as a pastor identify what you need to do to prepare for your Sabbath. To help you to be able to **Stop. Rest. Play. Pray.**

Sabbath Preparation

Since Sunday is likely your "busy" day, what other day will you chose to be your 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?

Family:

Church Staff:

Congregation:

Other:

Sabbath Action

Activities I will engage in for my Sabbath will include:

Activities I will avoid for my Sabbath will include:

Sabbath Accountability

Sabbath works best when done in community. Consider partnering with others to help you maintain your Sabbath.

Who could I ask to be my weekly prayer/accountability partner?

Consider making an agreement with your Local Board about when you will take your Sabbath. When will you do this?

Consider making a public declaration about your need for Sabbath practice and when you plan to take it for instance a letter to the congregation can help communicate the nature of your Sabbath, boundaries, and why it is important to you. When will you do this?

Encouraging Others

How can I encourage others within my sphere to practice Sabbath? Perhaps through sermons, other clergy, discipleship classes, etc.

Sunday is usually **NOT** the day of Sabbath observance for clergy; however, it usually is for the congregation. In what ways will I make Sunday Sabbath more possible for my parishioners?

Are there any other personal or "corporate" dynamics or demands I need to consider as I prepare for Sabbath?

Adapted with permission from *24/6: A prescription for a Healthier, Happier Life* by Matthew Sleeth, MD
For additional resources, visit www.sabbathliving.org.

