

FINDING OUR WAY TOOL

PLANNING FOR SABBATH

WEEK OF:

SABBATH DAY THIS WEEK:

M T W T F S S

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. Use this tool to think through your sabbath and make preparations.

DISCONNECT

- What boundaries will you set?

OMIT

- What will you intentionally set aside?

REST

- How will you let your body and mind recover?

REFRESH

- What life-giving activities will fill your time?

ADORE

- What will help spark awe and wonder in God?

WHO I'M SABBATHING WITH:

TO DO (TASKS TO WRAP UP BEFORE I SABBATH):

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PRAYER FOR SABBATH:

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.