

Sabbath Worksheet

Timing

1. What day of the week can you consistently keep a 24-hour Sabbath? Consider if the Jewish conception of the Sabbath as sunset until sunset may be more fitting for you than sunrise to sunset.

S M T W T F S

2. What hours of the day do you want to preserve as Sabbath?

Start time: _____ End time: _____

The Day

As you fill out the information for your Sabbath day, contemplate each of these categories. Consider, for each category, what you need to include, exclude, what boundaries you need, and what rituals you can create for each to come to life on your Sabbath Day.

Cease + Stop:

Rest:

Delight / Embrace / Feast:

Worship:

Preparation

What do I need to prepare before Sabbath begins to allow complete rest on that day:

My Ideal Sabbath

Do this section last. Write down a sketch of how you will spend your Sabbath in the coming season. *

Morning:

Afternoon:

Late Afternoon:

Evening:

Community

Who can keep me accountable and even join me on this commitment of Sabbath:

* If you have questions, need examples, or need clarity on how you can practice Sabbath in this season of life you can get information from our “Best Practices + FAQ Sheet”.