

A white ceramic pitcher is positioned on the left side of the frame. Draped over its rim are a blue long-sleeved shirt and a brown long-sleeved shirt. On the surface next to the pitcher are a green long-sleeved shirt and a dark blue long-sleeved shirt. The background is a solid dark grey.

# Sabbath Planning Guide

Prevailing Purpose



# Before You Begin

*The Sabbath was made for man, not man for the Sabbath.  
Mark 2:28*

The goal for this planning guide is not to create a system of hard and fast rules for you to follow once a week. Rather, it is to establish a regular rhythm of rest that honors God, is refreshing, and is unique to you and your season of life.

The regular practice of Sabbath is meant to remind us that we are limited and highlight our dependence on God. Though we are his image-bearers, we are unlike him in that we must rest. It is a way for us to honor God with our time. Our regular routines of work and rest reveal what we believe about ourselves and about God.

Rest is not something that we work for and toward, but work from. It is the calming routine we participate in before bed, the time spent in the Word, weekly breaks from work. All taken not as a reward, but as a way in which we better prepare for our work.



# Before You Begin

*The Sabbath was made for man, not man for the Sabbath.*  
*Mark 2:28*

**Take a moment to reflect, write, or pray about your own heart posture and attitude about rest. Why do you personally need Sabbath?**

# Your Work



*Remember the Sabbath day by keeping it holy. Exodus 20:8*

The most explicit commands for Sabbath include the cessation of all work. But work for us today is very different from it was the Ancient Israelites. Work will also look different for each person in each season. Below are a few considerations for you as you determine what work is for you:

- Are you paid to do it? Is it related to something you are paid to do?
- Is it obligatory?
- Does it drain you of energy rather than provide you with energy?
- Are you doing it out of fear or anxiety?
- Does it distract you from honoring God? I.e. keep you from reading the word, from serving others, or fellowshiping with other believers?

## **Wondering if you should include an item?**

Ask the Lord, your spouse, or a friend. As you plan your Sabbath, allow those that you live with to have input as well.

## **How are you going to accomplish this?**

As you are considering what work is to you, also think through what adjustments need to be made to avoid this work. For example, if doing dishes are work to you, consider only using paper plates and utensils when you take your Sabbath.

# Your Work



*Remember the Sabbath day by keeping it holy. Exodus 20:8*

**Take a moment to map out what you will not do on your Sabbath. List anything that you consider work and what adjustments need to be made to avoid this.**



# What Will You Do?

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from his work. Genesis 2:2*

Sabbath is much more than just avoiding work, it is a day of active rest. Rather than treating our Sabbath as just an average day off work, we want to be intentional to replace our work with activities that are both restful and restorative. Below are a few considerations for how you may spend your time:

- What is something that you used to enjoy doing that you don't have time for anymore?
- What is a spiritual practice that you have always wanted to practice but struggle to find time for?
- How can you be intentional in pursuing relationships with those closest to you on your Sabbath?
- What are one or two hobbies or activities you enjoy doing?

## **Keep in Mind**

If you have a spouse or children, their schedules and activities will impact you greatly. Consider making Sabbath something your entire family participates in.

## **Stewardship**

There is a very fine line between work and stewardship. It will be tempting to include “just one or two” activities that are related to our work. Prayerfully consider what you are willing to do on your Sabbath.





# What Will You Do?

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from his work. Genesis 2:2*

**Use this space to list what activities you will do on your Sabbath. Be realistic with your time. Be sure to honor family relationships. Keep in mind, Sabbath is for you but isn't you centered.**

# Practical Considerations



*For the Son of Man is lord of the Sabbath. Matthew 12:8*

## **When will you do it?**

When considering when you will take your Sabbath look for 24 consecutive hours to set aside. But this does not have to be 1 calendar day. You may start your Sabbath on Saturday evening and carry over into Sunday morning. You may use a weekday to set aside. Either way, it does not necessarily have to be a weekend or even the same day each week.

## **How will you prepare?**

Now that you have chosen a day and what activities you will/will not do, we move to preparations. Consider what alterations you need to make to your weekly schedule and what tasks you can cross off your list for your peace of mind.

**Use this space to write down your date/times of your Sabbath, and list any tasks you would like to accomplish before the scheduled day.**