



Designing a Sabbath Worksheet

A Sabbath is a time to rest, renew & delight in being alive.

- ✿ Time (day and hours of our Sabbath)
- ✿ Rituals (church, special meal, tech-free hours, no commitments or plans, pajama day, no showers, group snuggle, acknowledgies)
- ✿ Sacred elements (Sabbath candle, flowers, essential oils/music only used on Sabbath)
- ✿ Food (treats, restrictions, feasts)
- ✿ Rest (naps, sleeping in, elimination of chores/work/tasks/projects, baths)
- ✿ Spiritual connection (prayer, meditation, group reflection, reading, gratitude, grace)
- ✿ Leisure (play, reading, art, hobbies, cooking)
- ✿ Nature (being outside, walks, hikes)
- ✿ Silence and solitude (space for quiet and stillness)

Sabbath Day and Time:

Potential Obstacles:
