



## Sabbath Year Worksheet

Take some time in the coming days to work through these questions in preparation for your Sabbath day.

- 1) What is the best day of the week and timeframe for you to schedule a day of Sabbath?
  
- 2) Would you share your Sabbath day with someone? Complete as a family? Do alone?
  
- 3) Make a list of the things you most enjoy doing but don't always have time for which could be done on a Sabbath day? Questions to consider: Does it promote rest and/or relaxation? Does it bring delight/enjoyment? Could it bring a sense of nearness to God?
  
- 4) What things do you most need to cease from doing on your Sabbath day?
  
- 5) Other possible questions to consider...
  - How do you best connect with God and how might you build that into your day?
  - What book(s) might you like to read?
  - Do you anticipate needing more time alone or in community on your day?
  
- 6) What preparations might you need to make and/or what obstacles might need to be moved for you to experience a successful Sabbath day (physically and mentally)?