

INTENTIONAL SABBATH WORKSHEET

— What day/time will your next household Sabbath take place?

Some may do a full day, some may only choose to do a few hours. Do what is achievable for your household now and work your way to where you want to be.

Date	Start time	End time

— What activities will your household plan to do during your Sabbath?

Choose a few things together that seem lifegiving for your household

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| ☐ Household-favorite meal | ☐ Invite church friends to Sabbath together |
| ☐ Eat out at a favorite restaurant | ☐ Listen to or make music together |
| ☐ Board game | ☐ Visit animals at a farm or zoo |
| ☐ Outdoor walk/bike ride/run | ☐ Bake treats together and share them |
| ☐ Read a chapter of the Bible and discuss
(Genesis 1, Matthew 9, James 3) | ☐ Clean up your neighborhood or a local park |
| ☐ Walk/hike in nature | ☐ Make a scene from the Bible using Legos |
| ☐ Unplugged time (phones, TV, etc.) | ☐ Draw a Bible verse with sidewalk chalk |
| ☐ Complete a puzzle | ☐ Other: <hr/> |
| ☐ Visit family members | ☐ Other: <hr/> |
| | ☐ Other: <hr/> |

— How will you need to prepare in advance to Sabbath intentionally?

What things will your household need to do in advance to be able to rest/refocus well during your Sabbath time?

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| ☐ Catch up on personal/work emails | ☐ Review next week's household calendar |
| ☐ Tidy house/dishes/laundry | ☐ Discuss plans for phones and social media |
| ☐ Chores completed | ☐ Clear the calendar/to do list |
| ☐ Alert family/friends about unplugged time | ☐ Pick up groceries/produce |
| ☐ Cook/bake in advance | ☐ Lay out/buy supplies for a Sabbath activity |
| ☐ Complete homework assignments | |