

"Sabbath is not dependent upon our readiness to stop. We do not stop when we are finished. We do not stop when we complete our phone calls, finish our project, get through this stack of messages, or get out this report that is due tomorrow. We stop because it is time to stop."- Wayne Muller

"Jesus took specific aim at this misunderstanding of the Sabbath. As the Lord of the Sabbath, he freely interpreted the sabbath command, claiming that God gave it to people as a restorative and recuperative gift. God did not intend for life to be all effort, so he punctuated each week with 24 hours of sabbath rest, during which people could remember what life is about and who it is for." -Adele Calhoun *"Spiritual Disciplines Handbook"*

"Sabbath rhythms are not meant for paper; they are meant to be practiced. "Holy days, rituals, liturgies—all are like musical notations which, in themselves," one Jewish scholar writes, "cannot convey the nuances and textures of live performance." We are not to know about the Sabbath. We are to know the Sabbath"- AJ Swabota *"The Subversive Sabbath"*

Ultimately, however, reading about Sabbath is like looking at a picture of food. It will not fill you. It can only whet your appetite. You must finish the book, put it down, and actually do the Sabbath. You must get your life quiet enough one day out of the week to hear God's heart. Only then will you experience the counter-cultural joy of Shabbat shalom, Sabbath peace.- Matthew J Sleeth From the forward for *"The Subversive Sabbath"* by AJ Swabota

"Sabbath is God's way of saying, "Stop. Notice your limits. Don't burn out." It is a day He gives us to remember who and what work is for as well as what matters most. Sunday, generously hands us hours to look into the eyes of those we love. We have time for loving and being loved. Rhythmically, the Sabbath reminds us that we belong to the worldwide family of God. We are citizens of another kingdom- a kingdom not ruled by the clock and the tyranny of the urgent."- Adele Calhoun *"Spiritual Disciplines Handbook"*

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."-Matthew 11:29-30 MSG

# WRITING YOUR SABBATH PLAN

- My Sabbath day each week will be \_\_\_\_\_
- I will mark off this day each week on my calendar as Sabbath
- Activities to complete each week *to prepare for my Sabbath include:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Temptations to break my Sabbath commitment will most likely include: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Who will be affected by my observation of Sabbath, and how will I inform them of my plans? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- How will I prepare for/honor Sabbath if I have a paper or exam the following morning?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Activities I will engage in during my Sabbath** (What renews my spirit?):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Activities I will avoid during my Sabbath** (What drains my spirit?):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Encouragement I need to stay on track:**

- Person(s) who can keep me accountable: \_\_\_\_\_
- Person(s) with whom I will share my Sabbath journey: \_\_\_\_\_

- Additional ways I will share/process my Sabbath journey (journal, blog posts, testimony, FB, etc.): \_\_\_\_\_