

Sabbath Planning Worksheet

"You will seek me and find me when you seek me with all your heart." — Jeremiah 29:13

Sabbath is a weekly rhythm of rest that trusts God enough to stop working. Use this worksheet to plan one intentionally.

What will I rest FROM?

(e.g., work email, house projects, errands, screens)

What will I rest INTO?

(e.g., worship, time with family, being outdoors, unhurried reading)

What's one boundary I need to set to protect this day?