



Sabbatical Worksheet

Sabbath is a focus on rest, spiritual openness, and relationship. Cessation without purpose often leads to greater depletion. Intentional rest fuels genuine replenishment. Respond to the following questions to help you plan and prepare for your sabbatical.

Why Sabbatical?

What current desires or needs are informing this sabbatical season for you?

In what areas of your life do you need renewal of overall health and hope? Where and how do you feel depleted?

What do you sense the Lord wants you to focus on in this season? How can you broaden and deepen your faith and vision?

Desired Goals

What do you hope to get out of your sabbatical? What are your expectations and goals?



What do you need to consider letting go of in this next stage of your life? What do you need to consider as a greater priority of focus in this next stage of your life?



How does your spouse fit into your thinking, desires, and outcomes for this sabbatical season--and the next stage of your life?




Practical Concerns

What types of activities and environments help you best refresh and replenish?



What work responsibilities do you need to delegate to make this a time free of distraction?



What personal boundaries do you need to set to aid your focus during this sabbatical season?



SABBATICAL PLANNING CHECKLIST

A sabbatical checklist emphasizes priorities and efficiencies that will allow you to best prepare for a season of focus, rest, replenishment, and active fun. Use the items below to help you be thoughtful and practical toward creating space for engagement with the God, self and others.

Before

After

- Length, desired environments, & locations decided

- Delegation of major responsibilities & tasks at home accomplished

- Bible content & outside reading decided

- Support system chosen with prayer requests in hand

- Schedule time to capture & synthesize lessons learned

- Process time with a good friend or friends

- Follow up with a coach or mentor to determine action points

- Create a plan for putting next steps into tangible action

During

- A plan to enjoy fun activities & encouraging, life-giving people

- Weekly schedule reflects intentionality & space for God to speak to you

- A system to capture prayers, thoughts, & principles along the way

- Ongoing process time with spouse agreed upon

Learning Questions

- What did you learn about God?

- What did you learn about yourself?

- How will this inform you for the next season of life?

- Who are you to become? What are you to do? Who will you serve?

