

## DEVELOPING A

# SABBATH PRACTICE



### 1. BE INTENTIONAL

Plan ahead and put your day of rest on your calendar. Identify an upcoming day that will have the most success.

### 2. SAY NO

Begin shaping your sabbath practice by deciding what to exclude.



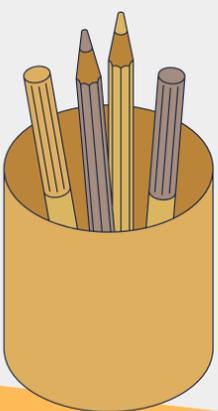
There are three areas or categories that we all would do well to exclude (say no) to when practicing sabbath: work, buying or selling and worry.

### 3. SAY YES

What is to replace all the things you are excluding? Now is the time to be intentional and say yes



Say yes to what delights you, replenishes you. Consider saying yes to resting the body, replenishing the spirit and restoring the soul.



### 4. FOLLOW THROUGH

Practice what you've prepared for. Remember, sabbath is about ceasing work for a time. Enjoy.

LIFE HACKS