



surface to soul

going deeper with vibrant faith

CHECKLIST FOR BUILDING SABBATH MOMENTS INTO YOUR LIFE

DAILY

- Do you begin your day by centering yourself with prayer and Scripture reading?
- Does your day include adequate rest and sufficient sleep?
- Is exercise part of your daily routine?
- Is play a normal part of your daily ritual?
- Do you take time for moments of fun and renewal (reading a novel, biking, and so forth)?
- Do you eat meals with family members and loved ones on a regular basis?
- Do caring conversations with others take place throughout the day?
- Do you give yourself permission to take short breaks or a nap throughout the day?
- Do you live with a sense of wonder and gratitude?
- Do you deal with tensions and conflicts as they occur throughout the day?
- Are you able to put things into their proper perspective to avoid being stressed out?
- Has God been the subject of your conversations today?

WEEKLY

- Do you worship weekly as part of a community of faith?
- Do you set aside an entire day, or at least a good portion of a day, for Sabbath?
- Does your schedule have sufficient margins for catching up with basic household tasks?
- Do you meet or have conversations with people that renew and inspire you?
- Do you capture your week's highs, lows, and sacred moments in a journal?
- Do you schedule fun and renewing activities into your weekly routine?

MONTHLY, QUARTERLY OR ANNUALLY

- Do you get away with a spouse or loved one to nurture that relationship?
- Do you take time on a monthly basis to reflect on how God has been present in your life?
- Do you connect with key friends and loved ones at least once a quarter?
- Do you set aside time quarterly to intentionally discern where God is leading you?
- Do you assess where you are in life related to your faith, finances, friends, family, and future plans annually?
- Do you schedule ongoing mini-sabbaticals into your monthly, quarterly, and annual routines?

REFLECTIONS

- How might you incorporate more life-giving people and experiences into your life?
- How might you reduce or remove life-draining people and experiences from your life?
- What might you do less of, or quit doing, to have more time for Sabbath moments?
- Do you know what people, places, and practices are most renewing to you?
- What thoughts, assumptions, or beliefs hinder your ability to honor Sabbath in your life?