

Leaning into Sabbath: A Plan for Changing Your Sabbath Practice.

Step One: Read Chapter 9, *For Sabbaths Sake: Embracing Your Need for Rest, Worship, and Community* by J. Dana Trent. Available through the online [Upper Room Bookstore](#) or [amazon.com](#).

Step Two: Identify one thing you'd like to change when it comes to sabbath. Pick just one thing—and sit with it for a few days. See if it still rings true then. If not, make adjustments. Why did you choose this particular idea?

The one thing: _____

My reason for choosing it: _____

Step Three: In solitude, make a sabbath plan using Chapter 9 of *For Sabbath's Sake*. Choose one small sabbath goal and make it S.M.A.R.T. (Specific, Measurable, Achievable, Relevant, and Time-bound). See Chapter 9 for an example.

Step Four: Pray for strength.

Lord of the Sabbath, you know what steps we need to take to make sabbath holy again. Strengthen me as I embark on this journey of changing one thing about my sabbath practice. Keep me focused; hold me back from overwhelm. Amen.

Step Five: Share your goal with a sabbath buddy (a friend, family member, or spouse). Keep your person updated on your progress toward changing one aspect of your sabbath practice. Check in weekly on your progress. After one month, assess how you did and what you'd like to change. If you were successful with establishing a new habit, think of what you make change next (return to Step 1 for this week).

My sabbath buddy is _____

