**Sabbatical Planning Page  
From Gregg Detwiler**

**Date of Sabbatical: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sabbath Rhythm: *Stop, Rest, Delight, Contemplate***

Reflections questions:

What will I ***stop*** doing during my sabbatical? Are there particular activities that I want to stop doing or limit doing?

In what way will I ***rest*** during my sabbatical? Physical rest? Soul rest?

In what things will I ***delight*** in during my sabbatical? What activities or settings bring me joy, refreshment, wonder?

In what ways will I ***contemplate*** during my sabbatical? Are there questions I want to process with God and/or trusted others? Journal? Contemplative prayer? Contemplative reading?

Who will be my **companions / guides** during my sabbatical? How & when will I check-in with them?

**Consider key activities I hope to do in the following categories:**

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| --- | --- | --- |
| **Physical Refreshment** | **Spiritual Development Activities** | **House & Property** |
| **Delights – Soul Refreshment** | **Marriage/ Family / Friendship** | **Other Projects?** |
| **Read/Reflection/Journal** | **Professional Development** |  |