

Sabbath Day Reminders and Calendar

Chosen Sabbath Day: _____

Chosen Restful Activities for Self/Household: _____

Pitfall Activities to Avoid: _____

Sabbath Prayer

O God, in the midst of this busy life, lead us to find refreshment and peace. Re-create in us your holy rhythm of ministry and Sabbath. Grant that we may find times of quiet stillness to rebuild our bodies, renew our minds, and restore our souls. Grant us a sanctuary of time where our hearts are drawn to you in adoration, love and praise. All this we ask in your holy name. Amen.

Sabbath Date

Spiritual Practice of Week

April 22-28 _____

April 29-May 5 _____

May 6- 12 _____

May 13-19 _____

May 20-26 _____

May 27-June 2 _____

June 3 - June 9 _____

June 10 - 16 _____

June 17- 23 _____

June 24- 30 _____

July 1-7 _____

July 8-14 _____

July 15-21 _____

July 22-28 _____

July 29- Aug 4 _____

