

# Sabbath Tools

Practice is important. So is planning.  
Use the tool below to help you plan out your Sabbath day.

**STOP:** When will you take a Sabbath?

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**REST:** In what ways will you rest (body, mind, spirit)?

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**DELIGHT:** What things will you find/take joy or delight in?

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**CONTEMPLATE:** How will you intentionally connect with God?

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