



SABBATH

FINDING THE TIME



1 MINUTE

5 MINUTE

10 MINUTE

30 MINUTE

BREATH DEEPLY
&
STRETCH

GAZE AT A PLANT.
CONSIDER HOW IT
GROWS IN GOD'S
LIGHT.

GRAB A PIECE OF
PAPER. SET A TIMER.
START WRITING
WHATEVER COMES
TO MIND.

PLAY A GAME

TELL GOD THREE
THINGS YOU ARE
GRATEFUL FOR

LISTEN TO A HYMN
OR MUSIC

CALL A FRIEND OR
FAMILY. JUST TALK.

GO OUTSIDE.
CONSIDER THE PACE
OF NATURE. WHAT
DO YOU NOTICE?

SET A TIMER.
SIT IN SILENCE.

FIND A PHOTO THAT
BRINGS YOU JOY.
PRINT OUT. PLACE
WHERE YOU SPEND
TIME.

GO FOR A WALK.
INVITE GOD TO WALK
WITH YOU

READ FOR PLEASURE

MASSAGE YOUR
HANDS.
CONSIDER ALL OF
THE THINGS YOUR
HANDS HAVE
ACCOMPLISHED.

WRITE A NOTE TO
FRIEND

REVIEW CALENDAR.
SCHEDULE TIME FOR
SABBATH.

TAKE A BATH. THANK
GOD FOR LIFE-GIVING
WATER.

READ PSALM 121

ENJOY A DECADENT
TREAT

FIND A COMFY SPOT.
SIT.
JUST SIT.

GO FOR A LEISURELY
DRIVE

