

# Rest & Renewal Plan

*For many clergy, the idea of planning and advocating for rest feels odd and sometimes even feels uncomfortable. Sabbath and Renewal Leave planning can easily fall to the wayside when caring for others. This guide is designed to help you as a pastor think through this time in advance, so you are prepared to be able to fully rest while away.*

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## **Renewal Leave Preparation (BOD ¶1350)**

My annual week of renewal leave is scheduled for \_\_\_\_\_

Ideas of locations: \_\_\_\_\_

Alone or with a group? \_\_\_\_\_

Focus of renewal time: \_\_\_\_\_

## **Sabbath Preparation**

My weekly Sabbath day will be \_\_\_\_\_

What activities that renew my spirit could I engage during Sabbath?

What activities that drain my spirit or distract me should I avoid during Sabbath?

What would tempt me to break my Sabbath?

What do I need to do to prep for my Sabbath?

- Put my phone on Do Not Disturb
- Add my Sabbath day to my voicemail / church voicemail
- Turn on out of office notice for email that indicates I am on my Sabbath
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