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.

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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