# Sabbath Questionnaire

COLLEGIATE MINISTRIES



# When making a Sabbath plan, think about a generous number of hours on certain days which will be set apart for physical, spiritual, emotional and relational rejuvenation. Look over the next 16 weeks and consider the various commitments and responsibilities you may have. Then mark out one day each week when you can keep Sabbath. It may be helpful if others in your household are able to set aside the same days (or at least to know which days you have set aside) so that you can talk about how to do what needs to be done while still respecting a commitment to rest on these days.

# 1. What are some activities that physically rejuvenate you?

# In comfortable outdoor weather?

# In inclement weather?

2. What places and under what conditions do you best nap?

3. What are activities that draw you closer to God or energize you spiritually?

4. What activities feed your emotional well-being?

5. Where are key points of stress in your life today? Are there ways to put temporary boundaries on them, or ways to set these stressors aside for a short period each week?

# 6. Are there social activities or something you do with a friend that tend to restore you?