

Sabbatical Checklist

? Why Sabbaticals?

- God models rest and hardwired rhythms of work and rest into his good creation
- The Old Testament law codified these rhythms into requirements for systemic rest from work every seven days and every seven years
- Jesus practiced the sabbath and clarified that it was given as a gift for our benefit
- Hebrews shows us that our rest now anticipates the final rest for God's people when Jesus returns to make all things new
- Sabbaticals allow pastors to grow, rest, and return refreshed for the next season of ministry

📋 How to Plan a Sabbatical

- Goals – start by setting three to four goals for a successful sabbatical (pastors and their spouse should collaborate for personal goals and church leadership teams should collaborate for church goals). Be sure to include dedicated time for rest, some form of travel, and a life-giving project.
- Assessment – articulate how you will know if your goals are met
- Designing your sabbatical – plan activities and projects that are designed to help you meet your various goals

💬 How to Communicate a Sabbatical

- Before the sabbatical - keep the congregation informed of the plans as early and often as possible
- During the sabbatical – the church should not communicate with the pastor. Leadership can arrange some kind of routine update from him.

🕒 How to Begin and End a Sabbatical

- Bookend the sabbatical with celebratory events to send the pastoral family off and welcome them home. These are times to publicize and reflect on the goals.

DIG DEEPER

Check out more resources from Geneva on [Sabbaticals](#).

