

# Creating Space for Sabbath

Doing seven days of work in six doesn't come easy, but it is possible. And friend, it is worth it! It just takes some planning and practice. We've created a simple exercise to help you think through your week's activities and begin prioritizing them, all with the goal of creating space for the best day of the week – the Sabbath!

- 1 As you go through your week, write down everything you do that takes more than 15 minutes of your time. Make sure to include leisure activities like TV, social media, golfing, etc.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

- 2 Now that you have a good idea of how you're spending your time, take a moment to look objectively at this list and mark each item **1 – Do**, **2 – Delegate**, or **3 – Dismiss**.

### 1 – Do:

Things you must do and you cannot delegate to anyone else.

### 2 – Delegate:

Tasks you are currently doing but that could be managed by someone else, either by asking a friend or family member for help, or by hiring someone.

### 3 – Dismiss:

Tasks you don't really need to do, or time wasters that can be eliminated from your weekly routine.

3 Now, select which day you want your Sabbath to be and block it off. Then, plan out your week with the items you've marked with "1-Do," fitting them within the remaining 6 days. List all of your "2-Delegate" items with the name of the person who will be responsible for the task.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

### Planning Tips

- You may need to put a "Do" on a different day.
- Remember to leave margin in your schedule for the inevitable interruptions and disruptions of life.
- Planning your Sabbath day activities is helpful (and fun) too!

### Place Your Life Before God

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God.

You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. – **Romans 12:1-2, MSG**