

Questions for Reflection on Sabbatical

100 Sabbatical Reflection Questions

A guide to rest, renewal, and rediscovery.

1. Relationships, Health, Grace, and Gratitude

Relationships

1. Who are the people I most need to reconcile with — and what's been stopping me?
2. Which relationships give me energy, and which ones consistently drain it?
3. What kind of friend, partner, or colleague have I been in the last year — and what would those closest to me say if asked honestly?

Health

4. How does my body currently feel — strong, tired, ignored, or cared for?
5. What daily habits (sleep, food, movement, thought patterns) are contributing most to my vitality — and which are quietly killing it?

Grace

6. Where have I been hardest on myself this year, and what would it look like to let grace in?
7. Who in my life needs to experience grace from me — not because they earned it, but because I've been shown it too?

Gratitude

8. What small, overlooked blessings in my everyday life have I stopped noticing?
 9. How often do I actually pause to give thanks — not just think grateful thoughts, but express them aloud or in writing?
 10. If I lost everything I own tomorrow, what three things would I still be grateful for?
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2. Spiritual Life, Money, and Broader Reflection

Spiritual Life

11. When was the last time I felt deeply aware of God's presence — and what was different about that moment?
12. What does prayer look like for me right now — conversation, duty, silence, avoidance, or friendship?
13. Where have I confused religious activity with actual intimacy with God?

14. What might God be trying to form in me during this season of rest — patience, humility, trust, or something else?

Money and Stewardship

15. How much of my financial stress is driven by real need, and how much by comparison or fear?

16. What would it look like to live as if everything I own actually belongs to God?

17. If I viewed my spending as a reflection of my values, what would it reveal about what I truly love and trust?

18. Do I believe that contentment is possible with what I have right now — or do I subconsciously think “just a little more” will fix things?

Broader Reflection

19. What am I clinging to that’s keeping me from true peace — a goal, a title, a plan, an image?

20. If I could see my life from ten years in the future, what would I wish I had done differently with my time, attention, and relationships?

3. Career, Striving, Identity, and Spiritual Rest

21. What parts of my work feel like calling — and what parts feel like survival?

22. If money were no issue, what kind of work would I still choose to do?

23. Have I confused being busy with being effective or faithful?

24. How much of my career direction has been guided by fear — fear of failure, insignificance, or not being needed?

25. Where am I still trying to prove something — and to whom?

26. What would it look like to lay down my need to “earn” worth or approval?

27. How would I live differently if I truly believed that rest is not laziness, but trust?

28. If my job title or reputation disappeared tomorrow, who would I still be?

29. What do I sense God inviting me to release, and what might He be inviting me to pick up?

30. What small act of obedience or faithfulness could I take today that aligns with who I truly am, not who I’m trying to impress?

4. Parenting, Relationships, Spiritual Discernment, and Solitude

31. What kind of emotional climate have I created in my home — hurried and tense, or peaceful and secure?

32. Do my children (or those I mentor) feel seen by me, or just managed by me?

33. What lessons do I want my kids to learn from how I live, not from what I say?

34. How often do I slow down enough to simply enjoy being with my family, with no agenda attached?
 35. Is there anyone I've quietly written off who deserves another chance at connection?
 36. How have I responded to correction or disagreement — defensiveness or curiosity?
 37. What am I hearing from God in this quiet season — and what am I trying to avoid hearing?
 38. Do I believe that God speaks in silence, or do I only listen when there's noise and activity?
 39. Where do I still rely more on my plans than on divine direction?
 40. What am I learning about myself in solitude that I couldn't have seen while busy?
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5. Finances, Stewardship, Simplicity, and Contentment

41. What story do my financial habits tell about what I trust most?
 42. Do I own my possessions, or do they quietly own me?
 43. When I make financial decisions, do I ask "What's wise?" or "What can I afford?"
 44. How often do I give in a way that actually costs me something — time, comfort, or convenience?
 45. What would it look like to live more simply — not out of guilt, but out of freedom?
 46. If my standard of living never increased again, could I still find joy?
 47. What am I holding onto "just in case," and what fear does that reveal?
 48. What do I buy to feel better about myself, and how long does that feeling last?
 49. Do I see money as a tool for blessing or a scorecard for success?
 50. How would my spending shift if I genuinely believed "enough" is already here?
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6. Gratitude, Joy, Wonder, and Identity

51. What would my days look like if I started each one naming three things I'm thankful for?
52. What have I been given that I once prayed for — and now take for granted?
53. Do I practice gratitude when life is stable, or only when I'm reminded how fragile it is?
54. Who has blessed my life recently, and have I told them?
55. When was the last time I laughed hard or felt genuine awe — and what triggered it?
56. What simple, ordinary moments bring me quiet joy that I tend to overlook?

57. Have I made room for play, creativity, or rest without guilt?
 58. What would it take to live lighter — less control, more delight, less complaint, more curiosity?
 59. Am I living in alignment with who I say I am, or performing for approval?
 60. If God were introducing me to someone, what might He highlight about me that I've forgotten or ignored?
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7. Forgiveness, Healing, and Letting Go

61. Who am I still quietly angry at, even if I've convinced myself I've "moved on"?
 62. What wound in me keeps replaying the same story of blame or disappointment?
 63. What would forgiving that person (or myself) actually look like in action, not just words?
 64. Have I mistaken bitterness for boundaries — holding on instead of releasing?
 65. What emotions do I usually suppress or distract myself from feeling?
 66. What patterns of reaction — defensiveness, withdrawal, sarcasm — keep me from deeper relationships?
 67. When was the last time I allowed myself to grieve something fully, without minimizing it?
 68. What do I need to stop managing, fixing, or controlling that was never mine to carry?
 69. How much of my exhaustion comes from trying to keep everything from falling apart?
 70. If I handed this burden to God right now, what might I fear losing — and what freedom might I gain?
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8. Vision, Calling, and What's Next

71. What has this season revealed about what truly matters — and what no longer fits?
72. Which passions or ideas keep resurfacing no matter how long I try to ignore them?
73. How might God be preparing me for something that doesn't yet make sense?
74. What have I learned about my limits — and how do I plan to honor them moving forward?
75. What kind of legacy do I actually want to leave — not the one others expect, but the one that aligns with my soul?
76. If I could design my next season around values instead of obligations, what would it look like?

77. What part of my story might God be asking me to share — not for my reputation, but for someone else's healing?
 78. How will I guard the space I've gained — mentally, emotionally, spiritually — once normal life resumes?
 79. What disciplines of rest, reflection, or gratitude will I carry forward, no matter how busy things get?
 80. What's one courageous step I sense I'm being asked to take when this sabbatical ends?
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9. Community, Service, and Impact

81. Who really knows me — not my résumé, but my heart?
 82. Where am I hiding behind independence when God might be calling me into interdependence?
 83. How can I be more intentional about showing up for others without performing or overextending?
 84. What kind of people am I intentionally surrounding myself with — truth-tellers or comforters?
 85. What do I have in my hands right now that could bless someone else if I'd simply offer it?
 86. When I serve, do I expect recognition, or do I do it quietly because it's right?
 87. Who around me could use encouragement, mentorship, or belief — and why haven't I acted yet?
 88. What does love require of me in this current season?
 89. What unhealthy patterns exist in my closest circles — and how might I be contributing to them?
 90. How can I become the kind of person who helps others rest, not just achieve?
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10. Faith, Mortality, and Eternal Perspective

91. Do I truly believe God is good even when life doesn't go my way?
92. Where do I still live as if everything depends on me?
93. What do I tend to worry about that reveals a lack of trust in God's care?
94. What spiritual practices draw me near to God — and which have become empty rituals?
95. If I knew I had one year left, what would I stop doing — and what would I start doing immediately?

96. What unfinished conversations or apologies would I want to make right before my time is up?
97. What kind of peace do I want to die with — and am I cultivating it now?
98. What does “a well-lived life” look like in light of eternity, not just success?
99. What do I want people to feel when they think about the way I lived?
100. What do I hope God says when I finally stand before Him?