

## ***Non-Guided Sabbatical that you do on your own or with fellow Sabbatical Takers***

### **Sabbatical Guide: 60 Hours of Soul Rest**

#### ***Saturday Evening through Tuesday Morning***

This sabbatical is your invitation to rest deeply, listen quietly, and reconnect with God without structure or performance.

There's no teaching schedule, no leader, and no pressure — just space to breathe and be still.

The rhythm is simple: worship, rest, repent, reflect, and let peace find its way back into your soul.

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#### **Saturday – Connection Dinner**

##### **6:00–8:00 PM – Dinner Together**

This evening isn't the start of the sabbatical — it's simply a relaxed chance to meet the other *Sabbatical Takers* who will share the weekend with you.

Gather, talk, laugh, and enjoy the meal. There's no agenda, no teaching — just connection and friendship.

If you are **fasting**, your fast begins **after this dinner**.

Water and coffee are allowed throughout the sabbatical.

After dinner, you're free to head back to your room, read, or rest early.

Pray simply:

“God, I'm ready. Meet me in the quiet tomorrow.”

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#### **Sunday – Arrival, Solitude, and the First Campfire**

##### **2:00–4:00 PM – Arrival and Check-In**

Arrive at the sabbatical location and find your space. Unpack, take a walk, and begin to unwind.

This is when your sabbatical truly begins — the moment you stop rushing and start listening.

##### **4:00–5:30 PM – Quiet Orientation (Self-Led)**

Review this guide, journal your hopes, or take a slow walk in silence.

Ask God to meet you wherever you are — physically, emotionally, and spiritually.

##### **6:00–8:00 PM – Campfire Night One**

Gather by the fire, either with others or alone.

Reflect on the question Jesus asked two blind men in **Matthew 20:32–33**:

“What do you want Me to do for you?”

Be honest. What do you really want from this time? Peace? Clarity? Healing? Rest?  
If you're alone, journal your answer. If you're in a group, share openly and listen quietly.

### **After Campfire – The Vow of Silence Begins**

When the fire dies down, your **vow of silence** begins.

From now until the next campfire on Monday evening, you'll refrain from talking.

This is sacred quiet — not emptiness, but presence.

Let silence speak louder than words.

Rest early. Tomorrow, the real stillness begins.

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## **Monday – Silence, Worship, Repentance, Renewal**

### **Morning (7:00–12:00)**

Wake slowly. Have water or coffee.

Spend your morning in worship, prayer, or quiet reading.

You might write what's on your heart, confess what's heavy, or sit in peaceful stillness.

This is a day of repentance and renewal — not striving, but surrender.

### **Afternoon (12:00–5:30)**

Stay unhurried. Walk, nap, or read.

Let your thoughts breathe. The silence may stretch at times, but that's where peace takes shape.

### **6:00–8:00 PM – Campfire Night Two**

The vow of silence lifts as the firelight returns.

Gather again, or sit by yourself, and reflect on what surfaced in the quiet.

You don't need to have conclusions — just honesty.

### **After Campfire – Return to Silence**

Once the fire fades, words rest again.

Let gratitude fill your heart as you drift into the final night of peace.

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## **Tuesday – Breaking the Fast and Returning Renewed**

### **7:00–9:00 AM – Shared Breakfast (End of Fast and Silence)**

The silence and the fast both end here.

Gather for a slow, peaceful breakfast. Talk freely, laugh easily, and savor the moment.

This is your *break-fast* — a celebration of rest and restoration.

Pray simply:

“Thank You, Lord, for rest, renewal, and revelation. Help me carry this peace into my everyday life.”

### **9:00 AM – Departure**

Leave quietly, carrying the stillness you've cultivated into your normal rhythms.

The sabbatical may end, but the rest continues.

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## Notes

- Water and coffee are allowed throughout the fast.
- The vow of silence begins **Sunday after the first campfire**, lifts **Monday evening**, and resumes again until **Tuesday morning**.
- There's no "right way" to do this. If you rest, you're doing it right.
- For preparation, see the companion guide: "**What to Pack for Your Sabbatical.**"