



Sabbath Day Guide for First McKinney Employees

Objective:

Practicing Sabbath is a weekly discipline we hope employees are actively incorporating into their rhythms of life. Because we believe intentional time with God is essential to our core value of **Growing in Christ**, we want to offer employees (Pastors, Ministers, Associates, Directors, Coordinators, and Full-Time Administrative staff) the opportunity to take **one Sabbath Day, twice a year**, dedicated to spiritual retreat and personal reflection. This day is intended to create space to reconnect with faith, listen to God, and recharge spiritually.

Sabbath Day Requirements:

Prior Approval:

Employees must receive prior approval from their direct supervisor before scheduling a Sabbath Day.

Planning Outline:

Each employee should provide their supervisor with a general outline of how they plan to spend their Sabbath Day, including any specific practices they wish to incorporate for spiritual reflection and connection with Jesus.

Day Restrictions:

The Sabbath Day may not be taken in conjunction with vacation days or sick leave. It is intended to be an intentional day set apart solely for spiritual retreat and renewal.

Digital Unplugging:

Employees are expected to digitally unplug during their Sabbath Day, meaning they agree to fully disconnect from work-related communications and responsibilities.

Post-Day Reflection:

Upon returning to work, employees are encouraged to prepare a brief reflection to share with their team at the next team L-10 meeting. This reflection should highlight insights, learnings, or revelations experienced during the day, as well as any messages they feel led to share with the staff.

Overview

A Sabbath Day is a time of rest and spiritual renewal. As a church, we value the well-being of our employees and desire to provide a deliberate pause from the busyness of life—one that encourages rest, reflection, and rejuvenation. This guide is meant to serve as a **flexible framework**, not a rigid schedule. Feel free to adapt the practices below to meet your personal needs and preferences, ensuring a meaningful and life-giving Sabbath experience.

Reflection & Quiet Time	Prayer: Begin the day with personal prayer or meditation to set the tone for reflection. Scripture Reading: Choose passages that speak to rest, peace, or personal spiritual growth. Consider journaling insights or thoughts that arise.	Reflective Questions: • What am I grateful for today? • How can I find peace in the chaos? Ideas: • Journal about a scripture that resonates with your current emotions. • Write a prayer focusing on your personal growth and gratitude.
Mindfulness	Nature Walk: Spend time outdoors. A gentle walk in nature can be a calming way to connect with creation and quiet your mind. Mindfulness Activity: Engage in activities that foster mindfulness, such as coloring, knitting, or listening to peaceful music.	Reflective Questions: • What do you notice about the surroundings that you often overlook? • How can nature inspire peace and tranquility within you? • What brings me pure joy and expresses who I am? • How do these activities reflect my relationship with the divine? Thoughts: • Focus on the sights, sounds, and scents around you, allowing them to fill your senses. Ideas: • Create something that visually represents your current feelings or spiritual journey.
Rest & Nourishment	Lunch Break: Enjoy a nutritious, unrushed meal. Physical Rest: Take time to physically rest. Whether it's a brief nap, sitting quietly, or lying in the sun, allow your body to recover and renew.	Reflective Questions: • How do I care for my body as a temple? • In what ways can eating mindfully benefit my spiritual and physical health? • What does my body need in order to feel rejuvenated? • How can rest be a spiritual practice? Thoughts: • Practice gratitude for each bite, reflecting on where the food came from and how it sustains you. • Consider rest as an act of trust and surrender, inviting God's peace into both mind and body.
Connection & Joy	Family or Community Time: Spend time with loved ones or members of your community. This could include sharing a meal or participating in a meaningful activity together. Creative Expression: Engage in a hobby or creative outlet such as painting, playing an instrument, writing, or cooking a new recipe.	Reflective Questions: • What can I learn from others during our time together? • How does community support my spiritual journey? Ideas: Share experiences and stories, discussing what you're learning during this Sabbath.

Additional Tips:

Disconnect Digitally: Consider limiting digital distractions during the Sabbath day to fully engage with your rest and reflection.

Set Boundaries: Communicate with family and friends about your schedule for the day to ensure uninterrupted time.