**Sabbath Activity Log**

This activity log is designed to offer some suggestions for Sabbath activities, as well as provide space for you to add your own and reflect on the activities’ impact on you. For your own reflection, take note of when you engaged the activity and for how long, as well as how the activity made you feel physically (somatic effect) or mentally/affectively or spiritually (emotional effect).

|  |  |  |
| --- | --- | --- |
| ***Activity*** | ***Time of the Day and Duration*** | ***Effect*** Somatic Emotional |
| Napping |  |  |  |
| Healthy snacking |  |  |  |
| Reading |  |  |  |
| Walking |  |  |  |
| Listening to music |  |  |  |
| Writing Ideas or brainstorming |  |  |  |
| Hearing the world(*Sit or lay down outside in silence and just listen, trying to identify all surrounding sounds)* |  |  |  |
| Lectio Divina |  |  |  |
| Exercise (Yoga, swimming, walking, stretching, etc.) |  |  |  |
| Intentional movie watching(*Watch a movie with questions in mind: What lesson can I derive? How is the depicted situation a “call” for me? What parts of the story can be used as an illustration in a sermon?)* |  |  |  |
| Articulating affirmations(*Write down and repeat to yourself affirmations about your person, your family and/or your ministry)* |  |  |  |

|  |  |  |
| --- | --- | --- |
| ***Activity*** | ***Time of the Day and Duration*** | ***Effect*** Somatic Emotional |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Rev. Dr. José R. Irizarry ©