

# Plan Your Sabbath

*A 24-hour disconnect protocol. What's in. What's out. Commit on paper.*

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Sabbath without a plan becomes Saturday plus guilt. Today: build the protocol so the day can actually deliver what it's for.

## Action checklist

- Decide and write down:
  - Start time (e.g., Saturday 6pm)
  - End time (e.g., Sunday 6pm)
  - What's IN — worship, family meals, walks, naps, rest
  - What's OUT — work email, side projects, AI tools
  - Emergency exception — what counts, what doesn't
- Tell your wife and kids the plan. Make it visible.
- First Sabbath this week. Imperfect. Show up anyway.

### CAPTAIN'S NOTE

Sabbath isn't earned by a productive week. It's commanded so the captain doesn't become his own god.

## Scripture sit

*Exodus 20:8 — "Remember the Sabbath day, to keep it holy."*

## What I noticed

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## Captain's next move

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