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Sabbatical

Process

Pre-Sabbatical – In the 6 months prior to Sabbatical

* Obtain permission for Sabbatical
* Submit written request if mandatory
* Determine the purpose of your Sabbatical
* Line up Advisor/Mentor, Liaison to Supervisor (if necessary), and Sabbatical Support Group
* Determine how current job responsibilities will be handled while you are away and by whom
* Write Sabbatical Plan (see sample worksheet at training.yfc.net/sabbaticals). Include time for rest, family, spiritual listening.

Sabbatical – Journal major lessons learned and insights gained

* Rest, Renewal, Recovery – “Doing something you want to do”

Get away from current location (includes lots of physical and mental rest). May include counseling or spiritual healing if necessary

* Reflection – “Lord, is there anything You want to say to me?”

Include extended time alone (meditation, quiet space to consider what God wants to say about your current job responsibilities)

* Refocus, Realign – “Lord, am I doing what I should be doing? What changes in life and ministry should I make?”

Re-entry – Slowly enter back into work responsibilities. *(Depending on length of time gone this might look like part time for the first week or two)*

* Meet with supervisor and key staff to debrief what has happened in you
* Meet with supervisor and key staff to debrief what has happened at work while you were gone
* Make changes in personal schedule and work responsibilities to align with insights gained
* Arrange an accountability partner to make sure alignment is followed