

Pastoral Sabbatical Coaching Workbook

Session 1: Clarify Your Sabbatical Calling

Reflection Questions:

- 1. Where do you feel God is drawing your attention in this season?
- 2. What are the burdens you've been carrying?
- 3. What would faithful rest look like for you?
- 4. What are you hoping to gain from this sabbatical?
- 5. How do you want to feel at the end?
- 6. What are the underlying desires—rest, clarity, healing, creativity?

Exercises:

Write your Sabbatical Intention Statement:

"During my sabbatical, I hope to..."

Define a theme or personal word for the sabbatical:

Theme/Word: _____

Session 2: Planning & Ministry Transition

Reflection Questions:

- 1. What are you afraid might fall apart while you're gone?
- 2. What do you need to let go of in order to fully unplug?
- 3. How can this transition be a gift to others?
- 4. Who needs to be empowered during your absence?
- 5. What would a peaceful exit look like?
- 6. What's your plan for communication boundaries?

Planning Pages:

Transition Plan (List key responsibilities and who will cover them)

Communication Plan (What, how, and when to communicate)

Out-of-Office Message Template:

"Thank you for your message. I am currently on sabbatical until..."

Session 3: Spiritual Rhythms of Renewal

Reflection Questions:

- 1. What practices truly restore your soul?
- 2. What practices restore you mentally, emotionally, spiritually?
- 3. How will you make space to listen for God's voice?
- 4. What do you want your days to feel like?
- 5. How will you balance rest and growth?

Planning Pages:

Weekly Rhythm Plan Template

List your core renewal practices (e.g., silence, walking, reading, journaling)

Digital detox or boundary rules

Session 4: Inner Work & Letting Go

Reflection Questions:

- 1. What are you afraid might be revealed when you slow down?
- 2. What feels hard or scary about sabbatical?
- 3. Where are you seeking approval or identity outside of God?
- 4. What is Jesus inviting you to lay down?

Exercises:

"Letting Go" List

Write a surrender prayer

Session 5: Re-Entry Visioning

Reflection Questions:

- 1. What will you carry forward into your return?
- 2. What rhythms do you want to bring back with you?
- 3. What boundaries will you protect?
- 4. What habits do you want to preserve?

Planning Pages:

30–60 Day Re-Entry Plan Template

Sabbatical Summary Page

- Key Insights
- Takeaways
- Commitments

Session 6: Closure & Commissioning

Reflection Questions:

- 1. What are you most grateful for in this journey?
- 2. What are you most proud of in preparing for this time?
- 3. How will you mark the start of sabbatical with purpose?

Exercises:

Letter to your future self

Choose a scripture or blessing

Commissioning Plan Outline