



One-on-One Meeting Plan for Pastoral Sabbatical Coaching

This plan is designed to accompany the 'Pastoral Sabbatical Coaching Workbook' and guide meaningful one-on-one coaching sessions with a pastor preparing for sabbatical.

Session 1: Clarify Your Sabbatical Calling

****Goal:**** Discover the spiritual “why” behind the sabbatical.

****Focus Areas:****

- - Discernment of God's invitation into rest
- - Understand the deeper reasons for taking a sabbatical
- - Define what a successful Sabbatical looks like
- - Defining renewal goals (spiritual, emotional, relational)
- - Writing a Sabbatical Intention Statement

****Tools:****

- - Workbook Section 1
- - Scriptures or devotionals on rest, renewal, or wilderness seasons

****Coach Questions:****

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

****Deliverables****

- - Sabbatical Intention Statement
- - Initial theme or personal word for the sabbatical

Session 2: Planning & Ministry Transition

****Goal:**** Strategically and spiritually prepare to hand off leadership.

****Focus Areas:****

- - Delegating pastoral duties and empowering leaders
- - Managing congregation/staff expectations
- - Creating peace around stepping back
- - Set expectations with team/family/stakeholders

****Tools:****

- - Workbook Section 2
- - Transition checklist (responsibilities, contacts, preaching calendar)

****Coach Questions:****

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

**** Deliverables****

- -Transition Plan (hand-offs, team responsibilities)
- -Communication Plan (internal and external)
- -Out-of-office setup and expectations

Session 3: Spiritual Rhythms of Renewal

****Goal:**** Build intentional rhythms for restoration and encounter with God.

****Focus Areas:****

- - Crafting a weekly rhythm of rest, reflection, play, and prayer
- - Identifying core restorative practices
- - Establishing boundaries to protect sacred time

****Tools:****

- - Workbook Section 3
- - Weekly rhythm template

****Coach Questions:****

- - What practices truly restore your soul?
- - What practices restore you—mentally, emotionally, spiritually?
- - How will you make space to listen for God's voice?
- - What do you want your days to feel like on sabbatical?
- - How will you balance rest and growth?
- - How will you handle discomfort in slowing down?

****Deliverables****

- -Weekly Rhythm Plan (e.g., reflection, rest, reading, movement, play)
- -Core practices list (e.g., journaling, walks, digital detox)

Session 4: Inner Work & Letting Go

****Goal:**** Address internal resistance, fears, and control.

****Focus Areas:****

- - Naming identity attachments to performance or pastoral role
- - Releasing guilt or false responsibility
- - Creating space for inner healing

****Tools:****

- - Workbook Section 4
- - “Letting Go” list and surrender prayer

****Coach Questions:****

- - What are you afraid might be revealed when you slow down?
- - What feels hard or scary about sabbatical?
- - Where are you seeking approval or identity outside of God?
- - What is Jesus inviting you to lay down?
- - What inner dialogue might sabotage your rest?
- - What boundaries will you set with yourself?

****Deliverables****

- “Letting Go List”

Session 5: Re-Entry Visioning

****Goal:**** Begin imagining a wise, faithful return from sabbatical.

****Focus Areas:****

- - Naming what will be different post-sabbatical
- - Translate learnings into post-sabbatical life
- - Defining “non-negotiables” for ongoing health
- - Sketching out a re-entry rhythm

****Tools:****

- - Workbook Section 5
- - Re-entry calendar or strategic plan

****Coach Questions:****

- - What will you carry forward into your return?
- - What rhythms do you want to bring back with you?
- - What boundaries will you protect when you return?
- - What habits do you want to preserve?
- - How will you re-enter slowly, intentionally, and spiritually?

****Deliverables****

- -30–60 Day Re-Entry Plan
- -Sabbatical Summary (insights, takeaways, commitments)

Session 6: Closure & Commissioning

****Goal:**** Mark the sabbatical as sacred and celebrate readiness.

****Focus Areas:****

- - Offering a final prayer, blessing, or letter to self
- - Celebrating obedience to the call to rest
- - Planning a commissioning or send-off

****Tools:****

- - Workbook Section 6

****Coach Questions:****

- - What are you most grateful for in this journey?
- - What are you most proud of in preparing for this time?
- - How will you mark the start of sabbatical with purpose?
- - How can we honor this beginning with a sacred ritual?
- - What would make this sabbatical feel holy?

****Deliverables****

- -Letter to future self, scripture, or blessing
- -Commissioning/Send off plan

Tips for Coaches

- Begin each session with prayer or silence
- Encourage journaling between sessions
- Offer optional scripture, poetry, or worship prompts for reflection
- Be flexible—some pastors may need more time on one phase than another