

## Suggested Sabbatical Guidelines

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1. Try to take no less than 3-4 months, 6 is better. But something is better than nothing.
2. Important pieces of the puzzle: Support group of 3-5 people; spiritual director; therapist; sabbatical advisor; trainer. (This is about getting a “holistic tune-up”.)
3. Check your computer/email once a week max!
4. Off load all work responsibilities. This is a sabbatical from work. However, it is not a sabbatical from life. Family and health issues still need our attention.
5. Be prepared for withdrawal, the breaking of the work addiction.
6. Journal faithfully each day. Then review your journal at the end, looking for themes and lessons, and practices that can be incorporated in your normal daily life.
7. Be blessed to do whatever is life giving for your soul.
8. If you stay at home, then plan to take several private 24 hour retreats, and several one week retreats. Monasteries are a great place for this, because there is a quiet atmosphere and meals are provided.
9. Hold your plans in an open hand. This is about following the Lord’s lead. The most important thing each day is “to show up” asking the Lord what you should do for the day, and then follow the desires of your heart. He wants to restore your body, mind and soul.
10. Be blessed to read at a “slow pace”. Slow is good, rushing is to be avoided.
11. Our soul can often be pictured as a jar of muddy river water. The desired output for the sabbatical is for your soul to become still and rested enough, so that the “mud” can settle to bottom, allowing the water to become clear and drinkable.
12. Something to consider: the **most important thing** you can do is to live a life style that is extremely tenacious in the care of your soul. Why? The condition of your soul is what you bring to the table; that is what the kingdom of God and the world gets.
13. Books that might be good to read: **Invitation to Silence and Solitude** by Ruth Haley Barton; **Isolation: A place of Transformation in the Life of a Leader** by Shelley Trebesch. **Way of the Heart** by Henry Nouwen.