

Plan Your Sabbath

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

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

Captain's next move
