

What a Sabbatical is NOT...

Becoming a Sabbath Community: A Guide for Churches

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From Barton, Ruth Haley. *Embracing Rhythms of Work and Rest (Transforming Resources)* (p. 157). InterVarsity Press. Kindle Edition.

A sabbatical is not a vacation. It is a different kind of work—it is a directed time of refreshment and restoration. It is a time for drawing closer and listening more carefully, with the intent of deeper intimacy with God. It can involve reading, writing, and wrestling in prayer—especially wrestling with the tendency to be busy, wrestling to let go, to jump off the performance-go-round, and relax. - David Alves

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A sabbatical may start with a vacation, end with a vacation, or include a vacation, but it is not in itself a vacation. A vacation, by definition, is usually a shorter period of time that often includes plans for fun and time spent with the people we love, sightseeing, travel, and lots of activity. Maybe some rest, yes, but many will admit that when they get home they need to rest from their vacation! If planned well, a sabbatical is different from that. It is a season of a different kind of intentionality toward rest and very personal needs, hopes, and desires that will be addressed specifically and concretely in one's sabbatical plan.