

THE DIFFERENCE BETWEEN VACATION AND SABBATICAL



THE ISSUE/QUESTION

For the purpose of understanding for ourselves and for communicating with others in the congregation, “How is a Sabbatical rest different from extended vacation rest?” They are similar, and they are different.

SIMILARITIES

- Both have elements of rest
- Both are applications of the Biblical Principle of Rest, Sabbath, Festivals, Sabbatic Year
- Both are breaks from the regular schedule of work and are a change of pace and focus
- Both require planning

THREE DIFFERENCES

1. DEFINITION

- *Vacation*
 - A period of suspension of work, study, or other activity, usually used for rest, recreation, or travel; recess or holiday: Schoolchildren are on vacation now.
 - A part of the year, regularly set aside, when normal activities of law courts, legislatures, etc., are suspended.
 - Freedom or release from duty, business, or activity. (Dictionary.com)
- *Sabbatical*
 - There are several models for sabbatical. The sabbatical definition we are using is from The Navigators’ Sabbatical Guidelines:
 - “A guided process where we deliberately trust God for the unfinished as we disengage from normal ministry and leadership involvement to allow for intentional, serious evaluation of life and ministry.”
 - Our sabbatical model has five phases (**NOTE:** “Rest” is only one of the phases):
 1. Release and Relinquish
 2. Rest and Recovery
 3. Reflection and Refocus
 4. Realignment and/or Reassignment
 5. Re-Entry and Re-Engagement

2. GOALS AND RESULTS

- A vacation is usually “a break” where you’ve experienced a different focus and pace. You hope to come back refreshed, but you often come back tired.
- A sabbatical is to be refreshed, hear from God, and learn from Jesus. A result of the deliberate, serious evaluation will be intentional life and ministry changes.

3. SUPERVISION

- A vacation is self-directed, unsupervised
- A sabbatical is team directed, supervised