



THE RESTED WORSHIP LEADER

There are two different types of rest we want to account for. One of them is rest from ministry, the other is rest in ministry.

RESTING **FROM** MINISTRY

We all are aware of our need to rest from ministry. We acknowledge the need for things like vacations and regular days off. We don't lack knowledge here. Chances are, we lack specificity, we lack a plan, and we lack accountability

SPECIFICITY, PLANNING, & ACCOUNTABILITY

One of the greatest obstacles to resting is not knowing what it means to rest. Rest can become a general "idea" for us but often, when we lack specificity, our rest just turns into a period where we stop working. While that can be helpful, to truly rest requires intentionality. We encourage you to be intentional about two things: your leisure time and your sleep.

***A note on leisure: the most important thing you can build into your days is regular time with Jesus. This is covered in the Resting in Ministry video.

LEISURE

Our leisure time is our “spare time”, the time that’s not already programmed into our day. It is often these periods that go unplanned and therefore the gifts and benefits of leisure are not accessed. Many of us actually spend the majority of our leisure time engaging social media. That’s not because social media is the most entertaining and beneficial thing in our lives, it’s because we didn’t plan to do anything else!

When talking about leisure time, author Cal Newport writes this:

If you haven’t given yourself something to do in a given moment [social media] always beckons as an appealing option.

His point is that if we don’t plan for our leisure time, it will be snatched by the things that can most easily grab our attention.

Therefore, we need to be proactive with our time and not reactive. One of the ways to do this is by creating a life-giving list.

TOOLS FOR YOUR LEISURE

[CLICK TO
DOWNLOAD
LIFE GIVING LIST
TEMPLATE](#)

[CLICK TO WATCH
LIFE GIVING LIST
VIDEO](#)

We recommend creating what Steve Cuss calls a life-giving list. It a list that includes the people, places, and activities that fill you up and bring you joy. Check out the links to the left.

We encourage you to plan periods of your time off, even for what you will do on your day off or when you get home from work. Include your families (if applicable) in these discussions to help you plan effectively and stay accountable.

As you look at your life giving list, make sure to give these people, places, and activities spots on your calendar. Be committed to them. These are God’s gifts to you! Don’t neglect them!

SLEEP

Two-thirds of people in developing nations sleep less than the recommended 8 hours per night.

For years, functioning on a lesser amount of sleep was a badge of honor. Research, however, continues to illuminate the dangerous effects of a lack of sleep on our physical, mental, and emotional health.

While it may seem elementary, one of the reasons you may be exhausted is because you don't protect your sleep. For one night of poor sleep, it may take up to three or more full nights for you to recover.

We underestimate the importance of our sleep.

Both how we spend our leisure and how we protect our sleep require accountability. Because the effects of a lack of intentional leisure and sometimes even a lack of sleep can go undetected, it's easy to let these good habits slide. We encourage you to find someone who can hold you accountable to these things:

1. That you are saying "no" to things in your life that impede on your sleep and leisure.
2. That you are experiencing the full effect of your leisure and God's gifts to you by planning for it. Included in this is time with the Lord and time with your family.
3. That you are sleeping enough.

RESTING **FROM** MINISTRY

You can experience rest in Jesus while serving Jesus.

Please engage the downloadable document provided by our friend, Pastor Bruce Garner in the profile. This document will teach you how to rest in your identity in the midst of pastoral activity, build practices into your daily life so you can rest, and provide you tools you can use to rest.