

RESTING WELL

“We don’t Sabbath at the end of the week because we were tired, we sabbath at the beginning of the week so we don’t get tired.”

Taking a True Sabbath:

Sabbath: “to cease from labors”

A Sabbath is a day: Where I honor God by saying, I don’t get things done by my efforts - it comes by your power, so I’m going to honor you on this day by not producing.

Pastor Chris’ Personal Sabbath:

1. I consider the first day of the work week to be Monday
 - We honor God by giving him the first day of the work week.
2. Unplug Completely
3. Eat Great Meals

How to Cease From Labors

1. Replenish yourself - What replenishes you?
2. Spending Time with the people you love

“We need to learn the pace of grace because we are called to live productive lives.”

4 Step Process:

1. **Define** your purpose and responsibilities
 - What is required?
 - What gives the greatest return?
 - What gives you the greatest reward?
2. **Prioritize** the Big Rocks
 - Identify 6-7 responsibilities/priorities
 - Put in Schedule First
3. **Create** an Ideal Week
 - If nothing different is going on this is what my ideal schedule looks like
4. Weekly **Evaluate, Eliminate, and Execute**
 - Pick a moment to Evaluate - how did I do?
 - Eliminate what you don't need anymore
 - Execute what you DO need to do or implement

Are you tired still after you rested?

PODCAST RESOURCES

- [Big Rocks – 2019 Message Series](#)
- [Full Focus Planner](#)
- [12 Areas to Evaluate](#)

ADDITIONAL RESOURCES

- [More from GrowLeader](#)
- [The Wesleyan Investment Foundation](#)
- [GAC Family Network](#)
- [Previous Episodes](#)
- [Show Notes](#)
- [Free Church Resources](#)