

Creating a Culture of Rest in Your Ministry

Jonathan D. Holmes



rest

Outline:

- The problem with rest
- The answer to rest
- How to rest yourself
- How to create a culture of rest

The Problem with Rest

ICD-11: Burn-out is a result from chronic workplace stress that has not been successfully managed.

- Feelings of energy depletion or exhaustion
- Increased mental distance from one's job, or feelings of negativism or cynicism related to one's job
- Reduced professional efficacy

The Problem with Rest

Emotional exhaustion: a person gets overly involved emotionally, overextends himself or herself, and feels overwhelmed by the demands imposed by other people.

Depersonalization: detached, callous, and even dehumanized response.

The Problem with Rest

1. Are you regularly physically and emotionally exhausted?
2. Are you more cynical and detached than usual?
3. Do you feel like you're not contributing anything meaningful like you once were?

The Problem with Rest

What's the difference between burnout and stress?

Burnout is an extended period of stress that feels as though it cannot be ameliorated. If stress is short-lived or tied to a specific goal, it is most likely not harmful. If the stress feels never-ending and comes with feelings of emptiness, apathy, and hopelessness, it may be indicative of burnout.

The Problem with Rest

What's the difference between burnout and depression?

Aisha R. Shabazz

Depression is often defined by the internal experience of a person, sometimes occurring without a root cause. For most people, the catalyst for their depression is unclear. Burnout has a definitive root cause and arises because your external environment has a prolonged negative impact on your physical health and mental health. [It's] the result of being exposed to an unrelenting [and unwelcomed] amount of stress.

The Answer to Rest

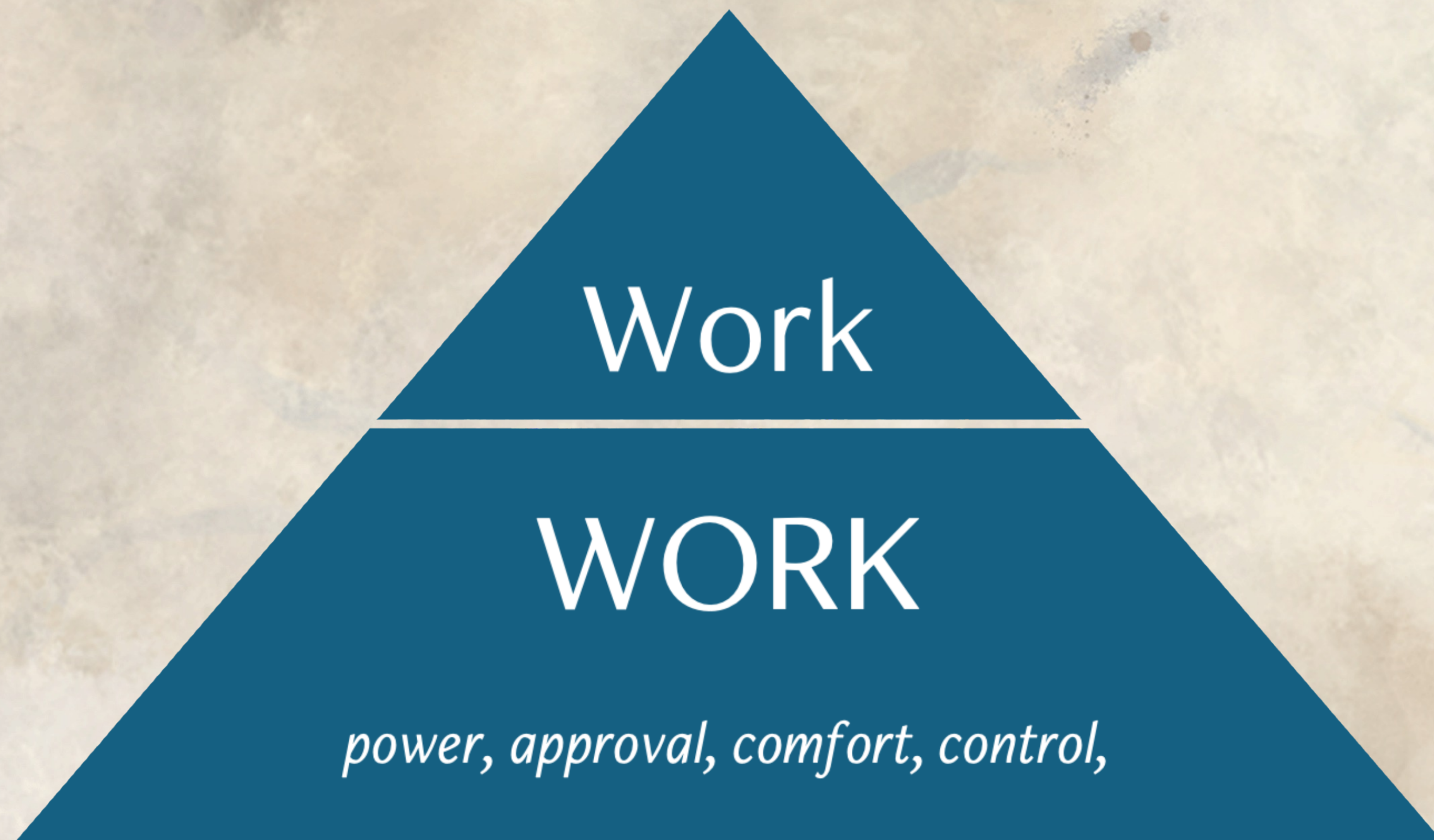


Diagram 1

The Answer to Rest

Tim Keller

The work under our work is our need to prove ourselves to ourselves and to others—this is extremely tiring.

The Answer to Rest

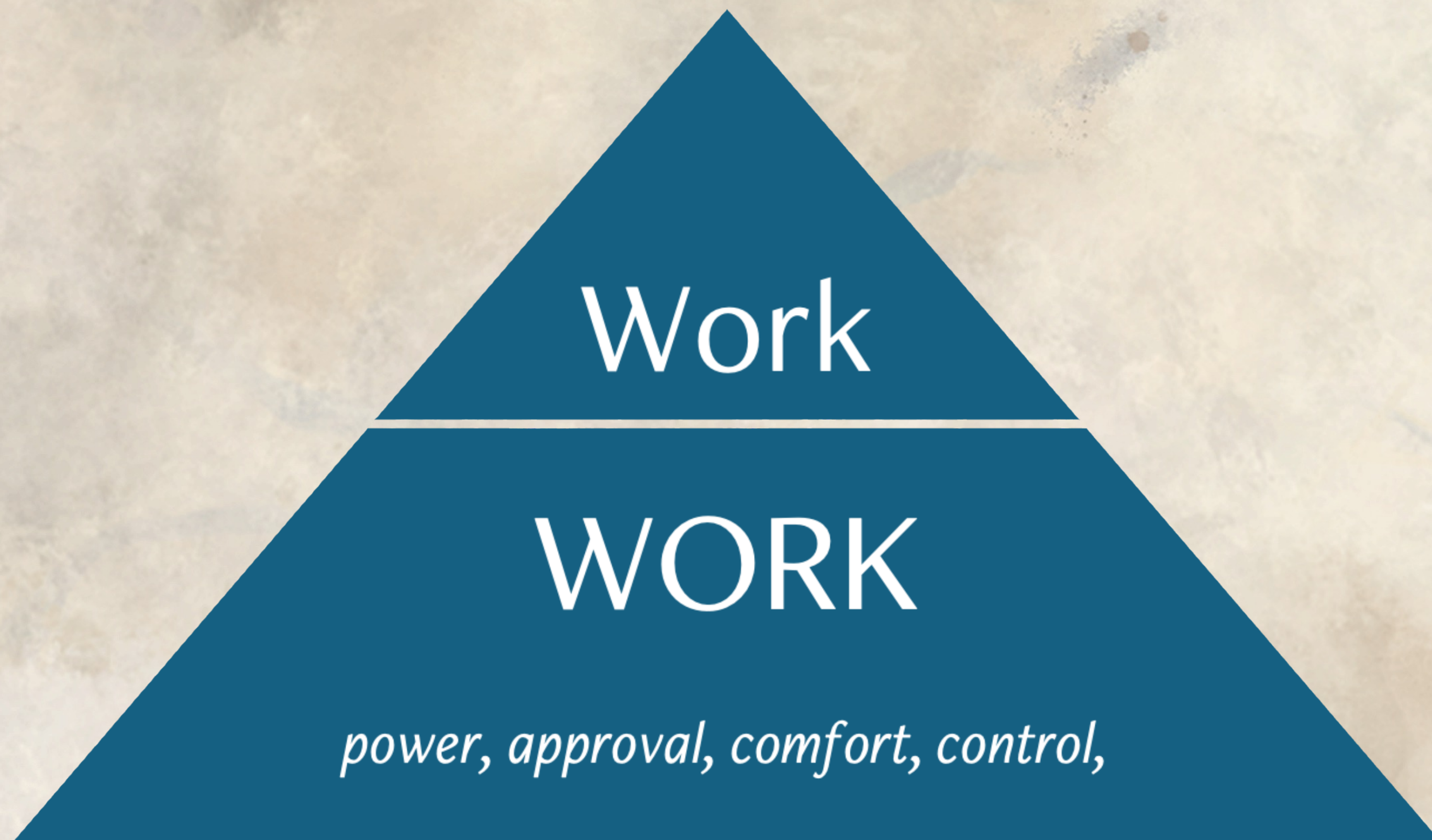


Diagram 1

The Answer to Rest



Diagram 2

The Answer to Rest

Tim Keller

This work is finished in Jesus. The only one we would ever really need to prove ourselves to—and he looks at us and says it is good, it is finished. Through Jesus we don't have to strive to prove ourselves, therefore we can find true rest.

The Answer to Rest

Tim Keller

All of us are haunted by the work under the work—that need to prove and save ourselves, to gain a sense of worth and identity. But if we can experience gospel-rest in our hearts, if we can be free from the need to earn our salvation through our work, we will have a deep reservoir of refreshment that continually rejuvenates us, restores our perspective, and renews our passion.

The Answer to Rest

Kelly Kopic

Until we believe the good news that the Creator is also the redeemer, that we are not abandoned, alone, or left to our sins; until we believe that God is near, compassionate, quick to forgive, and abounding in love—until we believe these things, we cannot and will not rest.

The Answer to Rest

It Was Finished On The Cross City Alight

How I love the voice of Jesus
On the Cross of Calvary
He declares his work is finished
He has spoken this hope to me
Through the sun had ceased its shining
Though the way appeared as lost
Christ had triumphed over evil
It was finished upon that Cross



The Answer to Rest

We accept our limitations

The Answer to Rest

We embrace our weaknesses

Kelly Kopic: To be vulnerable, to have weaknesses and needs, is not just a trendy idea. It is part of how God made us.

David Powlison: My deepest hope is that in both your personal life and your ministry to others, you would be unafraid to be publicly weak as the doorway to the strength of God himself.

The background is a textured watercolor wash in warm, earthy tones of beige, cream, and light brown. It features soft, blended areas of color and numerous small, dark brown and tan speckles or 'splatters' scattered throughout, giving it an aged, organic feel.

The Answer to Rest

We live out our dependence

How to Rest Yourself?

1. Be honest with yourself
2. Take Sabbath rest
3. Engage in prayer
4. Surround yourself with godly friends

How to Rest Yourself?

1. Be honest with yourself

How to Rest Yourself?

2. *Take Sabbath rest*

Walter Brueggemann: Sabbath is not simply the pause that refreshes. It is the pause that transforms.

Eugene Peterson: Sabbath is that uncluttered time and space in which we can distance ourselves from our own activities enough to see what God is doing.

How to Rest Yourself?

2. *Take Sabbath rest*

What kind of Sabbath rest am I looking for?

- You need some contemplative rest
- You need some recreational rest
- You need to include aesthetic rest

How to Rest Yourself?

Ranjit David

If you are energized by being with people, make time for it on your Sabbath. If you are energized by spending time alone in reflection, quietness, and solitude, make time for it on your Sabbath. Everyone's Sabbath does not need to look the same.

How to Rest Yourself?

3. Engage in Prayer

Tim Keller

The more popular Jesus became and the more people he ministered [to], the more time he had to get away to spend in solitary prayer. The exterior ministry of strength was contingent upon an internal dependence on his father. The stronger he was out there, in a sense, the more dependent he was on his father.

How to Rest Yourself?

3. *Surround yourself with godly friends*

How to Create a Culture of Rest

We embrace limitation, weakness, and dependence

We encourage collaboration, camaraderie, and community

We embody confession, repentance, and humility

Conclusion:

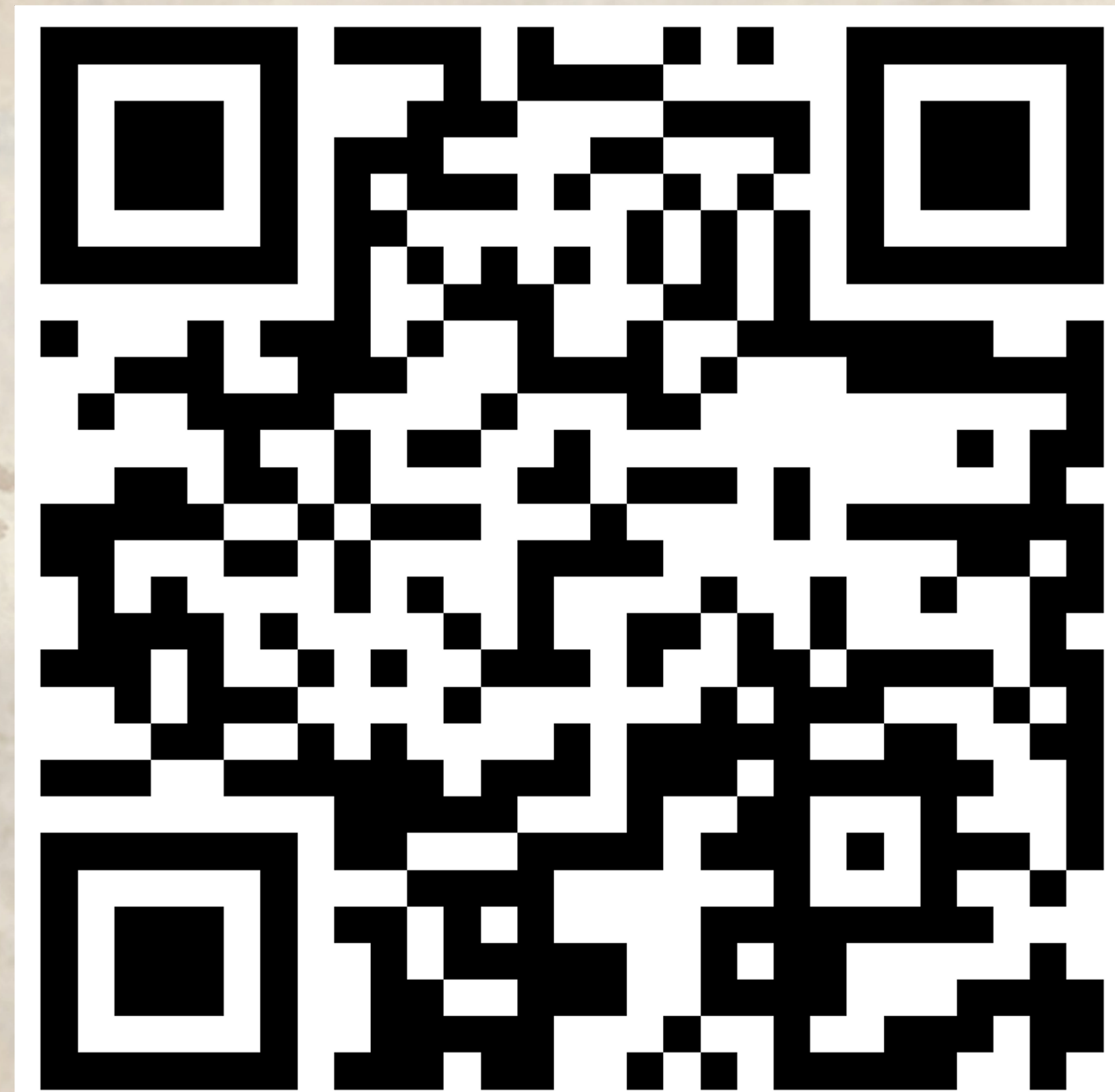
Courtney Reissig

Learning to praise the person who rests as much as the one who works will take some practice on our part, especially those of us who like productivity. But it's necessary for our spiritual and physical health. We want to be faithful in our work, but let us also be faithful in our rest, living as his image-bearers, depending on him to work on our behalf, and resting in him who always finishes the work he starts.

Bonus: Interview with Timothy St. John



Lighthouse
COMMUNITY CHURCH



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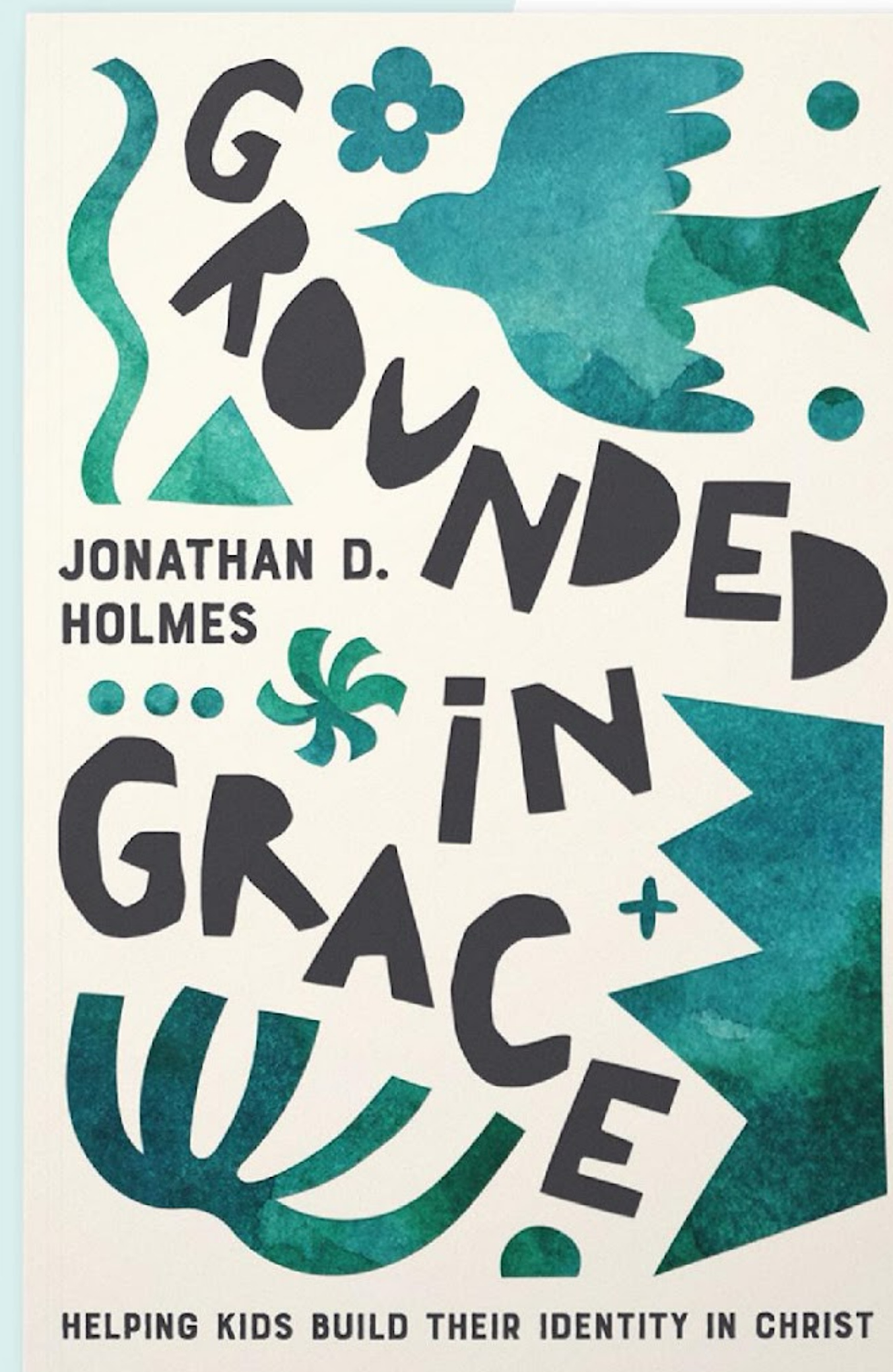


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