

Take A Break!

Restorative sabbatical opportunities are being taken by many EFCA Pastors. This is a positive trend reflecting increased awareness of a series of work/rest cycles found in the scriptures. Observing them is a healthy practice that assures sustainability in ministry.

Time Cycles:



Daily

Work / Sleep

Limit the evenings you aren't home with family to no more than 2 or 3 in a row. Take time for adequate sleep every night.



Weekly

6 days labor / A day of rest

If you don't take a day of rest! – Trust God, obey Him and take a day off!
If you don't know what to do! – Do what's restful for you. Change the pace.
If you try but it disappears! - Select a wiser day or try two half days.



Monthly

Busy Weeks / "Holy-Day" (Holiday)

Get into the habit of making holidays a fun event for your family. Create the kind of memories generated by Old Testament families as they celebrated the Feast of Tabernacles by building tents and living in them for a week. Grow the kind of relationships Job had with his sons and daughters by having their families over to the house for a meal.

Establish a monthly Personal Retreat Day (PRD) away from your office and centered on God's agenda. Suggestions for a meaningful PRD are readily available.



Season of Life Routine Years / A restorative sabbatical

A variety of sabbatical options are being experienced by pastors. One of them is likely to work well for you and the church. Examples are available from Pastoral Care Ministries.



Year of Jubilee First half of life / Second half of life

Instead of preparing for a mid-life crisis, prepare for a mid-life transition. During this special restorative sabbatical ask God to confirm what He has been doing in and through you. You'll be surprised how far you have come and how much more you can still do.

Learn more: www.efca.org/pastoralcare