

Sabbaticals and Your Weary Soul

Dustin K. Manis, President & CEO, Reaching Souls International

Your exhausted soul needs time with God. As ministry leaders, we can become depleted, leaving our ministries and families in danger.

This practical workshop will examine sabbaticals, personal spiritual retreats, and the benefits of rest.

Outcomes

1. To understand the dangers of burnout and determine if you should take a sabbatical.
2. To learn practical plans for before, during and after an extended time away.
3. To determine how you can implement personal spiritual days and retreats into your regular schedule.

The Lord is the Overseer of your soul. But you've been entrusted with its care. As its keeper, it's your responsibility to meet the needs of your soul.

*"Truly my soul finds rest in God; my salvation comes from Him."
(Psalm 62:1)*



This year, Reaching Souls will see over 11 million decisions to follow Christ and plant 7,000 churches through 2,500 National Missionaries in 16 countries. Dustin holds an MA in Philanthropy and Development. Connect with him at dustin@reachingsouls.org

SABBATICAL

- Sabbatical is a wise investment in the individual and the ministry or church.
- Practical steps to an extended time away.
- Surveys and results from those that have taken them.
- Pre-Sabbatical
 - Getting permission or approval.
 - How long should it be?
 - Preparation.
 - What decisions must be made before your sabbatical?
 - What tasks must be accomplished beforehand?
 - Communication with your constituents and team.
- During the Sabbatical
 - What to do.
 - What not to do.
 - Examples and ideas.
 - What does success look like?
- Post-Sabbatical
 - How to re-enter work in a healthy way.
 - Permanent changes to consider.
- Developing a Sabbatical Leave Policy

REGULAR RHYTHMS OF REST FOR YOUR SOUL

- Personal Spiritual Retreats
- Sabbath
- Critique Your Daily Devotional

Recommended Sources

Lilly Endowment National Clergy Renewal Program

<https://www.cts.edu/wp-content/uploads/2022/02/CRP-National-2022.pdf>

Pre-Departure Sabbatical Checklist

https://www.compasspoint.org/sites/default/files/documents/523_sabbaticalplanningcheckli.pdf

Ideas for developing a Sabbatical Leave Policy.

<https://www.ncfp.org/wp-content/uploads/2019/10/Sabbatical-Policies-for-Nonprofits-Durfee-Foundation.pdf>

An informative study on those that have taken sabbaticals.

<https://www.compasspoint.org/sites/default/files/documents/Creative%20Disruption.pdf>

Ideas to Seed Your Sabbatical Thinking

<https://johnmark.net.au/kz/?p=229>

BOOKS

Ignite Your Passion for Jesus

Leading on Empty

Strengthening the Soul of Your Leadership

The Ruthless Elimination of Hurry

The Burnout Challenge

Tom Philips, Emily Adams

Wayne Cordeiro

Ruth Haley Barton

John Mark Comer

Christina Maslach, Michael Leiter