

SABBATICAL AND SOUL CARE

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As ministry leaders, we can become exhausted spiritually, emotionally, and physically, leaving our ministries and families in danger.

This workshop will examine sabbaticals, personal spiritual retreats, and taking good care of your soul.

OUTCOMES

1. To understand rest and determine if you should take/plan for a sabbatical.
2. To determine how you can implement personal spiritual days and retreats into your regular plans.
3. To know the difference between a concern and a responsibility in your own life.

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.

What does your soul need? Your soul needs rest and intentional time with God.

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



This year, Reaching Souls will see 10 million decisions to follow Christ and plant 6,000 churches through 2,500 National Missionaries in 14 countries.

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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