

# Resources

## Resources

- <http://www.cpx.cts.edu/renewal>  
Lilly Endowment Clergy Renewal Programs: granting qualifying churches with grants to support a pastor's renewal.

## Websites (articles)

- <http://www.lifeway.com/Article/pastor-ministry-guidelines-successful-sabbatical-vacation>
- <http://thomrainer.com/2014/02/five-reasons-your-pastor-should-take-a-sabbatical/>
- <http://www.churchleaders.com/pastors/pastor-articles/152163-martin-sanders-and-warren-bird-what-pastors-wish-they-knew-before-their-sabbatical.html>
- <http://dallaswillardcenter.com/>
- <http://www.transformingcenter.org/in/about/ruth-bio.shtml#.Vx-ClfkrKCg>
- <http://embracingrace.com/category/every-pastor-needs-a-sabbatical/> (for the Pastor's wife)

## Conferences

- <https://renovare.org/events>  
Renovaré Events: Spiritual Formation Retreats

## Coaches

- [www.pastorserve.org](http://www.pastorserve.org)  
Coach: Email: [jay.fowler@pastorserve.net](mailto:jay.fowler@pastorserve.net) (Peter Yohonis recommended & used summer 2015)



## Books

- <http://www.amazon.com/Sabbath-Resistance-Saying-Culture-Now/dp/0664239285>
- [http://www.amazon.com/Sabbath-City-Sustaining-Pastoral-Excellence/dp/066423349X/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1444340597&sr=1-1&keywords=sabbath+in+the+city](http://www.amazon.com/Sabbath-City-Sustaining-Pastoral-Excellence/dp/066423349X/ref=sr_1_1?s=books&ie=UTF8&qid=1444340597&sr=1-1&keywords=sabbath+in+the+city)
- <http://www.amazon.com/The-Emotionally-Healthy-Leader-Transforming/dp/0310494575>
- [http://www.amazon.com/Sabbatical-Primer-Pastors-Initiate-Spiritual/dp/1495255166/ref=sr\\_1\\_2?s=books&ie=UTF8&qid=1461681942&sr=1-2&keywords=sabbatical+planning](http://www.amazon.com/Sabbatical-Primer-Pastors-Initiate-Spiritual/dp/1495255166/ref=sr_1_2?s=books&ie=UTF8&qid=1461681942&sr=1-2&keywords=sabbatical+planning) recommended by Pastor Peter Yohonis

# 3 Huge Benefits of Taking a Sabbatical

By Support on June 8, 2016 in BLOG

I just returned from a sabbatical recently, and wanted to share some insights I gained from the experience. I will admit, a sabbatical has been something I daydreamed about, but never believed it would actually happen.

*Somewhere inside, I thought sabbaticals were only for super successful leaders. But the more I learn about successful leaders, the more I have observed how well they build strong disciplines of rest and escape. They are more effective and more successful because they put an emphasis on proper relaxation and retreat.*

This past Christmas, I heard a pastor preach about what I thought was an unusual topic. In his sermon, he mentioned he had just gotten back from a three month sabbatical. His church has about 250 people—that includes a lean staff. I thought to myself, “If he can do three months, I can do at least one.” So that day, I committed to taking a sabbatical in the summer.

I saw some huge benefits from this experience, and put them together for you. Below is a list of reasons why you should commit to a rest season sometime in the next 12 months.

## **1. Without White Noise, Everything is More Colorful**

The absence of email, social media, and business calls was incredibly liberating and peaceful. The constant barrage of news, people, and questions suddenly stopped. It was an adjustment at first. I felt like I needed to be busy, but once my mind calmed down, I began to notice and enjoy the small things in life again.

The subtleties of life blossomed right in front of me. Moments with my son and small talk with my wife were things I treasured from this experience. It’s not that I don’t experience those things already; I do. But with the noise of “busyness” cracked down to zero, those moments became much more potent than usual.

## **2. Your Organization Will Be Better For It**

This was the biggest and most welcome benefit of my sabbatical. When I committed to this period of rest, set a date, and booked a flight for a short trip, there was no going back. I had five months to get ready to leave. Part of this process was me identifying everything I did at Ministry Pass. I had to make sure it could all run without me.

By doing this, I realized, I was involved in way too many things (I wrote about that in this post). We identified the tasks I should remove from my plate immediately, and

created a plan to syphon off the others over time. This forced our team to create new systems and assimilate new people.

**“We were able to have the second highest month in the history of the company while I was gone.**

We had needed to make these changes for a long time, but were all too busy to consider them until we had to. The things we implemented were great for everyone. We were able to have the second highest month in the history of the company while I was gone.

The only way this happened was us intentionally working to make sure there were new systems and people in place before I left.

### **3. You Will Stress Less When You Return**

Now that I am back from my sabbatical, our company is in a much better place than before. This has had a tremendously positive impact on me professionally and personally.

I can now turn my efforts toward the things that are most important for our company moving forward. I no longer am involved in 58 different areas. I can focus on a few. This has given me more room for clarity, energy, focus, and less stress.

Ultimately, a sabbatical is going to be a wonderful thing for you, your family, AND the organization or ministry you lead. You will be better for it, your family will be better for it, and your organization will be poised to run at a much higher level. Which, as a leader, is why you work so hard in the first place.

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#### **About the author**



Justin has been a church leader and entrepreneur for the past 14 years. He has a passion for serving the local church and has done so in various full-time and part time roles. Today he leads a ministry focused team in creating resources and platforms that help pastors.