Restored Sabbath Retreat Guidebook

RESTORED LEADER

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Stop and Delight

Stop and Delight

Let's face it, the world is addicted to being in constant motion. We're always doing and striving for more. Humanity is suffering from overwork. We strive to model good works in our relationships at home, work and in our communities. But we rarely consider the vital inverse to work:

Rest.

Too many leaders neglect addressing stress, anxiety and sleepless nights. Their minds are always "on." Experiencing quality rest is key in protecting your Core Values and leading an authentic life of confidence and joy.

DO YOU KNOW HOW TO STOP?

At The Restored Leader, we believe learning how to rest is the most important discipline to protect your Core Values and experience success. And we're not just talking about sleep. The Hebrew word ***Shabbat*** (שָׁבַת) means to stop, to cease and celebrate. Restorative rest means to cease spending all of your time in tiresome chaos. Restorative rest means to carve out time dedicated for celebration and taking part in the joy of being present. To become the leader you are striving to become, you'll need to practice developing an authentic rhythm of rest. You may find you need a lot more rest than you initially realize.

EXPERIENCE JOYFUL REST

Abraham Heschel, a famous Jewish scholar wrote about rest in his book *The Sabbath*. He states, "The Sabbath is the presence of God in the world, open to the soul of man. God is not in things of space, but in moments of time."

Often attributed to Jewish and Christian culture, a full Sabbath day of rest is for people to appreciate creation and time through a day set aside for thanksgiving and joy. The Hebrew term menuha (הָנוּחָמ) means "being at ease to have joy or delight." All rhythms of rest should help you experience increased menuha. That's when we know we're really resting.

What if intentional time in rest was an integral part of your leadership formation?

Consider your mind, body and soul. We can all agree that each of these aspects of ourselves need rest and renewal from time to time. But too often, we don't prioritize the intentional time to rest each on a regular basis.

Where do you need rest today?

MIND

Does your mind feel like a child's beach bucket full of sand and water? Everything is churning – full of sediment, salt water and a few tiny fish? Maybe your mind needs to be set down for a moment to allow everything churning come to stillness and settle in its proper place.

Perhaps your mind is still processing things that happened in the past or things you're anticipating for the future and you don't feel like you can "turn it off."

Imagine what rest could feel like for your mind? Set the swirling beach bucket down and let everything settle.

What would rest do for your mental health?

BODY

How are you caring for your body? Are you nourishing it and moving it? Or have you prioritized your work over your physical health?

The body needs a combination of movement and rest. Many leaders forget to care for their body, especially in times of growth, expansion or survival. Given your circumstances, think about what form of rest your body needs this week so that you can continue the work you're doing in your spheres of influence.

What would rest do for your physical health?

SOUL

No matter your faith tradition, most of us believe that humans are more than a brain and a body. Some may call it a heart, some may call it a soul, but whatever you want to call it – there's something more to us all.

How are you caring for your soul? What type of rest or retreat will help center you?

What would rest do for your spiritual health?

We believe leaders need to design intentional rhythms of rest. You shouldn't rely on weekends, occasional holidays or the idea of a 3-month sabbatical as the only ways to get serious rest.

Your mind, body and soul need much more consistent rhythms of rest. To neglect daily rest is to deny your organization and relationships from your most authentic, confident and joyful self.

Add these reflections to your weekly or monthly practice of self-monitoring. Check in with yourself regularly in these three areas and make the shifts you need to care for yourself and protect your Core Values.

What is the greatest obstacle to your rest?

ACTIVITY:

Study biblical rest

So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

— Genesis 2:1-3 NLT

[8]Remember to observe the Sabbath day by keeping it holy.

[9] You have six days each week for your ordinary work,

[10] but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.

[11] For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

— Exodus 20:8-11 NLT

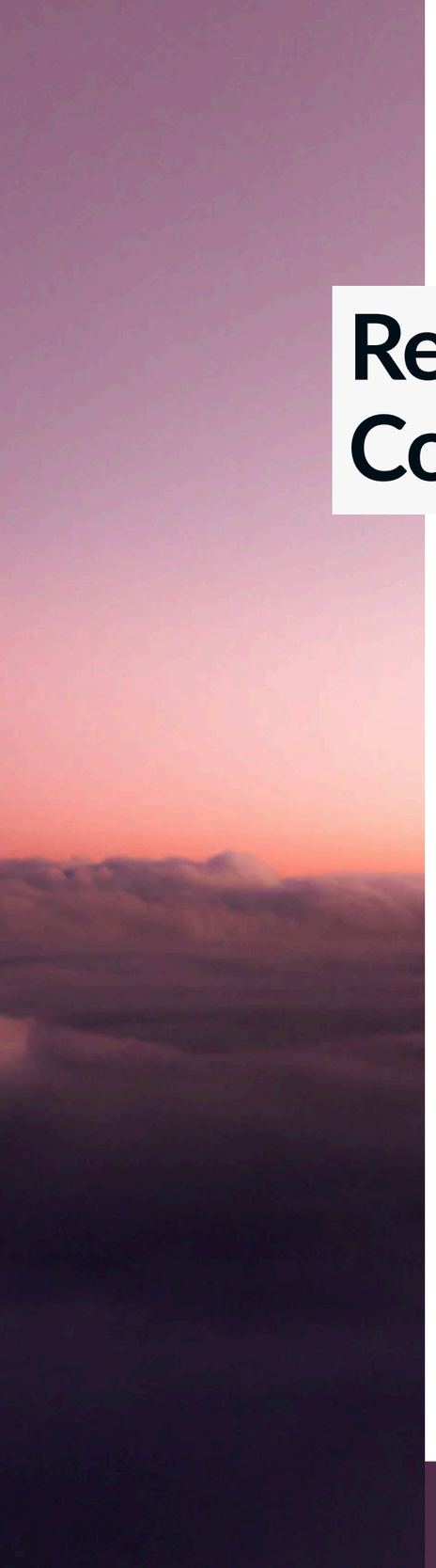
> *12 Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. 13 You have six days each week for your ordinary work, 14 but the seventh day is a Sabbath day of rest dedicated to the LORD your God.*
>
> *On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do.*
>
> *15 Remember that you were once slaves in Egypt, but the LORD your God brought you out with his strong hand and powerful arm. That is why the LORD your God has commanded you to rest on the Sabbath day.*
>
> — Deuteronomy 5:12-15 NLT

As you know, you are a unique individual, with a context, wiring and values that make you who you are. To design your own practice of Sabbath, look through the lens of your Core Values. These will help you discern what will be most restful to creating rest for your mind, body and soul.

In Scripture, we see how God rested as a way to model the invitation to rest. He delights in this rest.

Next, we'll Redeem your Core Values so that you can design a Sabbath practice that is completely authentic and intentionally formative for you.

Redeem Your Core Values



Redeem Your Core Values

When we discuss your Core Values, it's important to note that these are distinguished from your values, interests, and passions. Core Values are the undeniable truths that reflect how you see yourself and make sense of the world.

TO REVIEW:

- Interests are things or experiences that you're curious about and are enthusiastic about revisiting.
- Passions are interests that you've decided to arrange your schedule around. You prioritize these above other interests.
- Values are the words you use to describe why you pursue your chosen interests and passions.

ACTIVITY:

Interests & Passions

1. Identify your interests
These are the themes that generate curiosity. You pursue interests because of the experiences or results they offer you. You may have an interest in a type of food, physical activity or discussion topics.

2. Brainstorm as many as possible.
There are no wrong answers here.

3. Pinpoint your passions
Passions are interests you love and cannot stop thinking about. You might find yourself arranging your life or even being distracted by these passions. Your passions reveal deeper meaning behind your interests.

4. List as many of your passions as possible.

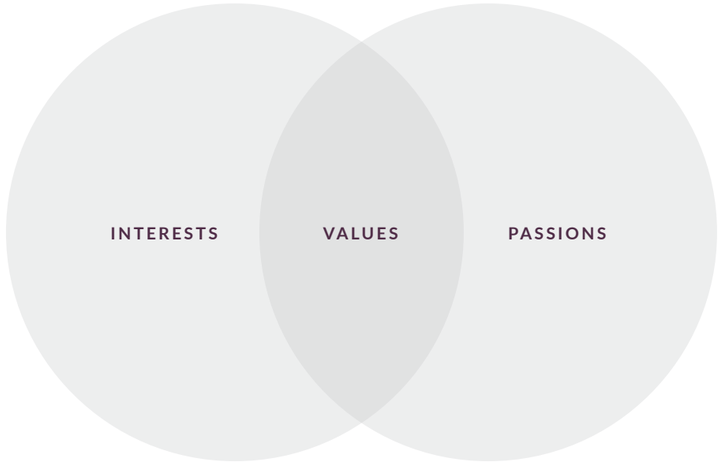
5. Synthesize
Review your lists and place the most important interests and passions in the columns below.

Interests	Passions

ACTIVITY:
Values

Review the interests and passions and examine possible themes that emerge. What have you become aware of by looking at both lists? Take some time to reflect on this question, and use the space provided to briefly journal your thoughts.

When sorting through your interests and passions, another distinction will emerge: your values. Values are meaningful, durable words that explain why you pursue those interests and passions. Values are where your interests and passions converge and are often the reason behind them. For example, imagine you listed "reading" as an interest and "learning" as a passion. If these feel connected or even the same to you, consider the reason why these emerged for you. Perhaps something you value is intellectual growth, and you see that expressed in your interests and passions.



Take some time to reflect on the words you listed under these previous sections – interests, passions and values. Write down 5 values that emerge in the space provided.

Now that you've captured some thoughts about what you value, it's time to consider which of these might emerge as a Core Value.

ACTIVITY:

Core Values

At The Restored Leader, when we discuss your Core Values, it's important to note that these are distinguished from your values, interests and passions. **Core Values are the undeniable truths that reflect how you see yourself and make sense of the world.**

Now it's time to Redeem your Core Values.

We say "redeem" because Core Values are already inside of you – they are already governing your choices, even if you're unaware of them. Imagine an archaeologist uncovering a fossil. The fossil has been buried deep within the Earth for quite some time, even though it is only recently uncovered. That's a Core Value. They're within us, waiting to be discovered.

The word redeem is the one that we most frequently use because not only are you uncovering your Core Values, but you're also dusting them off and putting them under the light. You're bringing them to their original design as much as you can.

DEFINING, ANCHORING, AND EMBODYING YOUR CORE VALUE

In the next step, you will build the features of your Core Value. You'll define the Core Value in your own words. You'll anchor it to truth and will be able to "see it" lived out in your embodied actions.

You may have a word that you can look up in the dictionary, but we find that when leaders describe their Core Value using their own words, the **definition** becomes personal and easily memorable.

The Core Value must be **anchored** in truth so that others can connect with it. They may hear your definition and think "that's good for you" and when they hear your anchor truth, it's immediately more digestible to them as an outsider.

A Core Value must be **embodied** so that you and others can experience it. These are signals to you and others that you're literally putting actions around what you believe to be true about yourself and the world. We see Core Values in the way you think, the way you speak and the way you act. I can tell your character in the way you do these things. People around you don't need to know what your Core Values are, but they will see you embodying them.

To identify your Core Values, consider each of the values you listed and ask yourself the following questions:

1. **Do I possess this value and want to embody this value more?**
2. **When life is chaotic, do I run to this value?**
3. **Does this value produce increased confidence, joy and undeniable peace?**

If you answer yes to all three, then you have qualified a potential Core Value.

Repeat this process for your remaining values. You must answer yes to all three questions for each Core Value for the value to qualify as core. When complete, write down the single Core Value that describes you best here:

1. Define your potential Core Value – a meaningful and memorable description to you.

2. Assign an anchor truth to the Core Value. You have experienced it. It can also come from Scripture, mantra or quote that verifies the truth of this Value.

3. Describe the embodied action of this Core Value. What does it look like when you live out the expression of this word?

Example

One of Katie's Core Values is Curiosity. She defines it and anchors it this way:

"With a learning spirit, I seek to understand new concepts and perspectives. Knowing that ultimately, "If any of you lacks wisdom, let him ask God who gives generously to all without reproach, and it will be given him." James 1:5" This Core Value is embodied by leaning in, listening, and asking questions to understand.

Feel free to use this template:

When I talk about _____[my Core Value]_____,

I define that as _____[definition here]_____.

I know that's true because ___[insert anchor truth]_____. I know that

I am living out this Core Value when I am actively _____[embodiment]_____.

Defining and anchoring your Core Values is a practice that when done frequently, will form more authenticy, confidence and joy. If it doesn't produce those things, you will make adjustments and refinements as you need.

At The Restored Leader, we believe reciting and revisiting this on a daily basis helps you continually form the character of your leadership.

To practice this, we invite you to visit our app and follow the First Things First practice.

Visit: https://app.restoredleader.com

Forming Your Sabbath

Forming Your Sabbath

Praxis, in Latin, means to take thoughtful action. Forming a praxis is forming a plan for rest. This requires intentional time to understand your theology of rest.

ACTIVITY:

Current Praxis of Rest

On Sabbath, what are your current practices of rest?

What is your definition of rest?

ACTIVITY:

Prayer and Meditation - Lectio Divina

Lectio divina or "sacred reading" is a way of listening to God through Scripture read aloud and becoming personally immersed in the Scriptures. It draws on the way Jews read from the Haggadah, a text read during Passover that retells the Exodus story. Haggadah means "telling" and along with being a physical text, Haggadah captures the practice of telling and retelling a story.

We need the Holy Spirit to help us understand the Scripture. Practicing *Lectio* is a way to invite the Holy Spirit, giving the holy Scripture the opportunity to read *you*.

Using the five steps of *Lectio Divina*, open your Bible to Psalm 1:1-6.

Prepare Your Heart *(Silencio)*:
Come into God's presence, slow down, relax and intentionally release the chaos and noise in your mind to Him.

Read the Word *(Lectio)*:
Read the Scripture passage slowly out loud, lingering over the words so that they resonate in your heart. Let it sink in. When a word or phrase catches your attention, don't keep reading. Stop and attend to what God is saying to you. Be open to the Word. Don't analyze or judge it. Listen and wait.

Meditate *(Meditatio):*
Read the Scripture again. Savor the words. Listen for any invitation that God is extending to you in this Word. Reflect on the importance of the words that light up to you. Like Mary, who pondered the Word in her heart, gently explore the ramifications of God's invitation.

Verbal Response *(Oratio):*
Read the Scripture a third time. Now is the moment to enter into a personal dialogue with God. There is no right or wrong way to do this. The important thing is to respond truthfully and authentically. What feelings did the text evoke in you? Where are you resistant or do you want to push back? How do you feel invited into a deeper way of being with God? Talk to Him about these feelings.

Rest *(Contemplatio):*
Rest and wait in the presence of God. Allow some time for the Word to sink deeply into your soul. Yield and surrender yourself to God. Before you leave, consider how you might dwell with this Word throughout the day.

Close with the Lord's Prayer

Notes:

ACTIVITY:

Creating new practices of rest

The Core of Delight is our capacity to Worship

— Dan Allender

Dan B. Allender is theologian, therapist, and author of *Sabbath: The Ancient Practices*, and writes that there are four pillars of Sabbath. These pillars provide us with the opportunity to explore ways of forming a praxis that reflects our menuha in Sabbath.

- Rhythmic Repetition is about time and how we seek a weekly Sabbath rhythm that shapes our life.
- Seek Beauty is about experiencing beauty through our senses. Beauty that results in worship of the Creator.
- Feast is about gathering, delighting in provisions, noticing relational beauty, time, and taste.
- Play is going all out like a child does — it doesn't matter if you lose or fail, it's all worth celebrating.

Notes:

My Praxis of Rest:

DATE CREATED:

My Core Values:

Rhythmic Repetition:

Seek Beauty:

Feast:

Play:

Notes:

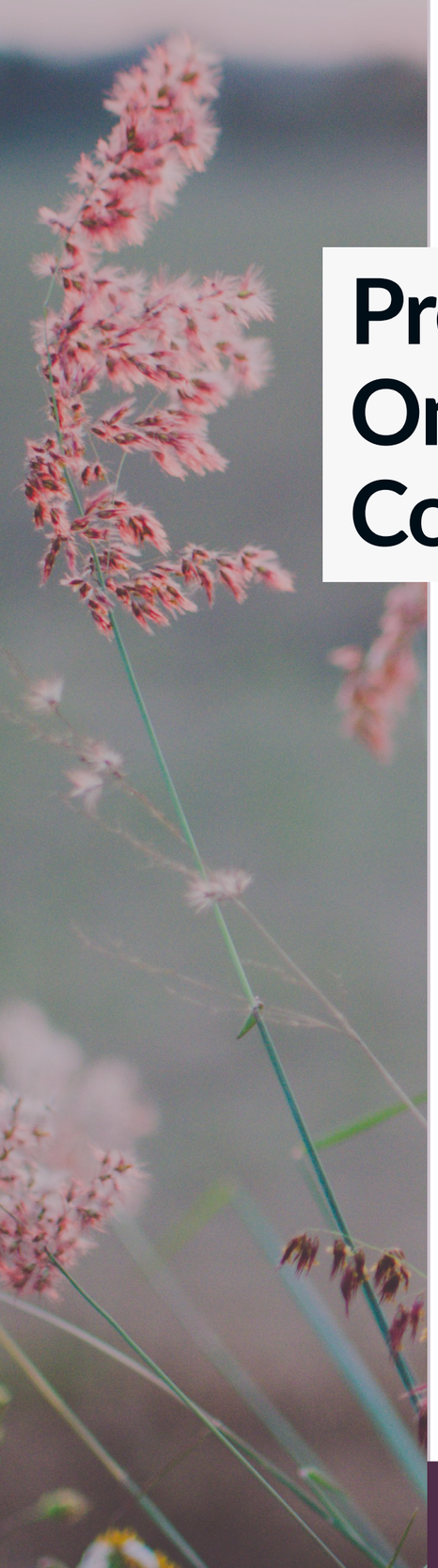
Notes:

Notes:

Notes:

Notes:

Preparing for One to One Coaching



Preparing for One to One Coaching

> *Now if the Vision of this glorious kind of life is there, then the next step is Intention. I must decide that I will live that kind of life.*
>
> — Dallas Willard

At the Restored Leader, we believe that the role of coach, in the context of disciple-making, provides a leader with intentional, honest conversations that produce lasting fruit.

Over the next three weeks, we will be hosting you in three, 30-minute coaching conversations to help you reflect and move forward in your practices of Sabbath. You'll schedule these coaching sessions to occur the day after your Sabbath.

What to expect in your coaching sessions

We want to help leaders become more authentic, confident and joyful.

We know the effort that you put towards your leadership development. As Professional Coaches, we create a thought-provoking experience designed for clients to generate greater awareness that triggers sensible action.

The process of coaching often unlocks previously untapped sources of imagination, productivity and leadership.

We host conversations through these Core Values:

Intentional
Every conversation is a new opportunity for self-awareness.

Honest
Every conversation is an opportunity to observe truth.

Grace
Every conversation is a gift and an opportunity to share gratitude.

One to One Coaching Session 1:

My Sabbath date is: ..... .

My One to One Coaching Session date: ..... .

What happend on my Sabbath day?

Rate the quality of your Sabbath rest (1- Non Existent 10-Fully Rested)

Mental	1	2	3	4	5	6	7	8	9	10
Physical	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10

What did you like about the experience?

What would you do differently?

What do you want to talk to your coach about?

Post coaching reflections

One to One Coaching Session 2:

My Sabbath date is: ..... .

My One to One Coaching Session date: ..... .

What happend on my Sabbath day?

Rate the quality of your Sabbath rest (1- Non Existent 10-Fully Rested)

Mental	1	2	3	4	5	6	7	8	9	10
Physical	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10

What did you like about the experience?

What would you do differently?

What do you want to talk to your coach about?

Post coaching reflections

One to One Coaching Session 3:

My Sabbath date is: ..... .

My One to One Coaching Session date: ..... .

What happend on my Sabbath day?

Rate the quality of your Sabbath rest (1- Non Existent 10-Fully Rested)

Mental	1	2	3	4	5	6	7	8	9	10
Physical	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10

What did you like about the experience?

What would you do differently?

What do you want to talk to your coach about?

Post coaching reflections

My Restored Praxis of Rest:

DATE CREATED:.....

MY CORE VALUES

RHYTHMIC REPETITION

SEEK BEAUTY

FEAST

PLAY

VISIT

RESTOREDLEADER.COM