



Oxygen Mask Theology

The Absolute Necessity of Pastoral Self Care

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**You can do the work of God in a way that
ruins the work of God in you.**

Sabbath

Rest | Refresh | Reconnect



Sabbath | What is it?

- Older than the Old Testament law
- More about trust than rest

Time is to sabbath as money is to tithing.

Modern Sabbath Practice

- Rest**—intentionally fill up your physical, emotional, and social reserves
- Refresh**—engage with things and activities that bring you joy
- Reconnect**—make family and friends a priority

Real Life Sabbath

- Keep your schedule clear**
- Indulge in what brings you joy. Get a hobby!**
- Consider exercise a part of rest**
- Schedule time for family**
- Limit distractions and intrusions**
- Journal to remember how God refreshed you**

Practical Sabbath Considerations

- Rearrange household chores**
- Work up to a full day**
- Challenging for families with kids at home**
- Establish a culture of limited availability**
- Not legalistic but proactive**

Renewal Days

Intentional Renewing



Renewal Days



- A day set aside for refreshing and renewing
- A work day, not a day off
- Designed for solitude, reflection, and introspection
- Typically 1x/month for pastors and 1x/quarter for staff

**Whatever you need to fill up your spiritual,
emotional, and physical buckets to so you can
minister more effectively**

Renewal Day Activities

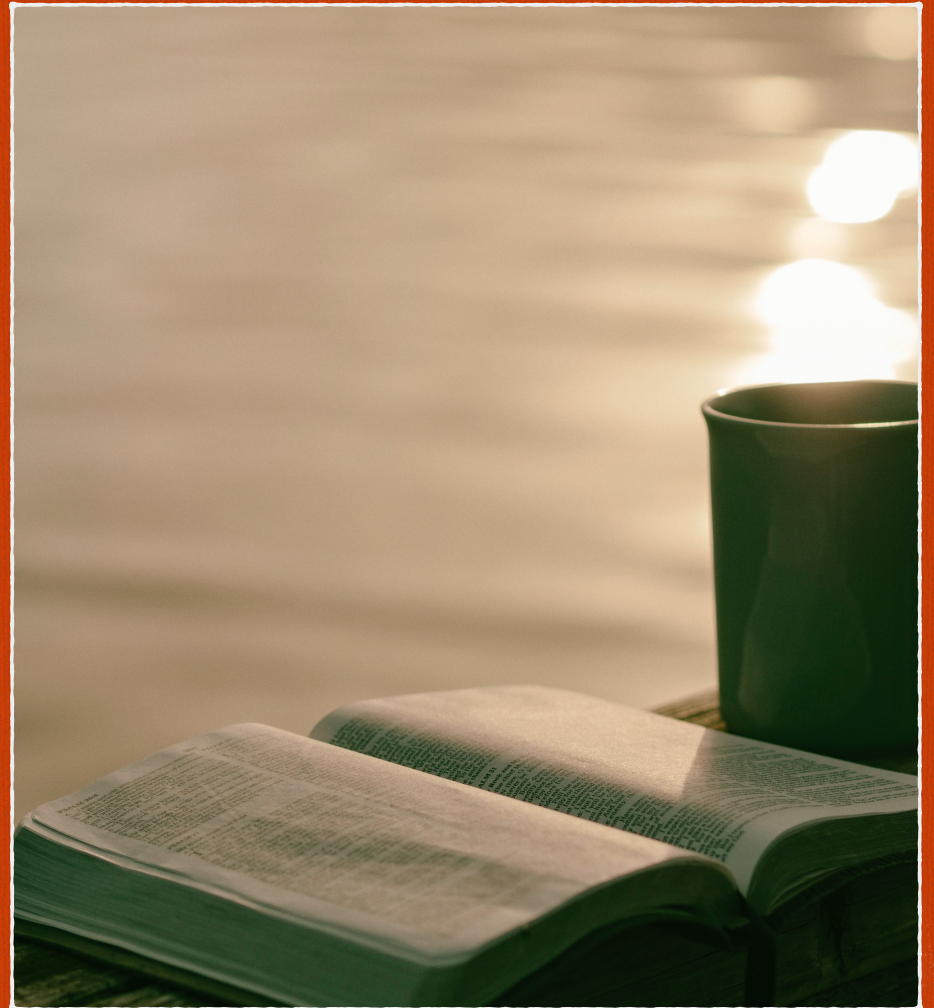
- Read, pray, study, journal
- Exercise, sleep, fast
- Solitude, serve, be outside

Practical Renewal Day Considerations

- Home is usually not a good place
- Cabin, library, park, trail, another church, camp, coffee shop, etc.
- Plan ahead and don't delete it
- Take the same day each month
- Create a culture of "Do Not Disturb"
- Reflect and journal

Sabbatical

Extended Time Away



What is a sabbatical?



- Extended time away
- 4-13 weeks every 5-10 years
- In addition to other time off
- Some churches have stipulations
- Some give extra compensation

Sabbatical Activities

- Rest
- Develop a Bible reading plan
- Keep a daily journal of activities and reflections
- Spiritual retreat
- Take a class
- Other churches and travel

Sabbatical Considerations

- As much for the family as the pastor
- Be intentional
- Schedule time with each family member
- Thank your elders when you return



Obstacles to Pastoral Self-Care

Pastoral Culture



- Give until we give out
- No problems, struggles, or doubts
- Invincible
- Lack of teaching

Church Culture



- People won't understand it
- People will be jealous
- Make take time to educate them
- Lay off the social media

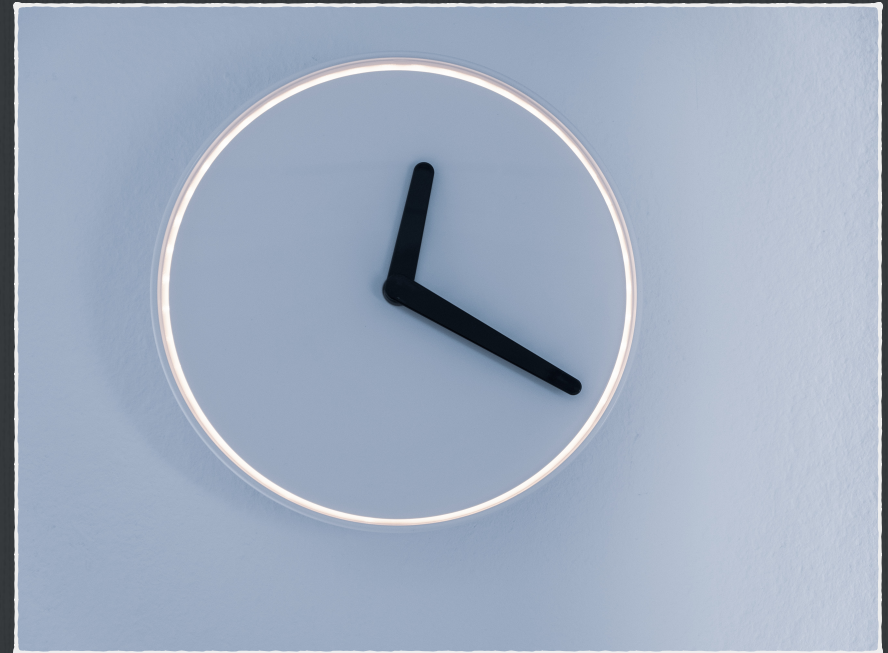
New Practices

- Will feel strange at first
- Won't see short term benefits
- Won't go as planned
- Start small
- Experiment



Time

- Temptation to use the time for something else**
- Block it off on your calendar**
- Think proactive rather than reactive**
- Prioritize your self-care**



**You can do the work of God in a way that
ruins the work of God in you.**

**So allow God to do His work first in you
so you can work best for Him.**

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