

# Oxygen Mask Theology

*The Absolute Necessity of Pastoral Self-Care*



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## Introduction

Three essential practices...

- Sabbath
- Renewal Days
- Sabbaticals

## Sabbath

God established the principle of sabbath in creation.

A modern practice of sabbath for church leaders has this goal—a regular time to rest, refresh and reconnect.

What does this look like in real life?

Practical considerations for sabbath

## Renewal Days

What is it?

- A day for specific refreshing and renewing.
- Considered a work day, not a day off or vacation.
- Designed to get away in solitude to do things that specifically for reflection and introspection.
- Typically for pastors 1x/month and other full-time staff 1x/quarter.

What to do?

Where to do it?

Practical considerations for renewal days

## Sabbatical

What is it?

- An extended time of rest and refreshment away from church.
- Typically for pastors it is 4-13 weeks.
- Given every 5-10 years.
- Typically, in addition to other vacation, PTO, etc.
- Some have stipulations on what do it. Others have none.
- Some give extra compensation as well.

What do to?

Practical Considerations for sabbatical

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