



## Now What? Follow-Up on the Spiritual Lives of Christian Educators

International Christian Educators' Conference, April 12, 2014

### REST Rx

- Schedule margins
- Schedule restful activities
- Vacations and days off
- Avoid perfectionist approaches to learning in the classroom
- Focus on collaborative work methods
- Refrain from draining activities and draining people
- Develop daily, weekly, and seasonal patterns of rest
  - Build rest into the school day.
  - Build rest into each day at home.
  - Build rest into each week, month, year.
- Consider the God we serve
  - 6 days of creation; 1 day of rest (“cease from activity”)

### RETREAT Rx

- “He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul” (Psa. 23:2-3).
- Pull back from the battle and REST
- Calendar your retreats TODAY
- Once a month
- Once a quarter
- Twice per year
- Consider scheduling a yearly / twice-yearly 48 hour retreat individually and corporately
- This could be done at home, in a nearby town, wherever. As long as it helps you to get away and be with God for the purpose of rest

### REST ACTION PLAN

- Develop a concept of “holy leisure”
- Develop a culture of self care
- Questions:
  - What exhausts you or keeps you working past your limits?
  - When and where do you most deeply rest?
  - Who helps you rest?
  - What is it like for you to set aside time to play?
  - How regular and inviolable is this time?

### RETREAT ACTION PLAN

- Like the disciples, we might need to assess what we have on our team. Do you know what your team has as it relates to retreat?
- What services can your faculty provide one another for a team retreat? If all go, when does your calendar dictate this would need to be? If half go one week and the following half the other week?
- What retreat centers do you know of in your region that you can utilize? I can help you find one.

## SOLITUDE Rx

- Practice daily solitude
- Ask yourself
  - How and when do you resist or avoid being alone?
  - What do you think about when you are alone?
  - What do you resort to doing when alone?
  - What troubles you about being alone?
  - When have you felt most comfortable being alone?
  - What sense of God do you have when you are alone?

## SOLITUDE ACTION PLAN

- Start with just 15 minutes. Intentionally place yourself in the presence of God. Simply be alone with Him. Meditate on His Word. Spend time in prayer. Listen.
- Dedicate a quiet activity to Him and commune with Him during the activity.
- Prayerfully consider the scheduling of regular solitude in your life.
- Create a “solitude space” at school.
- Create a “solitude space” at home.
- Create a “solitude space” in travel. (Quiet car on the train)
- Gradually increase your solitude:
- Set aside a 1-2 hour period in a quiet place, once a month.
- Set aside a half day period in a quiet place, once a month.
- Set aside a full day in a quiet place, once per month.
- Begin to explore weekly Sabbaths.
- Begin to explore quarterly retreats.

## SABBATH Rx

- Setting aside one day a week for worship of God
- Practicing restful activities
- Letting go of stress for 24 hours
- Let difficult conversations happen on another day
- Do not develop a “to do” list for the Sabbath
- Refrain from competition that keeps you working on your “day off”
- Does your absence policies at your school allow for a “mental health day”? Would faculty take these days if they were allowed? If not, how do you help change your school culture to self care?

## SABBATH ACTION PLAN

- Luxuriate and rest in God.
  - Fall asleep as an act of worship.
- Give your anxiety to your Heavenly Father.
- Awake gently on your Sabbath
  - Don’t set an alarm.
- Plan your meals ahead.
- Enjoy family and friends.
- Worship and play.
- Take a nap . . . do not work!