

HOW TO ACHIEVE MAXIMUM PRODUCTIVITY AND REST

“We don’t Sabbath at the end of the week because we were tired, we sabbath at the beginning of the week so we don’t get tired.”

Taking a True Sabbath:

Sabbath: “to cease from labors”

A Sabbath is a day: Where I honor God by saying, I don’t get things done by my efforts - it comes by your power, so I’m going to honor you on this day by not producing.

Pastor Chris’ Personal Sabbath:

1. I consider the first day of the work week to be Monday
 - We honor God by giving him the first day of the work week.
2. Unplug Completely
3. Eat Great Meals

How to Cease From Labors

1. Replenish yourself - What replenishes you?
2. Spending Time with the people you love

“We need to learn the pace of grace because we are called to live productive lives.”

4 Step Process:

1. **Define** your purpose and responsibilities
 - What is required?
 - What gives the greatest return?
 - What gives you the greatest reward?
2. **Prioritize** the Big Rocks
 - Identify 6-7 responsibilities/priorities
 - Put in Schedule First
3. **Create** an Ideal Week
 - If nothing different is going on this is what my ideal schedule looks like
4. Weekly **Evaluate, Eliminate, and Execute**
 - Pick a moment to Evaluate - how did I do?
 - Eliminate what you don't need anymore
 - Execute what you DO need to do or implement

Are you tired still after you rested?

PODCAST RESOURCES

- [Big Rocks – 2019 Message Series](#)
- [Full Focus Planner](#)
- [12 Areas to Evaluate](#)

ADDITIONAL RESOURCES

- [More from GrowLeader](#)
- [The Wesleyan Investment Foundation](#)
- [GAC Family Network](#)
- [Previous Episodes](#)
- [Show Notes](#)
- [Free Church Resources](#)