

MEANINGFUL REST AND RELATIONSHIPS

WITH RICK BEZET

Searching for Rest

- We have to start being honest with ourselves and one of the best ways to do this is with a close friend or counselor who we can be completely open and honest with.
- It sounds simple, but in order to find rest you have to first know where you feel rested.
 - *Where do you find rest?* Be specific.
- In order to achieve all of the goals that you have, you have to know where you find rest and fight for it just as much as you do your calling.

Authentic and Transparent Relationships

- We should be authentic with everyone we meet by being honest and telling the truth.
- We also need to be transparent with a few about where we are and how we are doing.
 - Take this a step further by giving them permission to speak into these areas, ask questions, and cover us in prayer.
- This can be hard for some leaders because we are moving so fast that no one can stop and check-in on how we are doing.
- We must have close, transparent friendships to make it through life and reach our goals.
 - *Who are you being transparent with?*

“Be authentic with everybody, but you’ve got to be transparent with a few.” - Rick Bezet

Cultivating Relationships

- After our relationship with God, we must have great friends to survive in ministry.
- To have transparent relationships, you must intentionally invest into them.
 - Put more into a relationship before you expect anything out of it.
- Great relationships do not happen by accident, so let’s work on investing in them.
 - *Who can you be transparent with?* List a couple people in your life that you can start being more intentional with, and take steps to invest in those relationships.



Resting Well

- Taking time to rest can feel like work, which mirrors what the Bible says in Hebrews.
 - “Let us, therefore, make every effort to enter that rest...” - Hebrews 4:11
- PC’s Advice
 - Find time to take a break annually.
 - Take care of your soul.
 - Take care of your body.
 - Have two or three friends that you are completely transparent with; including your spouse.
- No matter where you find yourselves, you can always get back to a point of good health.

“You will always stay as sick as your secrets;
so don’t have any.” - *Chris Hodges*

RESOURCES

- [Free Church Resources](#)
- [Watch the GrowLeader Podcast](#)
- [Monthly Mentoring with Pastor Chris](#)
- [GrowLeader Regionals](#)
- [Develop a Kingdom Builders or Legacy Team](#)
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