



FAITH NEST

# LEADERSHIP RESET

**A WEEKLY RHYTHM TEMPLATE  
FOR TIRED PASTORS**

*Rest is not weakness, it's wisdom.  
This template will help you lead from  
overflow, not exhaustion.*

Created by: Faith Nest - Restoring leaders and renewing vision.

# DEAR PASTOR,

You weren't meant to carry this alone.

Ministry is beautiful, but let's be honest, it's also relentless.

And somewhere in between the sermons, the meetings, and the midnight hospital calls... your soul gets quiet, exhausted, numb.

*But here's the truth:*

Rest isn't a luxury for pastors. It's essential. This resource was created to help you step out of survival mode and into a sustainable rhythm that nourishes your soul while still honoring your call.

Let's rebuild your week around rest, clarity, and purpose.

Blessings,  
-Rudy

# WHY RHYTHMS MATTER

## Rhythm Over Routine

- ➔ A routine is a list.
- ➔ A rhythm is a lifestyle.

When Jesus walked this earth, He moved in rhythm, with rest, prayer, solitude, meals, and intentional ministry. He withdrew often. He was never rushed.

You're not just managing a calendar. You're stewarding your calling.

This template isn't about cramming in more tasks. It's about making space, for God, for rest, for joy, for recovery.

# 5 STEPS TO RESET YOUR WEEK

## Step 1: Name the Weight

Take 5 minutes and list the top 3 things that are emotionally or mentally heavy right now. (Example: Budget issues, a staff conflict, sermon pressure.)

*Question: What's one weight I'm carrying that God didn't ask me to?*

## Step 2: Identify What's Draining You

Make a quick note next to each recurring weekly task:

- ➔ Which ones drain you?
- ➔ Which ones fill you?
- ➔ Which ones could be delegated?

*Tip: Just because you can do it doesn't mean you should.*

### Step 3: Schedule Rest First

Before you plan ministry, block rest. That could be a tech-free Sabbath, a long prayer walk, or even just a nap.

*Challenge: What would it look like to treat rest as sacred, not optional?*

### Step 4: Anchor in Scripture

Pick one verse to be your weekly anchor a promise, a challenge, or a reminder. Write it down.

*Example: “My presence will go with you, and I will give you rest.” (Exodus 33:14)*

### Step 5: Design Your Rhythm

Now you’re ready.

**Use the next page** to craft a week that reflects your values, not just your obligations.

# THE WEEKLY RHYTHM TEMPLATE

[Visual Template – Editable or Printable Section]  
Space to customize priorities, personal renewal, and family/ministry balance.

<b>DAY</b>	<b>MORNING FOCUS</b>	<b>MIDDAY TASK / MEETING</b>	<b>REST / RECOVERY TIME</b>	<b>EVENING REFLECTION</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

# REFLECTION & RENEWAL

## Reflection Questions:

1. Where am I feeling most spiritually dry right now?
2. What moments this week can I create just to be with God?
3. Who on my team or in my community can help share the load?

## A Prayer for Rhythmic Leadership:

"Lord, reorder my days around your presence.  
Teach me to walk in step with you, unhurried, unshaken,  
and unburdened.  
May my leadership flow from overflow, not burnout.  
Give me the courage to rest and the wisdom to delegate.  
And remind me, again, that I am not alone.  
In Jesus' name I pray, Amen."