



Calvary Alliance of Churches and Ministries

Ten Prayers for Your Rest

A few thoughts and prayers during this time of rest...

"Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light." (**Matthew 11:28-30, TNIV**)

My Friends,

Please take some time to rest. I understand the rigors and drama of ministry. But I also learned a long time ago that without proper rest a leader is less effective. Rest can be physical, emotional, or spiritual. Most of us need all three. So take some time to pray, reflect, have fun, and kick back. This will help you adjust your perspective on things you are going through and give you strength to persevere! Friends, we need the ability to rest in Christ **regardless** of circumstances! Put another way...

Matthew 11:28-30 (MSG) "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. (29) Walk with me and work with me--watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. (30) Keep company with me and you'll learn to live freely and lightly."

Leaders,

I have learned that people with tired minds and bodies have this self-perpetuating cycle working in them:

- They make bad decisions.
- They get frustrated easier.
- They lose sight of the big picture.
- They see "greener grass" on the other side (and are therefore more susceptible to quitting).
- They mistake their loss of zeal for "the end of their season."

And ironically, all these things just make you more tired! ☺

Therefore, the CACM staff and I are praying for...

1. Your **Renewal** (In Christ)
 - We are praying for a revival of your faith and your prayer life.
 - We are asking God to give you strength to keep living holy and blameless.
 - We are asking God to re-ignite your desire to read and study.
2. Your **Reconnection** (With family)
 - We are praying for the strength of your marriages and parenting.
 - We are praying that you really connect with your children, regardless of age.
3. Your **Reestablishment** (Of proper priorities)
 - What are your family and personal goals? How are you doing with your core values?
 - We are praying for a solid foundation of principles from which to live and minister.
4. Your **Recuperation** (In your physical body)
 - We are praying for more consistent rest and exercise and a better diet for you.
 - We are praying for your emotional health; this often goes first and affects all other areas.
5. Your **Reconsideration** (Of your Vision)
 - We are praying for your sustained passion for the vision God placed in your heart.
 - We are asking Christ to renew your strength to love and lead His precious people.
6. Your **Refreshing** (In your attitude)
 - We are asking God to help you see how much He has blessed you.
 - We are praying for increased intimacy in your personal times of praise and worship.
7. Your **Recommitment** (To sharing your faith)
 - We are asking God to reinvigorate your compassion for the hurting and lost.
 - We are praying that the Holy Spirit will anoint you and help you meet the needs of the hurting.
8. Your **Recognition** (Of your value to God and His Church)
 - We are asking God to show you how He views you and how much He loves you!
 - We are praying that you know how much you mean to the Kingdom of Christ.
9. Your **Reconciliation** (With any you are at odds with)
 - We are praying for the healing of any bruised or broken relationships in your life.
 - We are praying that you would be able to truly forgive those who have hurt you.

10. Your **Reevaluation** (Of your personal finances)

- We are praying for your contentment in Christ so you may find peace in the area of money.
- We are praying that you would become free in this area and have “more than enough” to give others.
- We are praying that you would continue to strive to leave a legacy.

So be Encouraged my friends:

During times of frustration, the heart and integrity of the leader is needed all the more. I've rediscovered this recently. When people aren't acting right, when rehearsals don't go right, when somebody says something with the wrong spirit, or when you just reach the end of your rope, you as a leader must run to the Cross instead of away from the people. Satan will do all he can to discourage you. Run towards Christ. The mettle and courage of a leader is tested during times of confusion and chaos, not during times of peace. If the leader won't lead during these times, the people have no hope.

With Love,
Bishop