

Reflection Questions for Rest & Renewal

Questions to ask yourself *currently*

- What am I afraid might happen if I stop “doing” and experience “being”?
- What feelings am I afraid I might experience if I rest?
- What am I afraid to grieve or am avoiding grieving?
- What am I afraid to say has changed? What do I not want to admit I’ve lost or is gone?
- What do I think my parishioners or colleagues will think if I tell them I’m taking renewal leave or I’m enforcing my Sabbath?
- What makes taking a Sabbath challenging?
- When is the last time I took a break and rested? What did I enjoy about that time?
- What do I feel like I “should” be doing during my renewal leave?

Questions to ask yourself *during a time of rest*

- What am I sad about?
- What is my biggest fear personally? For the church?
- Busyness helps me feel...
- The thing that is exhausting me the most is...
- What did I have to say “no” to in order to take this time to rest?
- What am I tempted to do during this time of rest (especially renewal leave) that is others-focused instead of focusing on my own spiritual and mental wellbeing?
- How did my planning (or lack of planning) impact my ability to rest right now?
- What is uncomfortable about caring for myself instead of crossing things off a checklist or caring for others?