

PARALLEL LEADERS

O24: KELLY STICKEL EMBRACING RHYTHMS OF WORK AND REST

EPISODE NOTES

In our modern world, we often prioritize work and productivity over rest and rejuvenation, leading to burnout and a lack of cohesion within our teams. Drawing from Jesus's teachings in Matthew 11, we can learn about the unforced rhythms of grace and how to walk within a rhythm of both work AND rest.

1. Embrace healthy rhythms rather than balance.

It's impossible to balance everything perfectly. Maintaining balance often means cheating something at some point. For example, focusing too much on work will cheat your health, family, relationships, or rest.

Rather than attempting to create balance, focus on establishing healthy rhythms. Break your day into hourly, daily, weekly, monthly, and yearly rhythms.



I've noticed that my brain can concentrate for a set period of time, and then it drifts off. I use an app called Brain.fm, which has been scientifically engineered to help me stay focused and productive during my work hours while ensuring I take short breaks after every 20-40 minutes of intense concentration.

I also pay attention to my daily rhythms and try to work during my deepest concentration or creative time and save more mundane tasks like answering emails when I'm not as sharp. It's helped me be more productive and efficient with my time.

I recommend discovering your own rhythms and adjusting your calendar to match your needs.

2. Live by priorities.

When setting rhythms and determining what to focus on, it's essential to live by your priorities. The five Fs are a good starting point.

- A. Faith - It's helpful to ask yourself, "Does this activity help or hinder my relationship with God?"
- B. Family - "Does this activity help or hinder my relationships with my family?"
- C. Fitness - Ask yourself, "Does this activity help or hinder my health?" This involves your physical, mental and emotional health.
- D. Finances - Ask, "Can I afford this activity? Is it worth the cost?"
- E. FUN - Ask yourself if it's enjoyable and if it helps or hinders your relationships with friends.

Remember that living by priorities helps keep them in order and ensures you make the best use of your time.

3. Learn to identify and adapt to seasons.

This applies to all areas of life, including churches, businesses, and families. Like farmers know that every season is not harvest season, we must recognize that every season will be at a different pace.

For example, in the church world, by studying attendance and financial charts, we can identify seasons, take advantage of down seasons for rest, reset or focus on projects, and then schedule downtime and holidays immediately after busy seasons like Easter or Christmas.

As part of a team, we need to communicate and monitor each other's seasons to know when we can lean on each other and when we need to give each other space. Understanding and respecting each other's rhythms is vital for creating unity.

4. Embrace a team rhythm of work and rest.

While Sunday may traditionally be viewed as a day of rest for Christians, this may not be possible for those volunteering and actively involved in their church community. As such, scheduling another time for Sabbath and communicating this with team members may be necessary to ensure everyone is on the same page. Ideally, it is best if a team can Sabbath simultaneously to protect their time off and create a sense of unity. Accountability and unity can be maintained by communicating weekly rhythms with team members.

It's not about trying to spend equal time on work and rest but rather finding a sustainable rhythm that works for each individual and team.

And the key here is to do it together as a team, to create a rhythm of work and rest. Doing so can strengthen and unify your team while holding each person accountable to taking time off and recharging. When we work together to create a healthy rhythm of work and rest, we can achieve more as a team and foster a positive work environment.



RESOURCES + LINKS

- [Book: Choosing to Cheat by Andy Stanley](#)
- [App: Brain.fm](#)
- [Message Series: Rhythms of Grace message series](#)

DISCUSSION QUESTIONS + ACTION STEPS

- 1 Are there any unhealthy patterns or habits that you need to address and change to establish a healthier rhythm of work and rest?
- 2 Do you have a routine or plan for different seasons in your life, such as a busy season or a downtime season?
- 3 Are you taking advantage of vacation time and downtime, and do you schedule them strategically to avoid burnout?

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