



Weekly Renewal Plan for Ministry Leaders

A 3-Step Rhythm to Restore Joy and Energy

Even the most faithful leaders can run dry without intentional rhythms of rest, connection, and prayer. This simple 3-step plan is designed to fit into real ministry life — giving you space to breathe, hear from the Lord, and lead with renewed strength.

1

Sabbath Day

Set aside one day each week completely free of ministry responsibilities. Use this time for worship, rest, and enjoyment of God's presence.

2

Deep Connections

Make time for two intentional, life-giving conversations each week with trusted friends, family, or mentors who encourage you spiritually and emotionally.

3

Prayer Pauses

Step away three times during your ministry week for short, intentional moments of prayer, apart from sermon prep, to refresh your heart before the Lord.

Small, consistent steps create lasting renewal. Start this week, be faithful, and watch the Lord restore your joy and strength for ministry.

