Finding Rest

Dr. Steve Brown
A Personal Resource



Endless studies powerfully demonstrate that our sleep, both the quality and quantity, is incredibly important to a leader's health and everyday effectiveness. Though, as a leader, there are often few available hours as your mind is working overtime.

To help you maximize your sleep, there are some important spiritual realities to consider.

- First, we are designed by God to require sleep.
- Second, sleep is a reminder that we are not God. He doesn't need to slumber or sleep (Psalm 121:4), but we do.
- Third, when we sleep, we are forced to relinquish control. In this act, we have the opportunity to choose to trust God to watch over all the pieces of our lives. As David wrote in Psalm 4:8, "In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."

To help you with the spiritual side of sleep, here are three questions I seek to use each night before seeking rest.

What are you thankful for?

Start back at the beginning of your day. When were you blessed? Sometimes these blessings are big and unforgettable. But also look for blessings in the ordinary and even in difficult moments. Keep searching until you find at least three things you are thankful for from the day. Then, thank God. This simple act of thanksgiving can positively change your heart and mind as you get set for rest.

Subscribe to the Sharpening Leaders Blog at www.sharpeningleaders.com and learn more about who we are at www.arrowleadership.com or call us at 1-877-262-7769

ARROW LEADERSHIP

Copyright @ 2020 Arrow Leadership All Rights Reserved. Downloads of resources and tools are licensed for individual use and are not to be shared or reprinted without permission.

Is forgiveness needed?

Taking guilt, shame, anger or hurt into your sleep won't help your rest. Psalm 139:23-24 reads, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

Pray this simple prayer, reflect on your day and confess to God if/when you identify any offensive ways. As you seek forgiveness for yourself, by God's grace also extend forgiveness to those who have trespassed against you.

What do you need to entrust to God?

Are you carrying some emotional, mental or practical burdens from the day and the crisis? Are there people, situations, circumstances or unfinished business that you need to entrust to God? Taking this weight into the night, even subconsciously, will hinder your rest. Instead, pray a simple prayer like, "God, I choose to entrust _____ into your good care this night."

Another helpful and beautiful night prayer from *A New Zealand Prayer Book* (Aotearoa, 1997, p. 184) was given to me by a friend. I've shortened and slightly modified it.

"Lord, it is night after a long day, what has been done has been done, what has not been done has not been done, I entrust all to you."



Subscribe to the Sharpening Leaders Blog at www.sharpeningleaders.com and learn more about who we are at www.arrowleadership.com or call us at 1-877-262-7769

ARROW LEADERSHIP

Copyright @ 2020 Arrow Leadership All Rights Reserved. Downloads of resources and tools are licensed for individual use and are not to be shared or reprinted without permission.