

# IGNITING GOD'S BEST WORK

## The Power of Restorative Wellness in Disciple Making Movements

Restorative Wellness is a Kingdom-first paradigm shift combating chronic overload and exhaustion among God's people, preparing us to wake up and rise up to be the disciple makers we are called be. In our 24/7 world, Restorative Wellness gives individuals (and people we do life with: small groups, church friends, coworkers, family and friends) permission to strategically stop and rest guilt-free. A Community Commitment to God's plan for work and rest positions emerging disciple makers to a Matthew 28 GO that advances the gospel and changes lives.

To do this, we have to address the standard operating norms of most believers: overload, exhaustion, and guilt. These three, vice-grip realities sabotage our Growth, our Healing, our GO, and the work God wants to do in us & through us.

**John 4:6** tells us, "... Jesus, tired as he was from the journey, sat down by the well. It was about the sixth hour." Jesus recognized his fatigue and did something about it. He stopped, took a break, and sat down - unafraid and shame free. In that time of rest, the Father set the stage for a radical transformation of an ostracized woman. This led to revival in the Samaritan town of Sychar. May we follow Jesus' lead - to run hard and rest well.

Why are disciple making efforts anemic in American today?

### **We Are Tired**

We are stretched thin, worn out, entwined in unrealistic expectations and running an unsustainable pace.

### **We Are Distracted**

We are distracted by our pain, a current crisis, or the baggage of unhealed wounds. We are distracted by the trivial - chasing misaligned priorities (good, bad, and ugly) that keep us from caring about what God cares about most.

### **We Are Un(der)Discipled**

Run Hard. Rest Well. speaks into our fatigue, opens the door for Jesus to deal with our distraction, and the DIRECTS people to ministries that excel in advancing disciple making movements.

Are you a leader in a disciple making movement, a pastor, a Jesus follower who wants to accelerate God's work in and among His people to GO—be a neighbor, GO—make disciples, GO—make a difference in people's lives by loving well and serving boldly? Run Hard. Rest Well. would like to partner with you. We would like to start a conversation on how to introduce your people to Restorative Wellness as a means to ...

**Ignite** a passion for Disciple Making - Equipping your people to live rested, empowered, and SENT

**Inspire** first steps, real change, and lasting transformation to heal lives, build bridges to better, and advance the Gospel

**Integrate** God's plan to fuel our best GO for a lifetime of Good Work for all. Watch out! The joy will be contagious.

**Let's connect and discover God's plan for all of us!**

