



Run Hard. Rest Well.

Championing Rest. Equipping Leaders. Changing Lives.

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Run Hard. Rest Well. Church Initiative

Light a Fire. Fan the Flame.

As Followers of Jesus, we know, love, and serve the Author of Rest, yet we are often the least rested people on the planet. **Run Hard. Rest Well.** partners with churches to deliver the life-giving message of **Restorative Wellness** to people in their midst who are winded and worn. We begin by asking ...

“Are your people tired of being tired?”

Chronic overload and exhaustion is the norm of our day. It impacts our relationships, our physical health, our emotional well-being, and our spiritual vibrancy. Restorative Wellness is Bucket Theory 101 - We can't give what we don't have. Based on the desire of God's heart, we are invited to Run Hard **and** Rest Well.

We have His permission to strategically stop and rest guilt-free. When churches create a **Community Commitment** of *Running with Passion and Resting on Purpose*, individuals thrive, families flourish, and the Kingdom of God advances.

Our classic event is called **A Rest That Works**. It takes place over 1-2+ hours and is situated at a time when a church can most easily rally the participation of many members. The event is just the beginning. A 6 to 12-month initiative is included. It breathes life into weary souls and alters the trajectory of our Kingdom Advance.

Launch Event Possibilities (based on what is working in other churches)

- On Sunday Morning during an Education Hour, as a Special Event
- An Evening Event ... you pick the night
- Sunday morning – After worship or a creative, combined gathering of worship/A Rest That Works

A Rest That Works (Description for congregation)

Are you tired of being tired? Compelling, innovative, and biblical, **A Rest That Works** empowers adults, families, and kids to create a pace and passion for work and rest that is life-giving, transformative, and powered by God. Exploring **Restorative Wellness** shines a light on a God-honoring paradigm shift that gives us permission to run hard and strategically stop to rest guilt-free – positioning people to thrive, families to flourish, and the Gospel to advance.

Church Initiative

- **A Rest That Works** – Launch Event to “Light a Fire”
- **Fan the Flame – 6 to 12-month Initiative**
 - First Step Bundle
 - Implementation Coaching for church-wide impact
 - A Rest That Works – Trading Fatigue for Freedom Video Series for small groups
 - 26 Sunday Morning “Keep the Conversation Going” clips/PPT slides
 - A Report that includes congregational Well-Being Stats and Evaluations
- Additional options: A Women's Retreat, Leadership Workshops, Small Group Training, Event 2.0 ...
- Is Disciple Making a renewed church priority? The focus of an initiative could be ...

Run Hard. Rest Well. – GO Make A Difference and GO Make Disciples