



# WE VALUE HEALTHY RHYTHMS

As leaders, we put our oxygen masks on first. We care for ourselves so we can care for others. We do what’s necessary to establish personal rhythms that allow us to be spiritually, physically, emotionally, and relationally healthy.

Out of His great love for us, God created healthy rhythms for our lives: time to work and time to rest. We wholeheartedly work for the Lord and accept His invitation to enjoy a Sabbath.

Jesus modeled healthy rhythms. He poured Himself out in ministry to others, spent intentional time with His few, and retreated to be alone with His Father. We allow Jesus to restore our souls by spending regular time with Him.

We are good stewards of the relationships in our lives. We invest the necessary time required to maintain strong families and friendships, so they are never sacrificed on the altar of ministry.

We help each other pursue healthy rhythms—you can’t pour out of an empty cup.


 **How am creating healthy rhythms that allow me to care for myself and my family?**

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 **“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”**  
**Matthew 11:28-30**

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