

4 KINDS OF TIME OFF

HEALTHY CHURCHES PLAN FOR

One of the warning lights that goes on when a church is over-programmed and overscheduled is the condition of the staff and volunteer health. If the staff is worn out, that's a sign that the ministry is in an unhealthy place.

In those instances where the church needs to establish new disciplines to model healthy rest, we recommend the church establish written guidelines for these four types of time-off.



1 DAY OFF EACH WEEK

Everyone deserves a Sabbath every week.

It might not be Sunday, but why can't we choose to close and model Sabbath on another day of the week?

2 VACATION TIME

Every staff person should be required to take a minimum of a full week of vacation a few times each year.



3 WEEKENDS OFF



STAFF



REGULAR JOE

Set aside weekends for staff to attend church as an observer. Also designate some weekends for visiting other churches. This fresh perspective will help everyone.

4 EVENING BOUNDARIES

I recommend you set a maximum number of evenings that staff can be engaged in ministry activities.



HOW TO MAKE IT HAPPEN



PUT IT IN WRITING

Make it official



HOLD ONE ANOTHER ACCOUNTABLE

Model rest well



REWARD A HEALTHY PACE

Not the opposite

But won't this cut into our ministries?

Maybe. Some churches will have to assess the number of ministries, programs and events they're doing in order to implement these healthy boundaries to protect staff and volunteers. That needs to happen. Your ministry will grow stronger and healthier in the long run if you do that.

