



7 Days to Refreshed

A Devotional Journey with Practical Tools for Pastors & Ministry Leaders

Because Kingdom Work Needs Kingdom Minded Solutions

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Day 1 – Naming the Weariness

Romans 8:26

“In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.” — Romans 8:26

Teaching

There are days when your strength feels completely gone. You’ve poured yourself out, carried more than you thought possible, and when you finally stop, you realize you don’t even have the words to pray. The heart is heavy, the mind is tired, and silence seems to be all you can offer.

But Romans 8:26 brings hope into that silence. When words fail, the Spirit speaks. Every sigh, every tear, every moment of quiet exhaustion is gathered up and carried to the Father. You are never voiceless in God’s presence, even when you feel too worn to speak.

This truth is tender: God does not wait for eloquence. He doesn’t require perfect prayers or polished words. He meets you exactly where you are — even in weakness, even in silence. In fact, it is often in those moments that His presence is felt most deeply, because you are reminded that it was never about your strength to begin with.

You are held. You are heard. And even in the silence of weariness, heaven is alive with prayers being lifted on your behalf.

Prayer:

Holy Spirit, thank You for carrying my weakness before the Father. When I have no words, remind me that You are already interceding for me. Let me rest in Your strength today.

Use the space below to write your own prayers or reflection:

Practical Renewal Tool: Burnout Inventory

Write down five areas of ministry that feel most challenging. Mark each as Physical, Emotional, Spiritual, or Relational.

Workbook Space:

Where do I feel burnout?	Physical, Emotional, Spiritual, Relational

Day 2 – Receiving God’s Care

“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me... apart from me you can do nothing.”

— John 15:4–5

Teaching

We often think of rest as something that happens when the work is finished: the vacation at the end of a long season, the nap after a busy day, or the Sabbath after six days of labor. But Jesus redefines rest. He shows us that true rest is not found in the absence of work—it is found in abiding.

To abide means to stay, to dwell, to remain. It’s the picture of a branch clinging to the vine, continually drawing life from the source. And here is the first realization: a branch doesn’t work to produce fruit—it simply receives life and fruit comes naturally.

This flips how we often approach ministry, work, and even faith. We think: “If I do more, I’ll achieve more. If I work harder, I’ll bear fruit.” But Jesus says: “Apart from me, you can do nothing.” Here’s the second light bulb moment: striving outside of Christ exhausts us, while abiding in Christ sustains us.

Abiding also shifts our identity. We live in a culture that measures worth by productivity, but the gospel measures worth by relationship. The third light bulb moment: rest isn’t something you earn by finishing your to-do list; it’s something you receive by staying close to Jesus.

When you abide, you notice that rest shows up not just in quiet moments with your Bible, but in the middle of your day:

- In the meeting that overwhelms you, His Spirit reminds you to breathe and trust.
- In the conversation with someone in need, His love flows through you.
- In the decisions that keep you up at night, His wisdom steadies you.

Rest is no longer about escape—it becomes about alignment. You are no longer running on your own energy but drawing from His.

The greatest fruit of abiding is not what you produce, but who you become. Jesus is shaping you into someone who can work from rest instead of collapsing into it. Someone whose soul is rooted, steady, and nourished by His presence.

Reflection Questions

1. Where in your life do you feel the greatest pressure to “make it happen” on your own strength?
 2. What would it look like to shift from striving to abiding in that area?
 3. How can you cultivate a daily rhythm of “remaining” in Christ throughout ordinary moments?
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Prayer

Lord Jesus, teach me the rest that comes from abiding in You. I confess how often I rely on myself, rushing to perform instead of remaining in Your presence. Help me to trust You with the outcomes, to stay connected to You throughout my day, and to remember that apart from You, I can do nothing. Let my soul find its rest not in accomplishments, but in Your faithful love. Amen.

Practical Tool:

Create a simple “abiding log”.

Column 1 Striving Moments – jot down times when you feel the most pressure to make things happen on your strength (e.g., forcing a conversation, stressing over outcomes, overworking).

Column 2 Abiding Moments— jot down times when you felt God’s presence sustaining you (e.g., peace in a meeting, patience with a person, wisdom in a decision).

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Day 3 – Rediscovering the Shepherd

“He makes me lie down in green pastures,

he leads me beside quiet waters,

he refreshes my soul.

He guides me along the right paths for his name’s sake.”

— Psalm 23:2–3

Teaching

Psalm 23 is so familiar that we sometimes skim past its treasures. But for weary leaders, these words carry profound truth: “He makes me lie down... He restores my soul.”

Here’s the first insight: rest isn’t always optional—it’s commanded and sometimes enforced. Notice the language: “He makes me lie down.” Sheep rarely choose rest on their own; they are restless, easily spooked, and prone to wander. In the same way, God sometimes has to slow us down because left to ourselves, we’d run until we collapse.

Secondly: slowing down is not failure—it’s obedience. In ministry, we often equate activity with faithfulness. Yet the Shepherd insists that restoration is not our achievement but His gift. To rest is to obey the rhythm He has built into creation.

Finally: restoration requires surrender. We resist slowing down because we fear falling behind. But the Shepherd is not measuring us by how much we accomplish—He is inviting us to be led. Green pastures and still waters are not rewards for productivity; they are the Shepherd’s provision for His beloved. Sometimes He makes us lie down because we never would choose it ourselves. But in that lying down, our souls finally breathe.

True renewal begins when we rediscover the Shepherd—not as a taskmaster demanding output, but as a caretaker leading us into life.

Reflection Questions

1. Where in your life is God “making you lie down” right now—through circumstances, limitations, or exhaustion?
 2. How do you usually interpret slowing down—as weakness, or as obedience?
 3. What would it look like to surrender your pace of life to the Shepherd’s leading?
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Prayer

Shepherd, lead me into Your still waters. I confess my tendency to run, to push, and to strive. Teach me to see slowing down not as failure, but as faithful obedience. Restore my soul as I learn to rest in Your care. Amen.

Practical Renewal Tool: Quiet Space Exercise

Today, take 20 minutes outdoors with no phone, no music, no distractions. Sit or walk slowly. Breathe deeply and pray quietly:

“Lord, restore my soul.”

Let the Shepherd lead you into stillness.

Day 4 – Releasing the Burdens

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” — Matthew 11:28–30

Reflection:

Jesus’ invitation is as personal today as it was the day He first spoke it: “Come to me.” Weariness does not disqualify you from His presence — it is the very thing that draws His compassion. Yet so often, we carry weights He never asked us to bear: expectations from others, comparisons with those around us, financial stress, or the quiet pressure to hold everything together.

Notice what He offers in place of those crushing loads: His rest. Not the absence of challenges, but the presence of a gentle, humble Savior who carries the yoke with us. His rest is not a promise of ease, but of companionship. His burden is light because He shoulders the weight we cannot.

Burnout grows in the shadows where burdens are carried alone. The longer we cling to the weight of expectations, unspoken fears, or the quiet pressure to perform, the heavier they become. Like carrying stones in a backpack, what begins as manageable soon turns unbearable. Jesus never designed us to live like that.

Renewal begins the moment we choose to hand those stones to Him. When we surrender, we make space for His presence to fill what exhaustion has emptied. The act of releasing is not weakness; it is obedience. It is trusting that His shoulders are broader, His strength greater, and His care deeper than anything we could muster on our own. Each time we let go, our souls breathe again. The pace of His yoke is gentler, the rhythm lighter. This is not simply relief from stress but restoration of the soul — a reminder that the work of God’s kingdom does not rest on our strength but on His faithfulness.

Prayer:

Jesus, I surrender my burdens to You. Teach me to walk in step with Your gentle pace, resting under Your easy yoke. Amen.

Practical Renewal Tool – Journaling the Weights:

Take ten minutes to journal about the things you’ve been carrying recently. Write honestly — the pressures, the expectations, the quiet fears. Then pause and reflect: Which of these burdens did Jesus call me to carry and which have I picked up on my own? End your journaling time with a short prayer, surrendering each item into His care.

Workbook Space:

What was I called to?	What I have I pursued on my strength?

Day 5 – Reframing the Story

“He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.” — Micah 6:8

Reflection:

Burnout often springs from chasing the wrong definition of success. We measure ourselves against other leaders, other ministries, or even our own expectations. When their churches seem fuller, their programs smoother, or their platforms larger, insecurity whispers: “I’ll never be enough. I must be failing. God must be more pleased with them than with me.”

Comparison is a cruel thief, but more than that — it is a detour into someone else’s story. God has written a unique story for your life and your ministry. When we live in comparison, we stop following His script and start trying to copy someone else’s. That’s why it drains us so deeply — we’re carrying a burden we were never called to bear.

The truth is, you cannot live faithfully in someone else’s calling. Their story was handcrafted for them, just as yours was shaped for you. The moment we chase another person’s results or reputation, we trade the joy of walking with God in our lane for the exhaustion of pretending to walk in theirs. And that is a sure path to burnout.

But Micah 6:8 brings us back to freedom. God is not asking you to outperform anyone else. His requirements are simple, beautiful, and within reach: act justly, love mercy, and walk humbly with Him. That’s it. His definition of success is not comparison but faithfulness. When we embrace that, insecurity loses its grip, and ministry becomes lighter.

Reframing the story means reminding ourselves daily: I am called to be faithful to God in my story, not to chase someone else’s. That is enough — and in His eyes, that is success.

Prayer:

Lord, free me from comparison. Forgive me for chasing someone else’s story when You’ve written one uniquely for me. Teach me to walk humbly with You, trusting that faithfulness is true success. Amen.

Practical Renewal Tool – Success Redefined Journal:

In your journal, draw two sections. Title the first: “The stories I’ve been chasing.” Write down specific comparisons you’ve made — people or ministries you’ve measured yourself against. Then, in the second section, write: “The story God has given me.” List the gifts, responsibilities, and people He has placed in your care. Pray over the second list, thanking God for the unique story He is writing through you.

Workbook Space:

Day 6 – Renewed Strength & Perspective

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” — Isaiah 40:31

Reflection:

Isaiah offers a promise every weary heart longs to hear: those who hope in the Lord will renew their strength. Our culture teaches us that strength comes from pushing harder, hustling longer, and never slowing down. But the kingdom of God flips this idea upside down — true strength doesn't come from striving, it comes from waiting.

This is why burnout thrives in self-reliance. When we depend only on ourselves, we eventually run dry. But renewal blossoms in dependence on God. Waiting on Him is not inactivity or wasted time. It is actively trusting, pausing long enough to remember who really carries the weight of our lives and ministries.

At the same time, reliance on God doesn't mean passivity. It's a false understanding to think that dependence on Him equals doing nothing. True reliance is knowing where our strength comes from and how we are sustained. It's not about sitting back and watching the world go by; it's about aligning our hearts with Him, directing our efforts toward His purposes, and letting Him lead us in where and how to move forward.

We get mixed up when we imagine faith and reliance are opposed to progress, growth, or even fighting for what is right. The truth is, reliance is about alignment. When we put all our energy into chasing our own desires and agendas, we stand alone and quickly run out of strength. But when our efforts flow from Christ and His presence, we discover both our true purpose and the sustaining power to live it out.

Isaiah uses the picture of eagles soaring to describe what happens when we lean on God. Eagles don't exhaust themselves by endlessly flapping their wings. Instead, they spread them wide and let the wind carry them higher. That's what waiting on God does — it lifts us above the chaos and gives us perspective. Our circumstances may not shift immediately, but God changes us in the waiting.

Burnout convinces us that slowing down is failure. But Scripture assures us that waiting is faith. In stillness and alignment, God exchanges our weakness for His strength, our despair for His hope, and our exhaustion for His renewal.

Prayer:

Lord, I place my hope in You alone. Teach me to wait with trust instead of striving in my own strength. Renew my spirit, align my heart with Yours, and restore my joy in serving. Amen.

Practical Renewal Tool – Mapping Activity

Draw three columns on a page: Energizing, Neutral, Depleting. Under each, list the activities and responsibilities that fill your week. Ask God to show you where you're leaning too much on your own strength and where you might need adjustment. Then, pray over each column — thanking Him for the energizing tasks, surrendering the draining ones, and asking for wisdom to find a healthier balance that reflects His purposes.

Workbook Space:

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Day 7 – Refreshed Vision for Ministry

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” — Galatians 6:9

Reflection:

Paul encouraged the Galatians not to grow weary in doing good. Ministry is not about instant results; it is slow, faithful, often unseen work. Burnout tries to convince us that the harvest will never come, that all our labor is wasted, and that the ground is too hard to produce anything. But Paul reframes our weariness with hope: the harvest belongs to God, and it will come in His time.

Our role is not to manufacture fruit — and that truth is freeing. Too often, we carry the crushing pressure of outcomes: growth charts, attendance numbers, donor reports, or visible results. But Scripture never calls us to produce results in our own strength. Only God can bring fruit from the seeds we plant. Our responsibility is to sow faithfully, to water diligently, and to trust the Spirit to bring life.

Think about a farmer: no matter how skilled, he cannot make the seed break open or force it to grow. His role is to prepare the soil, plant the seed, and tend the field. The miracle of growth is always God’s. In the same way, when we try to control results, we step into a role that was never ours to carry — and burnout is the inevitable outcome. But when we release outcomes to God, we find peace. We remember that success is not measured by visible fruit but by faithful obedience.

Renewal is not just recovering from exhaustion; it is receiving fresh vision for the future. When our strength is restored, we are invited to look ahead with new eyes — eyes of faith that can see the harvest before it arrives. Renewal lifts our gaze beyond the weariness of today to the hope of tomorrow.

By the end of this journey, you are not only more rested — you are invited to dream again. Courage rises where discouragement once lived. Hope takes root where fear tried to choke it out. And vision is restored as you remember: the One who called you is faithful, and in His time, the harvest will surely come.

Prayer:

Lord, thank You for renewing me. Refresh my vision for this ministry and help me see it through Your eyes. Free me from the burden of manufacturing fruit and teach me to trust Your timing. Amen.

Practical Renewal Tool – Fresh Vision Statement:

Take a quiet moment with pen and paper. Reflect on three questions: Why did God call me? Where have I seen His faithfulness? What new hope has He placed in my heart? Using your reflections, write a 3–5 sentence statement of renewed vision. Keep it somewhere visible to remind yourself that ministry is not about immediate results but about faithfulness to the One who gives the harvest.

Workbook Space:
