



Cultivating Second Chair Leaders

Discussion Guide

Conversations about living out servant leadership in the second chair

Episode #002 - Embrace Sabbath Living - January 26, 2022

On this episode of Cultivating Second Chair Leaders we will discuss the topic of Embrace Sabbath Living and what that looks like for Rebekah Freed (@bekahfreed) in her daily rhythms as she currently serves in campus ministry. We will also highlight Run Hard, Rest Well (@runhardrestwell), an organization founded by Brenda Jank (brenda@runhardrestwell.org), which promotes Sabbath rest for teams and groups of all types and ages.

Quotes for Reflection

- “Sabbath reminds me what’s real, again.” - **Rebekah Freed**
- “I love that it’s called a spiritual practice. We don’t have to figure it out.” - **Rebekah Freed**
- “Most people cannot learn how to rest well as a solo endeavor.” - **Brenda Jank**
How can you invite others to rest well and be encouraged to do it within the context of community?

Scripture for Reflection:

- Psalm 23
- Psalm 92

Engagement Questions/Next Steps

- What activity does (or could) help you transition into Sabbath time? (Examples include: dessert, family meal, listening to worship music, going for a walk, etc...)
- What does Sabbath look like for you right now (24 hours, Half day, A few hours, none)? Reflect and assess what you need in this season.
- What’s your favorite read about Sabbath rest? (Rest of God, Keeping the Sabbath Wholly, Other?)
- What personal story can you tell to help others in their own Sabbath journey or struggle?
- In your current ministry setting, what are the personal retreat opportunities in addition to Sabbath and days off? Is there the opportunity to discuss this with your first chair?

We would love to hear insight from your discussion. You can send an email to emily@kindleservantleaders.org and we may share your story in the future!