



# RELIANTE

## *Conference*

**BUSYNESS TO BALANCE**

Establishing Sustainable Rhythms  
in Life and Ministry

HI! I AM ...

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“Most of us don’t burn out because we don’t love God—we burn out because we don’t know how to stop.”

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# FROM BUSY TO BROKEN

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## The Problem with Busyness

Busyness is often celebrated in ministry, but rarely questioned.

# PSALM 127:1–2 NLT

“Unless the Lord builds a house, the work of the builders is wasted. Unless the Lord protects a city, guarding it with sentries will do no good. 2 It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.”

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“If Jesus needed margins, what makes us  
think we don’t?”

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# THE THEOLOGY OF RHYTHM

God Designed Life to Move in Rhythms, Not  
Rush

Rhythm is Biblical

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# GENESIS 2:1–3 NLT

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“So the creation of the heavens and the earth and everything in them was completed. 2 On the seventh day God had finished his work of creation, so he rested[a] from all his work. 3 And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.”

“If the pace of your life contradicts the peace of Jesus, something is misaligned.”

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# PRACTICAL RHYTHMS FOR REAL LEADERS

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From Theory to Practice

4 Sustainable Rhythms

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# 1. RHYTHM OF REST

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- Weekly Sabbath (not just a day off)
- Regular vacations that are actually restorative
- Sleep is a spiritual discipline, not laziness

# 2. RHYTHM OF PRESENCE

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- Being fully present where your feet are
- Eliminating multitasking during people moments
- Protecting family, team, and God-time

# 3. RHYTHM OF PREPARATION

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- Margin for sermon prep, prayer, and planning
- Leading from overflow, not fumes

# 4. RHYTHM OF LIMITATION

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- You are not called to do everything
- Healthy leaders say “no” so they can say “yes” to the right things
- Delegation is discipleship

“Sustainability isn’t about slowing down  
—it’s about lasting longer.”

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# GUIDED TABLE DISCUSSION

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1. Where do you feel the most pressure to stay busy?
2. Which rhythm are you weakest in right now?
3. What would one small change look like this next season?
4. What fear keeps you from slowing down or setting boundaries?

# KEY TAKEAWAYS

- You are a human being, not a human doing
- Rhythm is spiritual warfare against burnout
- Sustainable leaders build ministries that outlast seasons

# FINAL CHALLENGE

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“What would it look like to lead from health instead of hustle?”

# Q & A

# CONNECT WITH ME

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