

Leadership Rest

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

Matthew 11:28

Being in any type of leadership role is a difficult task, and it can really take a toll on you. Unfortunately, I have found that it is incredibly common in ministry roles. I have the wonderful privilege of working with the high school youth group at my church. I am blessed to lead a wonderful small group of freshman and sophomore girls. But, it's not easy being a leader. It can be both energizing and draining. I'm energized when I see that my girls “get it.” I'm energized when I see the relationships they develop with each other. Wondering if I am making a positive impact on their lives can be draining—emotionally and mentally. I care for these girls, and I want them to grow in their faith.

Jesus says that we can come to him and find rest. The rest Jesus is talking about is not just physical rest but emotional, mental, and spiritual rest. It's rest for your soul. I long for that type of rest.

In order to find that rest, I need to acknowledge my burdens and hand them over to Jesus. That's the difficult part. I want to have rest, but it is so hard to let go of the things that mean so much to me. I want to be in control—as if the more I do, the more I can influence the outcome. I can never be the leader that God desires me to be unless I remember his role in all of it. I must trust that he will take care of things. The outcome of my small group is ultimately up to God and not me. He just calls me to be involved in ministering to his people.

Are you in a ministry role? Do you feel as if you constantly have to work harder to impress people and to have your ministry grow? Have you really let go and handed the ministry

over to God, allowing him to work in your life? Give it over to him. It won't be easy, but only God can allow it to thrive. Spend time alone with him, give him your burdens, and he will give you rest.