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[the good stuff starts on the next page—please scroll down!]

FULLER YOUTH INSTITUTE





# deep leadership

training onramps for  
your youth ministry team

Kara E. Powell  
from the Fuller Youth Institute  
with contributions by Chap Clark and Brad Griffin



deep leadership  
training onramps for your youth ministry team

by Kara Powell  
from the Fuller Youth Institute



with contributions by Chap Clark, Brad Griffin, Jude Tiersma Watson, Pamela King, Cynthia Eriksson,  
Mark Maines, Kim Williams, and Meredith Miller

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**deep leadership  
training onramps for your youth ministry team**

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# welcome to deep leadership

I realize this might not be the best opening sentence in a book about deep leadership, but I have a confession to make: in over twenty years of youth ministry, I've led a lot of bad training meetings for volunteers.

Some meetings felt like a string of announcements about upcoming events.

At other times, we got bogged down in a logistical quagmire (like that unforgettable 25 minute debate over whether we should schedule the senior banquet the week before or the week after Mother's Day).

Still others degenerated into gossip sessions about our students' struggles (all in the name of "sharing prayer requests").

But we've had some good team meetings too. Like the night we discussed our students' deepest longings and how both God and our ministry could meet them at their points of ultimate need.

Or the time we talked about—and cried over—how to respond to students paralyzed by grief when one of our students was murdered.

Or the meeting in which we revamped our upcoming trip to Mexico because we wanted to build real relationships with the locals instead of doing drive-by-house-building.

What's the difference between leadership team meetings that can propel your team forward into improved youth ministry and meetings that make you wish you could shift into reverse? A few simple things:

- 1. Deep dialogue about the real issues your kids are facing.**
- 2. Opportunities to translate your deeper insights into actual ministry practices.**
- 3. Honest conversations about how God is (or maybe seemingly isn't) working in our own lives.**

While these three ingredients seem pretty simple, you're likely working too hard to stop and integrate them into every training meeting. We recognize that. We also recognize that when your team is better trained, it's highly likely that you'll be able to work a little less frantically. As a result, we've designed *Deep Leadership* with one simple goal: *to provide training onramps that propel you and your adult leadership team forward toward deeper ministry.*

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**To provide training onramps that propel you and your adult leadership team forward toward deeper ministry.**

## hitting the road and team talk

Each onramp begins with *Hitting the Road*, a short research-packed article that gives you and your team important background information.

Following that article, *Team Talk* is a carefully-crafted interactive learning experience designed to help you discuss a portion of the content of *Hitting the Road* with your team—plus a whole lot more! Even if your team doesn't read *Hitting the Road* ahead of time, they'll still get lots of deep ideas from *Team Talk*.

In a model similar to our previous books, *Deep Ministry in a Shallow World* and *Deep Justice in a Broken World*, each of the nine *Team Talks* leads your team through three steps: **Now**, **New**, and **How**.

**Now** helps you and your team consider the realities of your students and your ministry by posing the question, *What's going on now?*

now

**New** provides research-based and theologically-grounded perspectives that bring new insight to those realities by asking, *What should be going on now?*

new

**How** invites your leadership team to start applying your new insights by raising the question, *How can we live this out?*

how

Here's a sneak peek at the nine onramps and a potential order in which to use them:


- September** Deep Mentors: Empowering Relationships that Work
- October** Deep Hurt: Helping Kids, Families, and Communities Toward Good Grief
- November** Deep Impact: Faith Beyond High School
- December** Deep Rest: Two Practices Every Leader Can Try
- January** Deep Assessment: A Map That Gets Our Ministry From Here to There
- February** Deep Justice: Moving Beyond the News Crawl
- March** Deep Intergenerational Ministry: From "Big Church" to "Our Church"
- April** Deep Holistic Ministry: Whole Ministry for the Whole Kid
- May** Deep Family Ministry: Partnering with Parents

There's a logic to the order of the nine onramps. For instance, January is an appropriate time to assess your ministry given the start of a new year; February is a wise month to dive into deeper justice given your upcoming spring and summer short-term missions experiences; and family ministry might be in the air during May given Mother's Day as well as Father's Day shortly afterward in June.

But in the midst of this logic, the reality is that while we know youth ministries, we don't know your youth ministry. So please adjust and re-order at will based on the particulars of your youth ministry adventure.

### Getting the Most Out of These Training Onramps

If you want to get the most out of these training onramps, consider the following suggestions:

1. **Get our *Deep Leadership Training Journal* and print copies for every member of your adult team (order at [www.fulleryouthinstitute.org](http://www.fulleryouthinstitute.org)).** Is this a shameless plug for another resource we've developed? Well, yes, but it's more than that. As we've studied youth ministries across the country, we've become convinced that the adult leaders who serve alongside you deserve to be treated as...well...adults. While you could do nine months of training using only this book, we suggest you show your high esteem for your adult leaders by making sure each of them gets their own journal. Those journals are complete with most of the tools in this resource plus some extra ones, like blank handouts and journaling space for your teammates. Every opportunity for your team to write in their journals is marked with a pencil. 
2. **Consider the “Have More Time” options sprinkled throughout the onramps.** We've geared each onramp to take 45-60 minutes, but for those of you who want to spend more time or advance the conversation even further, allow the “Have More Time” suggestions to take your team deeper.
3. **Go deeper on your own or with your team with free resources available on our website.** At the Fuller Youth Institute, our mission is to translate research into resources that transform youth and family ministry. The nine onramps that you have in your hand represent some of our most exciting research, but in many ways, they are only the first initial steps in your journey toward deeper leadership. To access free articles, curriculum, and downloadable audio resources for yourself, your team, or your students' parents, check out [www.fulleryouthinstitute.org](http://www.fulleryouthinstitute.org).
4. **Remember it's a process.** In today's cultural adoration of fast-and-easy results, we would be wise to remember these words from Moses:

*Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the door frames of your houses and on your gates. (Deuteronomy 6:4-9)*

Becoming a deep leader who shares the journey of youth ministry with other deep leaders isn't a process that happens overnight. It's not even something that can be wrapped up in nine months. But part of why we've given you lots of extra space and why we've given your volunteers lots of extra ideas in their *Deep Leadership Training Journal* is because we want you to keep these principles in your hearts, and to keep talking about them as you together travel the road to deep ministry.

The often-quoted (at least by me) philosopher, Dallas Willard, warns us, "We are becoming who we will be forever."<sup>1</sup> I want to become deep. And I want to share the ride with other leaders who are inviting teenagers to pursue an ever-deepening intimacy with Jesus Christ.

<sup>1</sup> Dallas Willard, *The Divine Conspiracy* (New York: HarperCollins, 1988), 11.



# deep rest two practices every leader can try

## hitting the road<sup>1</sup>

You might have an addiction—an addiction so secret that even *you* don't realize your dependence.

You may be steering clear of internet pornography and drugs. You may even tell yourself that your love for Café Mochas in the morning is more about the taste than the caffeine, and that your Wii obsession is just an attempt at remaining “culturally relevant.”

For you, it's not those external substances that are your first love; it's a substance produced by your own body. Ironically, you might be addicted to adrenalin. Adrenalin addiction, while rarely discussed, is perhaps one of the more pervasive addictions for leaders and youth workers today.

### Two Decades of Research

Over the last two decades, the research and writings of Fuller Seminary professor Dr. Archibald Hart have helped thousands of leaders wrestling with adrenalin addiction break through toward some answers. In his groundbreaking book, *Adrenalin and Stress*, Hart writes,

The lives of most of us are hectic and fast-paced. We are driven by a need to succeed, and our hectic lives leave little room for relaxation. It's as if we are trapped on a runaway train and don't know where the brakes are—or the engines of our bodies have been jammed at full throttle.<sup>2</sup>

Hart also suggests in his book, *Thrilled to Death*, that today's stress levels are creating even more significant problems than when he first developed his adrenalin addiction theory twenty years ago. Hart warns,

Unless we, as a society, learn to slow down, examine our values, and change our hectic lifestyles, we will continue to suffer from cardiovascular disease, immune deficiencies, depression, and a host of other illnesses. Further, we will pass these traits and poor coping skills to our children.<sup>3</sup>

<sup>1</sup> This section is an adaptation of two articles entitled “R-E-S-T: The Four Letter Word of Youth Workers” by Brad Griffin and “Adrenalin: Our Secret Addiction” by Jude Tiersma Watson and Kara Powell, available at [www.fulleryouthinstitute.org](http://www.fulleryouthinstitute.org).

<sup>2</sup> Archibald D. Hart, *The Hidden Link Between Adrenalin and Stress: The Exciting New Breakthrough that Helps You Overcome Stress Damage* (Dallas: Word Publishing, 1995), 3.

<sup>3</sup> Archibald D. Hart, *Thrilled to Death: How the Endless Pursuit of Pleasure is Leaving us Numb* (Nashville: Thomas Nelson, 2007), 62.

## Two Ancient Escapes for Our Current Reality

### *Escape #1: A Weekly Sabbath*

Hart recommends a number of paths toward freedom from our adrenalin addiction, including monitoring our adrenalin arousal, conscious physical relaxation, sleep, and changing our Type-A thinking patterns (and even in rare cases, medical treatment). In addition to all of these, perhaps one of the more effective escape routes for youth workers trapped in adrenalin addiction stems from one of the areas inevitably affected: our spirituality.

This might surprise you, but we who struggle with busy schedules and adrenalin addiction can find the first of two escapes in an Old Testament book we probably don't visit that often: Leviticus. While we often dismiss Leviticus as "just a bunch of rules," these rules are enveloped in an important context: "As you do these things, remember that God is holy and you have been claimed by his love." So take a look at Leviticus 23:3:

*There are six days when you may work, but the seventh day is a day of Sabbath rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a Sabbath to the LORD.*

You may be thinking, "Great. Bring on more guilt. I know this one: I'm a Sabbath-breaker!" Relax. I believe God intends this to be a word of freedom, and we're invited to claim it for our own lives—even for our youth ministries.

This freedom begins by understanding some of the early words of the Old Testament:

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. (Genesis 2:2-3)*

The poetry of this creation account culminates not in the dramatic work of God, but in the powerful revelation that the Creator rested. God stopped. God was not anxious about creation or worried about what would happen next. God was confident enough to cease—to *Sabbath*—and Scripture says God did this for a whole day.<sup>4</sup> The key here is not whether God created in seven actual days (you can take that up with your favorite biblical scholar), but rather the radical announcement of the Genesis text: our God does not feverishly race to do more stuff. We can have confidence in a God who boldly rests.

**Our God does not feverishly race to do more stuff. We can have confidence in a God who boldly rests.**

<sup>4</sup>Walter Brueggemann, *Genesis* (Interpretation: A Bible Commentary for Teaching and Preaching, ed. James L. Mays, Atlanta: John Knox Press, 1982), 35.

## *Escape #2: A Regular Prayer of Examen*

A second ancient practice that can help us to stand against our addictive tendencies, whether they come from within or without, is the *Examen of Consciousness*. The *examen* (say it just like “examine”) is rooted in Ignatian spirituality and can be traced back five hundred years to the founder of the “Society of Jesus” (or the Jesuits), Ignatius of Loyola.

The *examen* helps us escape our adrenalin addiction by causing us to stop and see where God has been present in our day and give thanks. Given that it generally takes about fifteen minutes, it can be done anytime, anywhere, alone or with others (i.e., your spouse, your family, the kids in your youth ministry). Most often it is done during the last hour before bed (a good reason to turn off your TV or computer a little earlier). There is always the danger that we rush through the *examen* just like we rush through the rest of our lives, so we’re best off if we have the time and space to settle in and focus.

**1. Stop and Be Present to God.** The first step in the prayer of examen is to slow down, to stop, and to create some space. We allow ourselves to simply sit and be, and to remember that we are in the presence of God. Once we truly stop, we take a moment and remember that we belong to God, that our days belong to God, and that our ministry and our kids belong to God too.

**2. Look Back Over Today With Gratitude.** Next, we ask God to illuminate the day as we prayerfully review the day’s events in the light of Christ. We remember the day with gratitude and give thanks for the gifts of this day. This review causes us to remember moments that would otherwise get lost in the midst of our adrenalin-fueled busyness. A few questions to ask ourselves include:

- > What was the “high” of my day? For what am I most grateful?
- > Where and how did God seem most present to me today?
- > What was most life-giving for me today?
- > When did I feel rested and balanced?

**3. Uncover the Lows.** As we continue to allow the Holy Spirit to illumine our day, questions to help us better understand the low spots include:

- > What was the “low” of my day? For what am I least grateful?
- > Where did I least sense God’s presence with me?
- > What was least life-giving, or most draining, for me today?
- > What pulled me away from being rested and balanced?

As we uncover these struggles and trials, we can commit them to God, confessing any sin and asking God to bring new life into the dark places.

**4. Rest With God.** The key to the examen is its simplicity as a prayer of rest and reflection before God. Close your time in prayer by simply thanking God for being present with you.

### Examen:

1. Stop and Be Present to God
2. Look Back Over Today with Gratitude
3. Uncover the Lows
4. Rest with God

## One Youth Worker's Use of the Prayer of Examen

Dr. Jude Tiersma Watson is an Associate Professor of Urban Mission at Fuller Seminary as well as a member of CRM/InnerCHANGE, a Christian Order Among the Poor, in Los Angeles. As a busy urban youth worker, the *examen* has helped her carve out the time she needs to stay centered and balanced. She writes,

In my early days in ministry, living in a busy urban center, my life often spun out of control, and I felt like I was losing touch with myself, God and others.

A wise woman first suggested that I take time to examine my life at the end of each day by doing the *examen*. This was a difficult season in my life, and I often felt as if God was absent; practicing the *examen* gave me an opportunity to see that in fact God had been present, but I had been too preoccupied to notice. The *examen* gave me a tool to pay attention to my fast-paced life, to pay attention to where God was present, and to pay attention to myself and my own responses to the events in my life.

As I examine my day, I remember those moments when I overreacted to a situation, or times when I was unloving. In the presence of God's love, I can give those things to God for growth and healing and move on. While so many things around me can seem to take my life from me, in the *examen* I reclaim my life; I again *choose life*. If I am running on adrenalin, this stopping to review my day reminds me that this is not how I want to live my days, and not how I want to live my life. One of the questions that helps me do that is: "If my day has been too busy, what could I have said no to today?"

The *examen* is also a great relational tool. My husband and I use the *examen* questions to catch up with each other after a busy day—sometimes in the car, sometimes over dinner, and sometimes before going to sleep. It gives us a chance to reflect on our day with each other, as well as with ourselves. We also use it as a youth ministry tool, periodically asking groups of young people about their highs and lows for that day or that week.

Counter to a culture that endorses billboard messages like "You can rest when you're dead" (which I saw recently in a gym), the Sabbath and the *examen* remind us that real life doesn't come from adrenalin-hyped action-filled lives and ministries. Real life comes from the realization that God was there, throughout the day, whether we realized it in that moment or not. This realization may or may not bring us our next "high", but it offers the true power of the Holy Spirit to sustain us and give us rest from our adrenalin addiction.

**"The examen gave me an opportunity to see that in fact God had been present, but I had been too preoccupied to notice."**



# deep rest two practices every leader can try

## team talk

**The Big Idea :** As we remember who God is, we can step away from our busyness addiction and step toward the rest we need.

You'll need:

- > coffee or soft drinks (something with caffeine in it)
- > chocolate
- > optional: a video game console and a TV set
- > Bibles
- > copies of your ministry calendar
- > a copy of "The Prince of Egypt" movie and a way to play a movie clip (i.e., video projector or TV plus a DVD player)
- > index cards
- > a *Deep Leadership Training Journal* for each of your adult volunteers

**now**

Have some coffee and chocolate out (as well as the video game if you choose that option) and ready for your leaders as they arrive. Before you dive into a discussion about deep rest, touch base on the action plan that your team developed during your previous team meeting(s). Celebrate what God (and your team!) has done, and pinpoint future next steps.

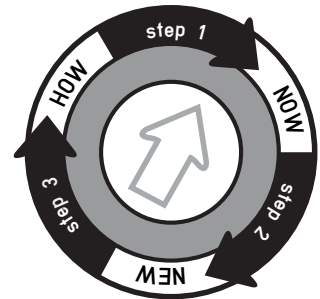
As you start your discussion, explain:

**There's actually a specific reason that I provided chocolate and caffeine today (besides just the fact that I like you all so much), and it's not just because we could all probably use a caffeine-pick-me-up. These are two substances to which people, including maybe some of us, can become addicted. What are some other addictions that people face today?**

Whether or not your leaders have mentioned an addiction to schedule or busyness, pull out your own calendar and invite your volunteers to turn to page 36 of their *Deep Leadership Training Journal*. Ask:



**How might your schedule become an addiction?**



Continue:

Over the last two decades, the research and writings of Fuller Seminary professor Dr. Archibald Hart have helped thousands of leaders wrestling with adrenalin addiction break through toward some answers.



In his groundbreaking book, *Adrenalin and Stress*, Hart writes,

The lives of most of us are hectic and fast-paced. We are driven by a need to succeed, and our hectic lives leave little room for relaxation. It's as if we are trapped on a runaway train and don't know where the brakes are—or the engines of our bodies have been jammed at full throttle.<sup>5</sup>

Q: How do Hart's words relate to your own life?

Hart also suggests in his book, *Thrilled to Death*, that today's stress levels are creating even more significant problems than when he first developed his adrenalin addiction theory twenty years ago. Hart warns,

Unless we, as a society, learn to slow down, examine our values, and change our hectic lifestyles, we will continue to suffer from cardiovascular disease, immune deficiencies, depression, and a host of other illnesses. Further, we will pass these traits and poor coping skills to our children.<sup>6</sup>

Read the last sentence from the quote above again and then ask:



How might our own tendencies toward adrenalin addiction affect the kids in our ministry?

Q: How does our busyness and adrenalin addiction affect our psyche? How about our relationships with others? What about our relationship with God?

Q: How is an addiction to adrenalin and a busy schedule similar to other addictions? How is it different?

Point out that unlike other addictions that we can escape physically (by staying out of Starbucks or a See's Candy store), we can't ditch our schedules.

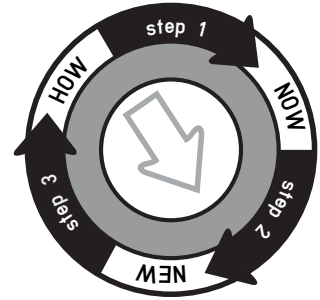
<sup>5</sup> Archibald D. Hart, *The Hidden Link Between Adrenaline and Stress: The Exciting New Breakthrough that Helps You Overcome Stress Damage* (Dallas: Word Publishing, 1995), 3.

<sup>6</sup> Archibald D. Hart, *Thrilled to Death: How the Endless Pursuit of Pleasure is Leaving Us Numb* (Nashville: Thomas Nelson, 2007), 62.

**new**

Invite leaders to turn to Exodus 3:11 as you explain:

**I once heard about a talk by Louie Giglio—a talk he’s given a number of places—that has changed the way I think about my schedule and adrenalin issues, as well as the way that God wants to work through me.<sup>7</sup>**



Explain:

**At this point in Moses’ life, the Lord appears to him in a burning bush and God says that God has heard his people, the Israelites, crying out under the oppression of the Egyptians, and that God wants to rescue them.**

**Moses is probably thinking to himself, “Great. Glad to hear it,” when God does one of his normal God-plot-twists. God says to Moses in Exodus 3:10, “So now, go. I am sending you to Pharaoh to bring my people, the Israelites, out of Egypt.”**

**Let’s read Moses’ response.**

At this point, ask for a volunteer to read Exodus 3:11-14. After he or she is done, continue:

**Moses understandably wonders in Exodus 3:13: if they ask who sent me, what should I tell them? What is the name of the God who has sent me? That question was extra important to Moses because in Moses’ day, a name’s meaning reflected the essence of a person, or in this case, a deity.**



**God tells Moses in Exodus 3:14 that God is the great I AM.**

**Q: What words, phrases, or images enter your mind when you think of God as the “I AM?”**



After you’ve gotten a handful of answers, ask a rhetorical question:

**If God is the great “I AM,” what does that make us? The great I AM NOT.**

**Think about it with me for a minute...**

**I am not our students’ rescuer. God is.**

**I am not their healer. God is.**

**I am not their comforter. God is, through his Holy Spirit.**

**I am not their hope, peace, life. God is. God is. God is.**

**And ultimately I am not their pastor. God is the ultimate shepherd.**

**That brings enormous freedom to our personal lives. In the midst of students’ pain and needs, WE ARE NOT the healer. God is.**

<sup>7</sup>Louie Giglio’s understanding of God’s “I AM-ness” is also well-described in his book, *I Am Not But I Know I Am* (Oregon: Multnomah Publishers, 2005).

## how

Some of us act like the Energizer Bunny—we keep going and going and going... And to be honest, we're proud of it.



The irony about this addiction is that we might be workaholics, but since we're doing good things (like youth ministry!), we're labeled as "dedicated" and "godly."

Plus we tend to think that because we are committed to relational ministry, we have to build relationships with all people at all times. So we forget that we need down time—time to rest and get re-filled.



As followers of Christ, there's a special kind of rest we get: the Sabbath. How many of you already have a regular Sabbath?

Odds are good that no more than ½ of your team will be currently practicing the discipline of Sabbath regularly. Continue:

**It's interesting that so few of us have a Sabbath. It's one of God's original top ten commands for us. Let's go to Exodus 20:8. Will someone please read Exodus 20:8-11?**

Continue:



**Some folks think that the Sabbath is an Old Testament rule that Jesus abolished. But Jesus never abolished the Sabbath. In fact, he called himself the LORD of the Sabbath in Mark 2:28. Jesus abolished the legalism of the Sabbath, but not the Sabbath itself.**

**Q: What are some of the obstacles, whether they be located internally in your mind or externally in your environment, that keep you from having a Sabbath?**

Continue:

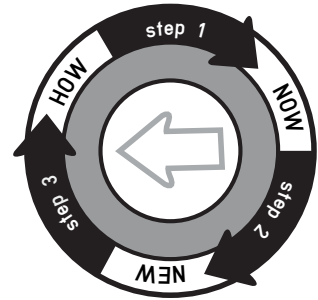
**I think a big part of why we don't have a Sabbath is because we don't know what to do on a Sabbath. Those of you who do have a Sabbath, would you mind telling us what you do on that day?**

Get a few volunteers to share what they do on their Sabbaths.



**We've just heard some great ideas. I'll add another one from Eugene Peterson, who describes Sabbath as a time to pray and play.**

**It's a time to PRAY, meaning a time to somehow get some special time with the Lord. And it's a time to PLAY, meaning you do fun, unusual things that you wouldn't normally do.**



If you do have a Sabbath regularly, it would be good for you to share what you actually do on your Sabbath. Then continue:



**Here are some other Sabbath tips to help us remember that we are the great I AM NOT:**

- 1. Each week look ahead on your calendar and block out some time by writing the word “Sabbath” on it. After all, the Sabbath won’t automatically appear on your calendar. You have to intentionally schedule it.**
- 2. Consider a day other than Sunday. If you’re in charge of a lot of ministry stuff on Sunday, then maybe your Sabbath could be Saturday or even a weekday.**
- 3. Set aside as much time as you can, even if it’s just a half day. There are times in my life when work demands or family commitments make an entire day of rest a bit unrealistic. On those weeks, I try to set aside a half day.**

At this point, have all of your leaders take out their calendars and look ahead to the next two weeks. Invite them to block off two chunks of time (ideally even two full days) in the next two weeks that they intend to use for their Sabbath. Once your leaders have selected their blocks of time in their calendar have them write those times on page 38 of their *Deep Leadership Training Journal* and then continue with the following tips:

- 4. Avoid items on your to do list. It’s tempting to do something that is actually work (i.e., cleaning your garage, buying a Birthday gift for your brother, sorting your clothes) on your Sabbath day. As much as possible, try to stick to activities that truly refresh and restore you. Keep reminding yourself that you’ve got the other six days to do everything else.**

At this point, have the team turn to page 38 of their *Deep Leadership Training Journal* and answer the question:



**What would you like to do on your next Sabbath?**

If you have time, invite your team to share some answers aloud.

Transition toward the end of the training:

**Let’s look at how Steven Spielberg and Dreamworks depict Moses’ own realization that God is the great I AM.**

At this point, play the movie clip from “The Prince of Egypt.” It starts at 42:57 into the movie just past the start of Scene 15 as Moses is chasing one sheep and it ends at 47:36 when Moses picks up his staff.

**Q: How is Moses’ response to God similar to our own?** Moses makes excuses. He claims that the people won’t believe him, or they will hate him because of how he used to oppress them as Pharaoh’s son.

**Q: How does God respond to these excuses?**

Transition:

**In addition to looking at our need for rest in our personal lives, let’s also think about our need for rest in our ministry. Let’s look at our upcoming ministry calendars and see if we think this ministry schedule will allow us, as well as our students and their parents, to get the rest that we all need.**

Distribute copies of your ministry calendar and evaluate how “rest-full” it is.

**Q: What might we want to consider eliminating from either this calendar or other calendars in the future?**

**Q: What would our students lose if we did that? What might they gain?**

### **Have More Time?**

Review the description of the *prayer of examen* on page 42 of the *Hitting the Road* section of this onramp as well as on page 34 of the *Deep Leadership Training Journal*. Take 15 minutes to walk through a *prayer of examen* with your leadership team to wrap up your discussion about rest. You can invite your leaders to experience this prayer individually, in small groups, or together as a team.

Invite your leaders to turn to the Deep Rest Action Plan on page 39 of their *Deep Leadership Training Journal* and use its rows as a way to pinpoint specific goals, action steps, and prayer requests.

Give your leaders some time to close in prayer in pairs or small groups. If possible, have them cluster in similar life stages (single adults, young marrieds, married with kids, etc.) and share how they would like this discussion to have an impact on their life in the next week. At the end of the prayer time, distribute index cards and ask each person to write I AM on one index card. Have them exchange their index card with someone else, and then they can use that index card both as a reminder of God’s I AM-ness as well as a reminder to pray for that other teammate.

# deep rest action plan

*Ideas our team has to move forward into deep rest include:*

overall goals	action steps toward these goals	specific prayer requests	signs of God's activity