

MINISTRY RHYTHM PLANNER

Your call is sacred—but so is your rest.

INSTRUCTIONS:

Use this worksheet to reflect on your current weekly rhythm, including ministry responsibilities, personal obligations, and spiritual care. The goal isn't perfection—it's clarity. This is about building a rhythm that honors both your calling and your capacity.

Part 1: Map the Week You're Living

On the next page, list your usual responsibilities, meetings, or recurring patterns by day and time. Don't create your "ideal week"—document what's actually happening right now.

Use color coding to see patterns at a glance. Fill out the grid using colored pens.

- Ministry Commitments (preaching, visitation, meetings, counseling, etc.)
- Personal Time (meals, errands, family, exercise, rest)
- Spiritual Practices (prayer, devotions, worship, retreat time)
- Red Flag Time (places where you feel overextended, drained, or resentful)

After color coding your week, reflect:

Which color dominates?

Where your space for space for rest, spontaneity, or reflection—or do I have any?

Where is spiritual renewal truly happening?

What red-flag time could I shift or release?



Day	Morning	Afternoon	Evening
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



Part 2: Your Rhythm vs. Your Calling

Do I currently observe a designated time for soul rest?

- ☐ Yes
- ☐ No
- ☐ Inconsistently

What obstacles regularly interfere with that time?

What would an ideal time of rest and renewal look like for me in this season? (e.g., no tech, time in nature, spiritual reading, no pastoral work)

What one change could I make this week to better protect that time?

Does my current rhythm reflect my values—or just my obligations?

What am I always making time for? What never seems to fit?



What do I believe will happen if I say “no” more often?

Where am I working as if everything depends on me?

Part 3: Designing a Rest-Centered Rhythm

Let them dream and design:

My ideal Sabbath rhythm would feel:

- ☐ Restful
- ☐ Joyful
- ☐ Disconnected from urgency
- ☐ Spiritually anchored
- ☐ Quiet
- ☐ Unhurried
- ☐ _____
- ☐ _____

What would need to change (practically or emotionally) for me to honor this rhythm?

What scripture or truth reminds me that I’m not defined by productivity?

Part 4: My Ministry Rhythm Covenant

Create a Ministry Rhythm Covenant—invite them to write 2-3 personal commitments based on this reflection. Example:

“I will not book back-to-back evening meetings more than twice a week.”
“I will protect Friday morning for spiritual renewal.”

AFFIRMATIONS:

Even God rested. I can, too. Rest is not avoidance—it is alignment.
I honor my calling by honoring my capacity.
I don’t have to do everything—only the things God has truly assigned to me.
My rest is not resistance. Rest is reverence.