**Pastor's Gathering**

**R.E.S.E.T. Leveraging Summer**

**John Palmieri - June 5, 2023**

*“Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert."* Isaiah 43:18-19

1. **Rest - BE INTENTIONAL TO CEASE MOVEMENT SO YOU CAN RELAX, REFRESH AND RECOVER STRENGTH.**

**Matthew 11:28-30 (ESV)**

***"****Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”*

**2. Evaluate - MAKE SPECIFIC TIME TO ASSESS YOURSELF, MINISTRY SEASON, AND SIGNIFICANT RELATIONSHIPS.**

**Romans 12:3**

*"For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment..."*

**3. Strengthen - PUT YOURSELF IN A CONTEXT THAT HELPS YOU INCREASE YOUR ABILITY TO WITHSTAND GREAT FORCE OR PRESSURE.**

**Isaiah 40:29**

*"He gives power to the faint, and to him who has no might he increases strength."*

**Psalm 73:26**

*"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*

**4. Energize - DO THINGS THAT GIVE YOU VITALITY AND ENTHUSIASM.**

**Colossains 3:23 (HCSB)**

*"Whatever you do, do it enthusiastically, as something done for the Lord and not for men..."*)

**Ephesians 6:7 (NLT)**

*"Work with enthusiasm, as though you were working for the Lord rather than for people."*

**5. Thankful - Express gratitude and relief (release) to God.**

 **Psalm 107:1-2**

*"Oh give thanks to the Lord, for he is good, for his steadfast love endures forever! Let the redeemed of the Lord say so, whom he has redeemed from trouble..."*

**Philippians 4:6-7**

*"do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."*

**ACTION STEPS: Break into groups of 3 answer the folllowing questions in order.**

**FOCUS:**

- What would you like to focus on this summer, for your personal RESET?

- How would you know you are making progress RESETTING this summer?

**AWARENESS:**

- In terms of your personal summer RESET what would you most like to achieve?

- What do you think could be standing in your way or stopping you from RESETTING this summer?

**ACTION**:

- What action steps can you take today to assure you take time for a summer RESET?

- What accountability do you need to make sure this happens?