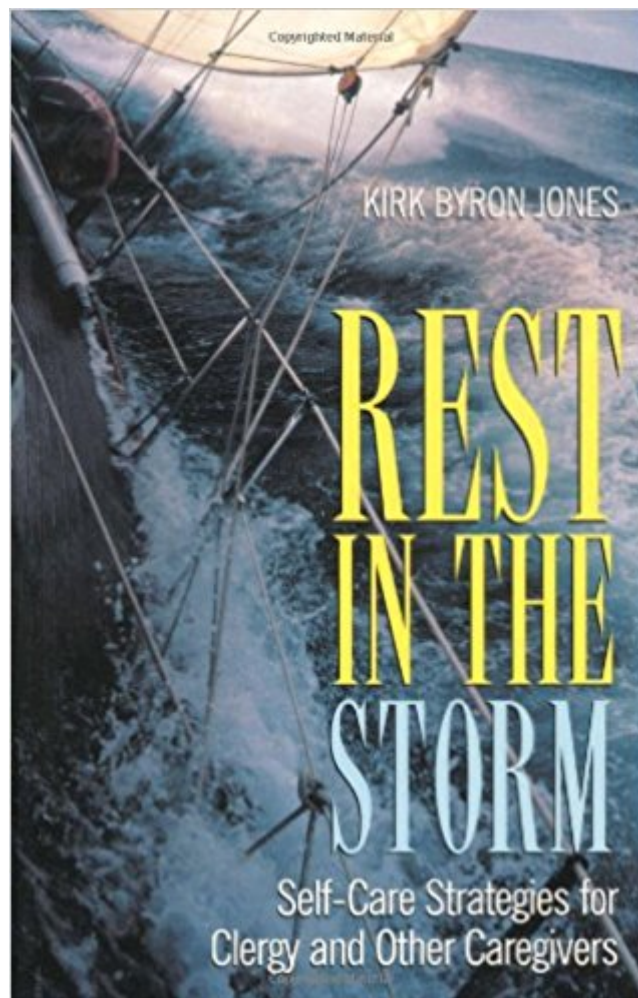




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Rest In The Storm: Self-Care Strategies For Clergy And Other Caregivers



Synopsis

Are You Overdosing on Overcommitment? Even the most committed and competent ministers suffer enormous physical, mental, and spiritual strain. Too many remain in denial about the severity of pastoral stress, even as they are deteriorating emotionally and physically. Drawing from biblical, theological, and sociological sources as well as personal experience, author Kirk Jones discusses the fundamental importance of self-care for clergy and other professionals engaged in helping people. Filled with creative and practical strategies for integrating self-care into vocational life, this compelling resource identifies the factors that influence overload and outlines plausible strategies for escaping such bondage. Rest in the Storm is a lifeline for caregivers who feel overwhelmed by the demands of their calling or profession.

Book Information

Paperback: 129 pages

Publisher: Judson Press (May 1, 2001)

Language: English

ISBN-10: 0817013938

ISBN-13: 978-0817013936

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 20 customer reviews

Best Sellers Rank: #109,392 in Books (See Top 100 in Books) #15 in [Books > Religion & Spirituality > Worship & Devotion > Clergy](#) #62 in [Books > Christian Books & Bibles > Christian Living > Counseling](#) #87 in [Books > Religion & Spirituality > Religious Studies > Counseling](#)

Customer Reviews

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I found this book particularly helpful during a stressful and stormy chapter of ministry. Kirk helped me to find my still point--to find my center. Jones writes about how it's so easy to get swept up in overload and hurry and to lose one's center. Instead of becoming a beacon of peace and a non-anxious presence many clergy become people of speed and restlessness. In this book Jones helps us find our way back to balance. Highly recommended.-Amos Smith (author of Healing The Divide: Recovering Christianity's Mystic Roots)

This is a wonderful resource, not only for study, but also for nurturing prayer life. It reminds us who is really the heart of our ministry.

Great book that made me sit back and look at my own self-care in the area of rest. Being in inner-city urban ministry in New York City, you feel like you have to be like your city, and never sleep! I've learned better now!

This title was recommended to me by a friend, and am glad as a pastor I read it. The author is right on target with his remarks aimed at over-worked ministers who struggle with finding energy to meet all the demands placed upon them. Jones is emphatic about clergy needing to have intentional, regular periods of rest and renewal. Drawing heavily upon the analogy of Jesus sleeping in the back of the boat during a storm, he insists that as disciples of Jesus we too need to find our way often to the back of the "boat." This book is a great investment -- it's well worth the money and time spent!

A must read for anyone serving in ministry.

Great book for learning how to take care of yourself and still be an effective minister and pastor. Excellent advice from the writer on the importance of self care.

In great shape. Thank you!

Must read for every Christian seeking true rest and peace in the middle of a busy schedule.

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