VALLEY CHRISTIAN SCHOOLS · STAFF RETREAT

Rhythms of Rest and Renewal



SHARP AND READY

A guide to rest, renewal, and staying sharp for every member of our staff

"Make your home in My love." — John 15:9

WELCOME

Welcome to our Staff Retreat: Sharp and Ready

"Rest that only sets the axe down isn't enough."

Step away, choose what restores your soul, and return sharp for the work God has called you to.



Christian education is holy work, and it can also be exhausting. Whether you are a teacher, an accountant, a member of our facilities team, or a coach, you pour yourself out for students, families, and one another, and at this time of year that adds up. That's why we've set aside this day.

This planning guide is an invitation to slow down, root yourself in Christ, and let Jesus shape the way you live and serve. These five intentional rhythms are pillars of rest and spirituality. They are how to stay sharp throughout the year. They are not about perfection but about daily surrender. They help us work with intention, steward our gifts well, and trust God to provide as we share the love and hope of Jesus with our students, our families, and one another.

INSIDE THIS GUIDE

Five Intentional Rhythms

Pillars of rest and spirituality, and how to stay sharp throughout the year.

01

Abiding in God

Lasting transformation comes through the Word of God.

02

Rest and Renewal

Rest is an act of surrender.

03

Meaningful Relationships

Spiritual health grows in community.

04

Purposeful Work

Education is more than a classroom, a campus, or a department; it is Kingdom work.

05

Worship and Church Community

Faith cannot be lived in isolation.



RHYTHM 01

Abiding in God

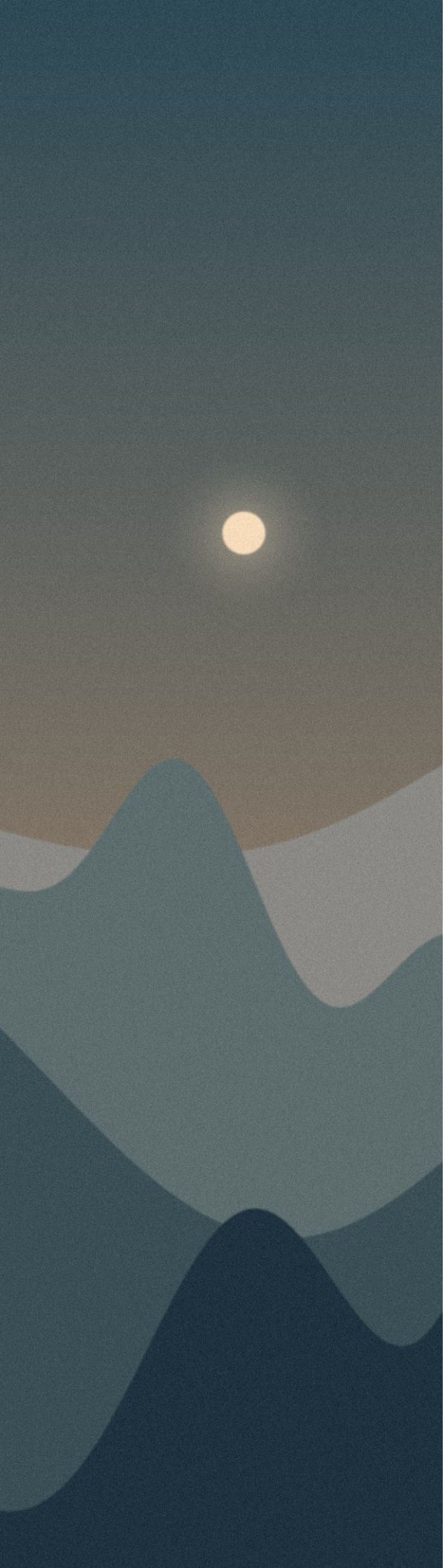
Lasting transformation comes through the Word of God. Take time for Scripture, prayer, silence, and reflection. Not as tasks to complete, but as space to receive God's presence.

"Not as tasks to complete, but as space to receive God's presence."

Reflect

01 When and where will I slow down and meet with Jesus this week?

02 What small daily step (Scripture, prayer, journaling, silence) will keep me rooted in Him?



02

RHYTHM 02

Rest and Renewal

Rest is an act of surrender. Sabbath, stillness, and life-giving activities remind us that we are not in control; God is. We are reminded that we are loved for who we are, not for what we do. As we rest, He restores.

"As we rest, He restores."

Reflect

01 When will I intentionally rest this week and cease striving?

02 What activity (walk, music, art, nature, nap, reading) will renew my soul?



RHYTHM 03

Meaningful Relationships

Spiritual health grows in community. God places people in our lives to both pour into us and to receive from us. Community keeps us humble, accountable, and encouraged.

“Community keeps us humble, accountable, and encouraged.”

Reflect

01 Who is God inviting me to invest in or receive from this week?

02 When will I intentionally connect and stay present in relationship?

04

RHYTHM 04

Purposeful Work

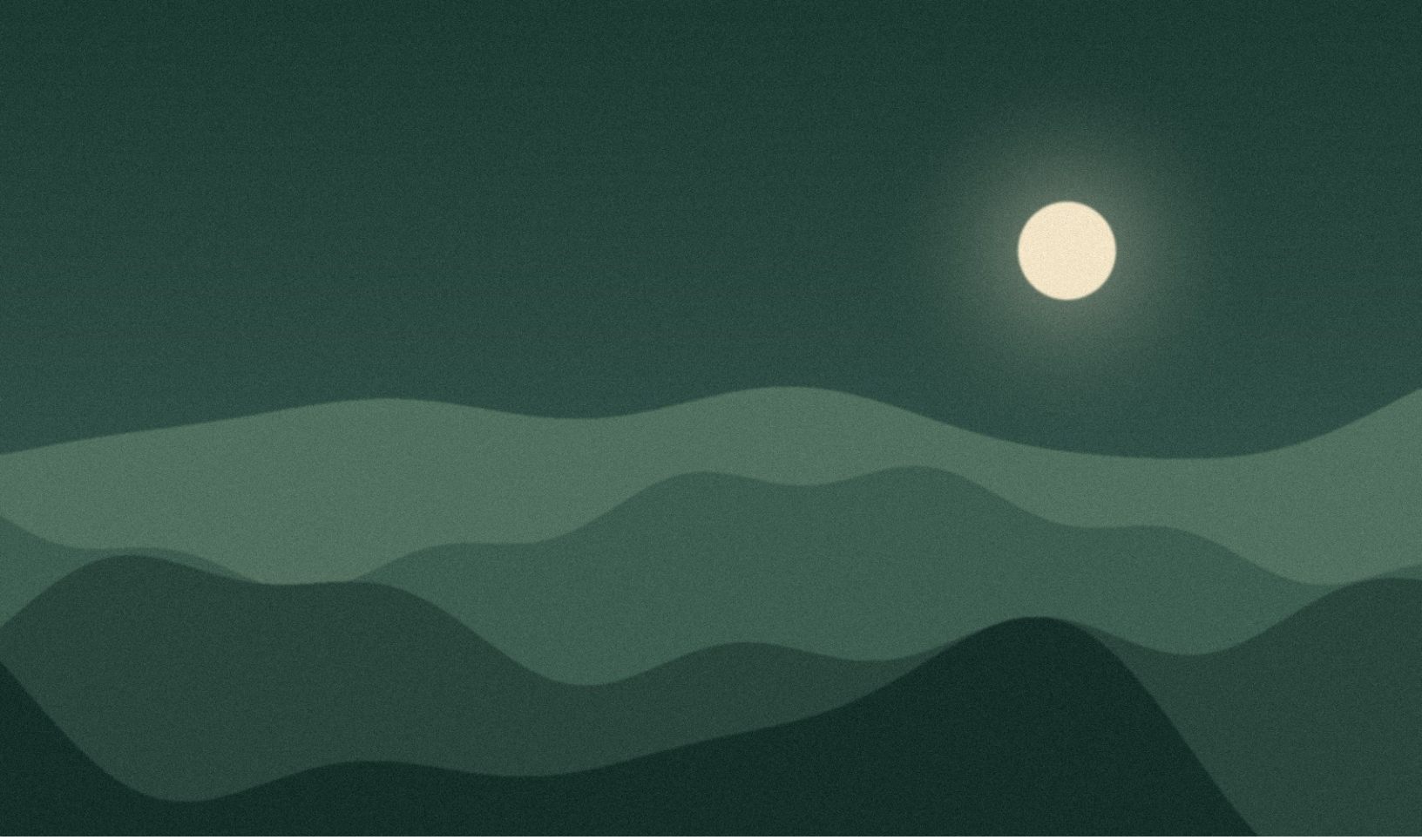
Education is more than a classroom, a campus, or a department; it is Kingdom work. Every lesson taught, every email answered, every field prepared, every budget balanced, every conversation, and every act of care is a chance to integrate Christ's love and point students and families to the beauty of His Kingdom.

"Education is more than a classroom, a campus, or a department; it is Kingdom work."

Reflect

01 How can I prepare prayerfully for the week's work: my lessons, meetings, projects, and tasks?

02 What opportunities do I see to bring Christ's presence into my classroom, office, team, or workspace?



RHYTHM 05

Worship and Church Community

Faith cannot be lived in isolation. Worshiping, serving, and belonging to a church family ground us in the bigger story of God's people.

"Worshiping, serving, and belonging ground us in the bigger story of God's people."

Reflect

01 Am I consistently engaging in worship, small group, or serving at church?

02 What is my next step toward rootedness in my church community?

WEEKLY CHECKPOINTS

Commitments for Healthy Service

01 My priority as a faculty or staff member is to remain in loving union with Jesus each day.

02 I open my interior life fully to God, allowing Him to shape my thoughts, emotions, and decisions.

03 When I feel anxious, I slow down, turning toward God, myself, and others with patience and presence.

04 I discern carefully before saying yes or no, giving time and space to seek God's will.

05 I refuse to move so quickly that I miss simply abiding in the presence of Jesus.

06 I regularly step back from work to delight in God's gifts with gratitude.

07 I practice meditating on Scripture and meeting with God in prayer.

08 I set aside intentional times of silence and solitude, still and undistracted before Him.

09 I rest in the truth that I am loved for who I am, not for what I accomplish.

10 I trust that God is God and I am not, so I entrust the fruit of my labor into His hands.

11 I remain rooted in a local church and community of believers for encouragement and accountability.

12 I turn my thoughts toward God often throughout my day, cultivating an awareness of His presence.



ENCOURAGEMENT

You are seen, valued, and deeply loved.

True growth always happens day by day. Transformation is never something we manufacture; it is the Spirit's work as we surrender, slow down, and live with intention in Christ.

Our desire is for you to flourish in your role, not only in your work but in your walk with God. Your soul matters. You are seen, valued, and deeply loved.

We are committed to walking with you in Christ as you serve and lead. May we remain united and faithful to the mission of Valley Christian, serving with excellence, following Jesus, and shaping students for His Kingdom.

SPIRITUAL FORMATION · PASTORAL TEAM