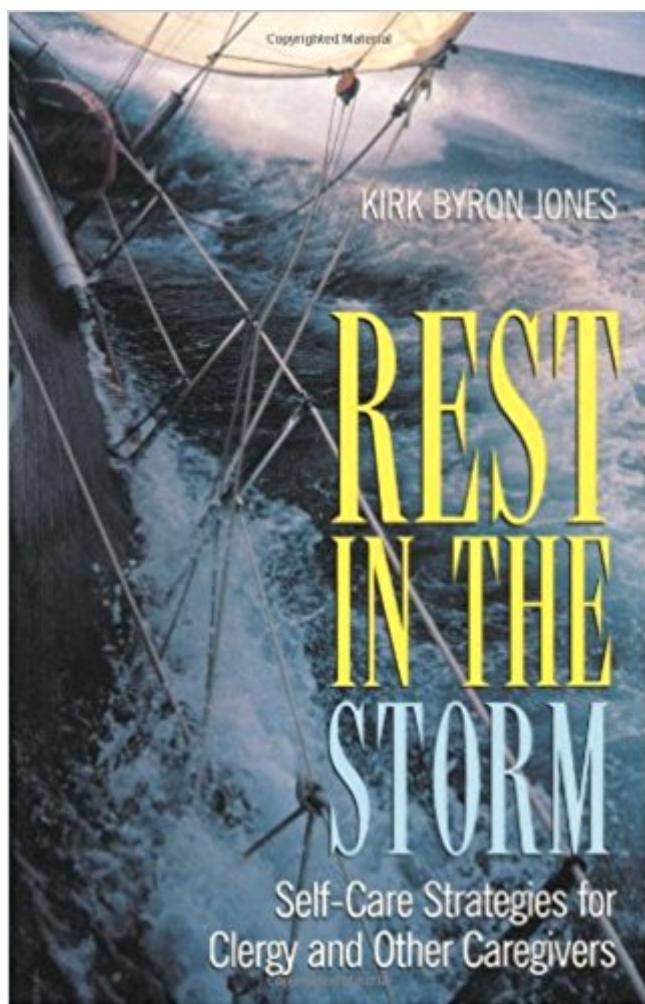


The book was found

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

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.

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.

[Download to continue reading...](#)

Rest in the Storm: Self-Care Strategies for Clergy and Other Caregivers CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat

care products, cat care kit, cat care supplies) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Confidence to Care: [US Edition] A Resource for Family Caregivers Providing Alzheimer's Disease or Other Dementias Care at Home Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Spiritual Wholeness for Clergy: A New Psychology of Intimacy with God, Self, and Others Professional Spiritual & Pastoral Care: A Practical Clergy and Chaplain's Handbook Disaster Spiritual Care: Practical Clergy Responses to Community, Regional and National Tragedy Disaster Spiritual Care, 2nd Edition: Practical Clergy Responses to Community, Regional and National Tragedy Celebrating the Eucharist: A Practical Ceremonial Guide for Clergy and Other Liturgical Ministers Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) By Frank Broyles Coach Broyles' Playbook for Alzheimer's Caregivers (Bonus Tips & Strategies) The Storm Before the Storm: The Beginning of the End of the Roman Republic Storm Siren (The Storm Siren Trilogy) Infants, Toddlers, and Caregivers: A Curriculum of Respectful, Responsive, Relationship-Based Care and Education Black Churches and Local Politics: Clergy Influence, Organizational Partnerships, and Civic Empowerment On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and Their Own Families Companionship at a Time of Perinatal Loss: A Guide for Nurses, Physicians, Social Workers, Chaplains and Other Bedside Caregivers

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)