



# ▶▶ Leaders Must Take a Day Off

## ROBERT MORRIS

Senior Pastor, Gateway Church; Best-Selling Author

A leader motivates and inspires others toward an exciting and better future. Although this task can be energizing and even invigorating—it is also tiring, overwhelming, and constant. Even the best leaders can get worn down and start to feel the fractures of stress in their life. Robert Morris has learned from over 20 years of leading that compromising on rest never pays. In this talk, you will be able to identify ways you can prioritize rest and begin to experience the benefits to your life and leadership.

### THE MOST DIFFICULT LEADERSHIP PRINCIPLE

According to Robert, the most difficult leadership principle to live out is to “take the day off” (i.e., rest). Take a few minutes to discuss the following questions with your team:

- ▶▶ Why do you think this is the case?
- ▶▶ What difficulties do you have in taking a regular day off?
- ▶▶ What might it be costing you and/or your team?

### RECONSIDERING COMMANDMENTS

As a pastor, Robert says that the Ten Commandments are better understood as the “Ten Principles to Enjoy Your Life and Have a Peaceful Society.”



# ▶▶ Leaders Must Take a Day Off

**ROBERT MORRIS**

- ▶▶ How does taking a day off help you enjoy your life?
- ▶▶ What does “rest” mean to you? What exactly would a day of rest look like? Take turns sharing with your team.
- ▶▶ What would it look like for your organization to have a “culture of rest”? How would your team benefit?

## ACT

What is the one action step you will take from this talk, and when will you take it?