



TEAM TRANSFORMATION
VIDEO SERIES

PETE SCAZZERO

REDISCOVER SABBATH

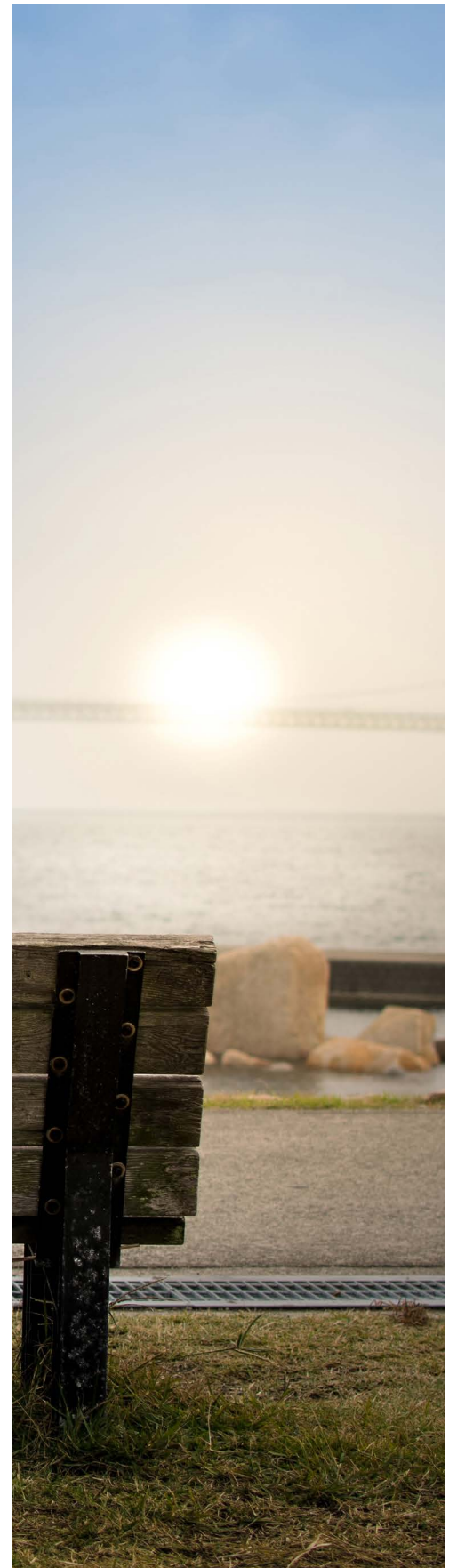


**Become Leaders who
Slow Down for Jesus**

REDISCOVER SABBATH

TABLE OF CONTENTS

Introduction	pg.5
i: The Danger of Leading without Jesus	pg.7
ii: What is Loving Union?	pg.7
iii: Obstacles to Loving Union	pg.8
iv: The Sabbath	pg.8
v: Small Group Questions	pg.9
vi: FAQ's	pg.10
vii: Final Sabbath Applications for You and Your Church	pg.11
What's Next for Your Team & Church?	pg.13





Shallow Christianity is Hurting Churches and Leaders All Over.

And it's affecting us more than we know. It is now normal to see that:

- Pastors are hurried, unable to slow down and be with Jesus.
- Leaders pretend to be something on the outside that they are not on the inside.
- Devoted Christians remain emotionally and spiritually immature.
- Churches rarely multiply deeply changed disciples.

But the Future Doesn't Have to Stay this Way.

Over 25 years in the making, Emotionally Healthy Discipleship was developed for this very purpose.

Imagine churches where:

- Staff Members serve out of a deep love for Jesus, rather than to keep the church running.
- Leaders prioritize maturity and health over activity.
- Pastors live out of their relationship with Jesus at work and home.
- Entire teams learn the tools needed to multiply mature disciples.

As Goes the Leader, so Goes the Church.

Lasting transformation always begins with leaders and leadership teams, and like a ripple effect, expands into the entire church.

We created the Team Culture Video Series so that your staff and team can begin to experience transformation together, leading to a deeply changed church culture.

This video series will allow your team to:

- Become unified in language and practice
- Cultivate spiritual health and longevity
- Get “beneath the surface” of your jobs and roles
- Stimulate life-changing conversations
- Better lead your church or ministry

Ways to Use the Team Transformation Video.

There are many ways you can use this team development video series:

- During your weekly staff meetings
- At an off-site leadership retreat
- As part of a volunteer development day
- With your entire elder board
- As an annual team culture checkup

Getting Started is Simple.

1. Watch each video as a team.
2. Prayerfully discuss & integrate each practice.
3. Transform your culture from the inside out.

My prayer is that this Team Transformation Video Series will provide your team with a powerful next step to transform your entire church culture and multiply deeply changed disciples.

Pete Scazzero



Rediscover Sabbath: Leaders that Slow Down for Jesus

i. The Danger of Leading without Jesus

“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven. Many will say to me on that day, ‘Lord, Lord, did we not prophesy in your name and in your name drive out demons and, in your name, perform many miracles?’ Then I will tell them plainly, ‘I never knew you. Away from me, you evildoers!’”

Matthew 7:21-23

*Some Jews who went around driving out evil spirits tried to invoke the name of the Lord Jesus over those who were demon-possessed. ...Seven sons of Sceva, a Jewish chief priest, were doing this. One day the evil spirit answered them, “Jesus I know, and Paul I know about, but who are you?” Then the man who had the evil spirit jumped on them and overpowered them all. He gave them such a beating that they ran out of the house naked and bleeding. **Acts 19:13-16***

ii. The Danger of Leading without Jesus

To allow Jesus and his will to have full access to your life in a posture of attentiveness, openness, and surrender.

iii. Obstacles to Loving Union

A. Compartmentalization

B. Chaotic Rhythm

iv. The Sabbath: a 24-hour time frame without anxiety or “have-to’s”

A. “The Sabbath was made for people, not people for the Sabbath.”

Mark 2:27

I am the Lord your God who brought you out of Egypt, out of the land of slavery.

You shall have no other gods before me.

You shall not make for yourself an idol.

You shall not misuse the name of the Lord your God.

Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you.

Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore, the Lord your God has commanded you to observe the Sabbath day.

Honor your father and your mother.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not give false witness.

You shall not covet.

Deuteronomy 5:6-21

B. Four Core Elements to a Biblical Sabbath

1. Stop

2. Rest

3. Delight

4. Contemplate

v. Small Group Questions

What questions do you have regarding Sabbath-keeping?

What 24-hour period might serve you at this phase of your journey (For example, all day on Mondays or Fridays, 6 p.m. Friday night to 6 p.m. Saturday night every week)?

What activities create rest and delight for you?

If you already keep the Sabbath, what adjustments could you make in order to deepen or broaden your experience?

vi. FAQs

Does it have to be a 24 hour period each week?

Does it need to be the same day each week?

Do I need a day off and a Sabbath?

How do I decide which activities are acceptable and unacceptable on Sabbath?

Do I cease from the work of parenting?

Which day is Sabbath? Saturday or Sunday?

What about volunteers at Church if Sunday is their Sabbath

vii. Final Sabbath Applications for You and Your Church

A. Reframing Vacations and Holidays

B. Sabbaticals: The Long View

C. Introducing Sabbath to the Whole Church

D. For FAQ's and Other Resources:

- The EH Spirituality Course Workbook, Session 6. Discover the Rhythms of the Daily Office and Sabbath
- For free sermons on Sabbath by Pete, go to emotionallyhealthy.org
- Wayne Mueller, Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives (Bantam, 2000)

What's Next for Your Team and Church?

Hopefully, by now you can see how powerful these practices are when shared as a team.

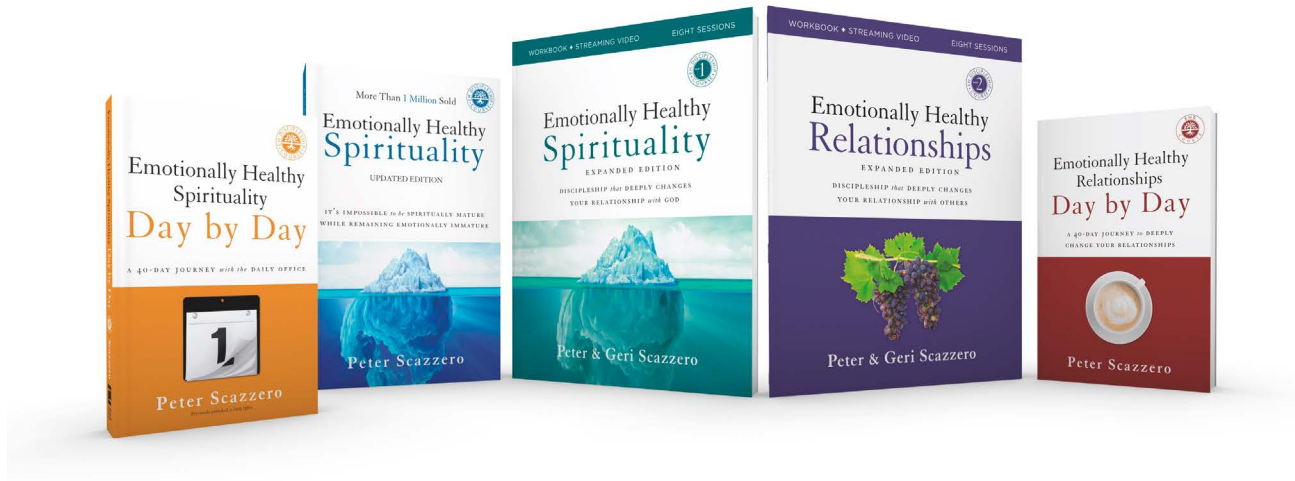
Now imagine the rest of your church having the same experience.

These practices are part of the Emotionally Healthy Discipleship Course that was created with the whole church in mind.

Out of 21-years of development, we offer this core discipleship course in 2-Parts:

Part 1 - EH Spirituality to deeply change your relationship with God, and

Part 2 - EH Relationships to deeply change your relationships with others.



To discover more about how this course can revolutionize discipleship in your church, download a [FREE PREVIEW](#).

We pray these resources will help you revolutionize discipleship in your team, your church, and the entire world!

Blessings,

Pete Scazzero