



HOUSE OF HOPE

RESTORED TO SERVE

MARTIN LUTHER KING JR. DAY
Finding Rhythm, Rest, and Renewal

Facilitator: Dr. E. Dewey Smith

Saturday, June 27, 2026

P R I M A R Y T E X T

Mark 6:30–32

“Come ye yourselves apart into a desert place, and rest a while...”

S U P P O R T I N G T E X T S

Isaiah 40:28–31

Psalm 23

1 Kings 19:1–18

Matthew 11:28–30

O P E N I N G Q U E S T I O N

***How Does God Restore Those He Has Called To
Serve?***

INTRODUCTION

The Weary Servant

- One of the greatest misconceptions in ministry is believing that faithful servants never become weary.

The Bible never teaches that.

- Moses became weary.
- Miriam grew frustrated.
- Elijah became weary.
- Jeremiah became weary.
- Paul became weary.
- Even Jesus withdrew to solitary places.

Fatigue is not failure.

Exhaustion is not evidence of weak faith.

Sometimes the most spiritual thing a minister can do is allow God to restore what ministry has depleted.

- The church often celebrates servants.
- God is also concerned about the servant.
- Because if the servant is never restored... Eventually the service suffers.

God is not interested in simply using us.

He desires to sustain us.

“Come ye yourselves apart...and rest awhile.”

TRANSITION QUESTION

What Does God Restore In Those He Calls To Serve?

God Restores Our Pace

Mark 6:30–32

What didn't God command?

Prohibition

What did God command?

Pause

- ✦ **Rest was never intended to replace ministry.**
- ✦ **Rest was intended to sustain ministry.**

God designed life with rhythms:

- ✓ *Morning and evening.*
- ✓ *Work and Sabbath.*
- ✓ *Giving and receiving.*
- ✓ *Pouring out and being filled again.*

When rhythm is lost, Eventually effectiveness is lost.

Reflection: *Have I confused constant activity with faithfulness?*

God Restores Our Power

Isaiah 40:31

“They that wait upon the Lord...”

Waiting is not inactivity.

Waiting is renewal.

There is a difference between working for God and drawing strength from God.

Many ministers know how to prepare sermons.

Few know how to replenish their souls.

You cannot continually pour from an empty vessel.

Strength is renewed through:

- Worship
- Prayer
- Scripture
- Silence
- Healthy relationships
- Sabbath

✦ **Sometimes God’s answer is not another assignment.**

✦ **Sometimes His answer is restoration.**

God Restores Our Perspective

1 Kings 19

Elijah had just experienced one of the greatest victories of his ministry. Yet one chapter later... He wanted to die.

Notice what God did NOT do:

- ❖ *God did not immediately rebuke him.*
- ❖ *God let him rest.*
- ❖ *Fed him.*
- ❖ *Allowed him to sleep.*
- ❖ *Then spoke to him.*

✿ **Sometimes what feels like a spiritual crisis is actually accumulated exhaustion.**

- Fatigue can distort perspective.
- Burnout can make success feel like failure.
- Isolation can convince us that we're alone.

God restored Elijah's perspective before He restored Elijah's assignment.

God Restores Our Personhood

Matthew 11:28–30

- **Our identity is never servant first.**
- **Our identity is child first.**

If we only see ourselves as workers... We will eventually measure our worth by productivity.

- ✦ **But before God called us to preach... He called us to belong.**
- ✦ **Before He entrusted us with ministry... He loved us.**

Ministry flows best from intimacy.

We don't work to earn God's love.

We serve because we already have it.

God Restores Our Purpose

Psalm 23

“He restoreth my soul...”

Why?

“So that...” • “I shall not want.” • “He leadeth me...”

The Shepherd restores the sheep... So the sheep can keep following.

- ❖ God restores us because He still has assignments for us.
- ❖ Rest is preparation.
- ❖ Renewal is preparation.
- ❖ Healing is preparation.

Your greatest season of usefulness may still be ahead.

Minister's Self-Evaluation

Spiritual Rhythm

Am I consistently spending time with God beyond sermon preparation?

Physical Health

Am I caring for the body God has entrusted to me?

Emotional Health

Have I processed grief, disappointment, frustration, and fatigue?

Relational Health

Who knows the real me? Who pours into me?

Ministry Health

Am I serving from overflow or obligation?

For Personal & Group Discussion

1. *What has ministry taken from me that I need God to restore?*

2. *What unhealthy rhythm do I need to leave behind?*

3. *What kind of minister is God calling me to become in this next season?*

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