



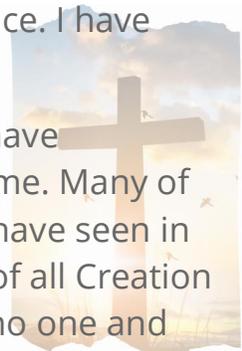
Resources in Rest: a curated list of resources for creating space and finding rest and renewal

Compiled with notes by Dr. Teresa M. Moon

Dear Friend,

Along my journey toward rest and renewal, I have had many mentors. Some obvious. Some unexpected. These authors have each mentored me in some aspect of my journey. From them I have learned how to let go of those things that distract and detain me. I have learned more about how God wired me and what it means to submit my body to Him as a living sacrifice. I have learned simple tools to prioritize what really matters.

Actually, I'm still learning all of these lessons. These mentors have encouraged, challenged, reminded, convicted, and refreshed me. Many of them have nurtured and nourished my soul. Along the way, I have seen in fresh new ways how God loves me. Really loves me. The God of all Creation cares about my burdens and wants to give me rest. The kind no one and nothing else can provide.



There are others. Other books, people, and circumstances that have coached me toward a life of less stress and more rest. But these are among my favorites to date. I hope you will find help and hope here as I have.

I'd love to hear what you learn on your journey. Drop me a note or leave a comment on my [blog site](#).



In the meantime, may our God show you how to live and work from rest.

For your soul care,

Teresa



Books

Blanchard, Kenneth H., et al. *The One Minute Manager Meets the Monkey*. Thorsons, 2011.

This choice may not be intuitive when looking for helps to pursue rest in your life. This quick read helped me consider whether everything on my to do list is really mine to do. Then, it gave clear steps to find the appropriate places for the things weighing me down and pulling me sideways that really don't belong to me.

Barton, Ruth Haley. *Invitation to Retreat: The Gift and Necessity of Time Away with God*. IVP Books, 2018.

This was a difficult concept for me to grasp until fairly recently. The idea that retreat was anything but a luxury was foreign to me. There's always so much to do! Ruth helped me recognize God has a plan that doesn't rely on my *doing*. He's more interested in my *being*. That I was created to require rest. For me, rest is about trust. As I retreat for God to work *in* me He also begins to work *through* me... and God's way to work His plans and purposes are so much better than mine.

Barton, Ruth Haley. *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*. IVP Books, 2006.

This book turned me into a fan of Ruth Haley Barton. Her style is so real and relatable and her message is redemptive. So much grace. So much hope. If beginning to establish spiritual practices for ongoing spiritual transformation is at all new for you, this is a good starting place. You might like the audio on this one. Ruth has a voice that is both nurturing

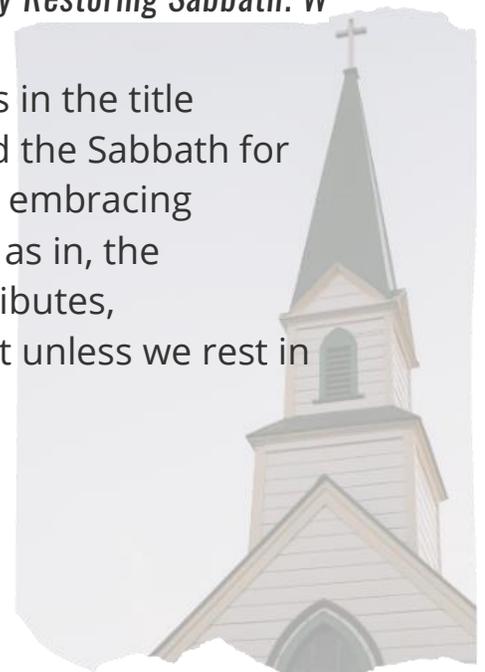
and challenging. Another wonderful storyteller, she points us to the most beautiful story of love and grace, and has lots of tools for accessing more of it in daily life.

Barton, Ruth Haley. Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry. IVP Books, 2018.

Barton invites us to an honest exploration of what happens when spiritual leaders lose track of their souls. Weaving together contemporary illustrations with penetrating insight from the life of Moses, *Strengthening the Soul of Your Leadership* provides spiritual practices to ensure your soul gets the nourishment it needs. Forging and maintaining a life-giving connection with God is the best choice you can make for yourself and for those you lead. This expanded edition includes the popular "How Is It with Your Soul?" assessment for leaders and a flexible six- or twelve-week guided experience for groups.

Buchanan, Mark Aldham. The Rest of God: Restoring Your Soul by Restoring Sabbath. W Pub. Group, 2006.

Spoiler alert: this one is convicting. The play on words in the title reminds us the Sabbath is God's gift to us. He created the Sabbath for man and not man for the Sabbath. The author posits embracing Sabbath rest is the best way to get to know the rest - as in, the remainder - of God. To learn about the unknown attributes, characteristics, and parts of God we don't learn about unless we rest in Him.



Cloud, Henry. The Power of the Other: The Startling Effect Other People Have on You, from the Boardroom to the Bedroom and Beyond - and What to Do about It. HarperCollins, 2016.

I elected to include this because it was so impactful for me and several of my colleagues. There are people in our lives who energize us and others who drain us. Some of us attract more of one or the other. Henry Cloud masterfully guides us through characteristics of healthy relationships that we can pursue and red flags we ought to heed. When I recognized just how much of my energy I had allowed “the Other” to drain, it was revolutionary for me. I hope this resource will be as meaningful for you.

Collard, Patrizia. The Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace. Octopus, 2014.

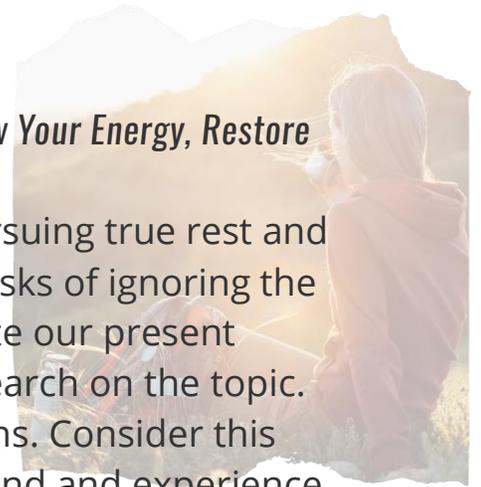
If you are seeking a distinctly Christian, biblically-based perspective, this may not be your cup of tea. A couple of decades ago, I would have been more cautious myself. I included this “little book” as the title suggests because it is just that - little. These short exercises are a simple way to jumpstart some easy-to-integrate techniques that move us toward peace and rest. I don’t know the author’s worldview, but her coaching leads us toward “perfect peace and rest.”

Comer, John Mark. The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World. Waterbrook, 2019.

When asked for the single most important piece of advice for life, Dallas Willard replied, “Ruthlessly eliminate hurry from your life.” John Mark Comer took those words seriously. He describes many of his own decisions and daily practices for living out this rule of life. Sometimes you need to swing the pendulum to the other end of the spectrum to find your balance. Comer does that. He also challenges us to find our own unhurried rhythms in very practical ways.

Dalton-Smith, Sandra. SACRED REST: Recover Your Life, Renew Your Energy, Restore Your Sanity. FAITHWORDS, 2019.

This one's a must read for anyone serious about pursuing true rest and renewal in life. Dr. Dalton-Smith exposes us to the risks of ignoring the way our bodies are made. She coaches us to evaluate our present condition. She provides a wealth of science and research on the topic. Finally, she guides us to real life everyday applications. Consider this one your handbook for discovering how to understand and experience the rested life God created you to enjoy.

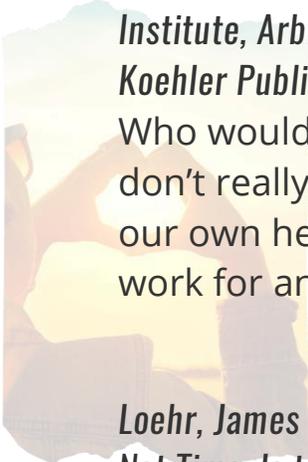


Duhigg, Charles. The Power of Habit: Why We Do What We Do in Life and Business. Random House, 2014.

This may also seem an odd choice. I included it here because habits both create and reduce stress in our lives. I had identified bad habits in my children, husband, colleagues, and friends that contributed to their stress levels and to everyone in their path. These are the easy ones to spot. But my own habits, the ones that derail me, those are not as easy to see or change. I've also experienced good habits that make life easier. It just flows better. It's simpler. Habits help - and they harm. This resource helped me rethink habits. The right habits are powerful tools for experiencing life-giving, high-performing, renewing, energized lives.

Eldredge, John. Get Your Life Back: Everyday Practices for a World Gone Mad. Thomas Nelson, 2020.

This tool has been immensely valuable. I recommend the audio version as this author's voice is so soothing that it's renewing just to listen. Eldredge also coined the "1-minute pause." I strongly recommend the supplementary app as well. This is a good starting place, especially if you feel out of control. There are plenty of anxiety-triggers around us. The peace that passes understanding is attainable - not when our world is conflict-free, but by nurturing our inner world.



Institute, Arbinger. *The Anatomy of Peace: Resolving the Heart of Conflict*. Berrett-Koehler Publishers, 2015.

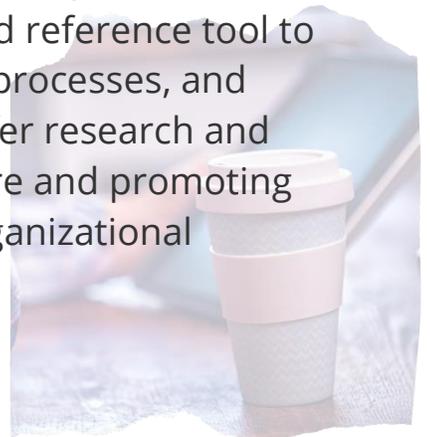
Who wouldn't say they want peace? Yet, most of us would agree we don't really want peace at any cost. The reality is that peace begins in our own hearts. It's deep, hard, probing, solitary work. And it's essential work for anyone pursuing peace and rest.

Loehr, James E., and Tony Schwartz. *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to Performance, Health, and Happiness*. Free Press, 2003.

For years I thought it was all about time management. Loehr and Schwartz emphasize the science behind high-performing elite athletes as well as executives and make a number of comparisons between the two. As it turns out, achieving optimal performance isn't about time management - it's about energy management. Once I got that, and adjusted my own paradigm, I discovered very practical ways to make space for the needed rest that increased my energy.

Maslach, Christina, and Michael P. Leiter. *The Truth about Burnout: How Organizations Cause Personal Stress and What to Do about It*. Jossey-Bass, A Wiley Imprint, 2014.

I came across this resource in my early research on the topic of rest. If you're in organizational leadership, this may be a good reference tool to check your culture against. Are there cultural norms, processes, and protocols that promote stress? Maslach and Leiter offer research and recommendations for improving organizational culture and promoting healthy habits that produce personal renewal and organizational health.



Miller, Paul E. *A Praying Life: Connecting With God in a Distracting World*. Navpress, 2009.

I rarely re-read books, but my copy of *A Praying Life* is well worn. Learning to connect with God, in the midst of all the distractions in life, has been a stress-reducer, a relationship-strengthener, and an attitude adjustment for me. I began telling my heavenly Father more, and my family less, about what bugged me. I spent more time talking with God about my problems and less time talking with people about them. I began experiencing small moments of the peace that passes understanding as I implemented these principles.

Newport, CAal. *DEEP WORK: Rules for Focused Success in a Distracted World*. Grand Central Pub, 2018.

Another convicting read. By the time my colleagues and I read Newport's book, I thought I was doing a pretty good job focusing on the most important work and setting boundaries to eliminate distractions. DEEP WORK helped me identify and deconstruct specific obstacles to setting and focusing on the right priorities. While not presented from a Christian perspective, these concepts challenged me to align my work habits with God's call to seek Him and rest in Him.

Niequist, Shauna. *Present Over Perfect: Leaving Behind Frantic for a Simpler, More Soulful Way of Living*. Zondervan, 2016.

This was a precious find for me. Shauna writes in such a warm and vulnerable style, this collection of essays focuses on the most important transformation in her own life. She challenges readers to leave behind busyness and frantic living and rediscover the person you were made to be. *Present Over Perfect* is like a hand reaching out, pulling you free from the constant pressure to perform faster, push harder, and produce more, all while maintaining an exhausting image of perfection. This is a must-read for anyone looking for freedom from the expectations of others and the joy of living as your best self.

Nieuwhof, Carey. Didn't See It Coming: Overcoming the Seven Greatest Challenges That No One Expects and Everyone Experiences. WaterBrook, 2018.

Pastor Nieuwhof offered me conviction combined with hope. There are seasons of life in which I believed certain challenges shouldn't - maybe even couldn't - derail a praying, ministering Jesus-follower. This author reminds us that is just not true. We are all susceptible, especially when we least expect it. This really is a must-read for every Christian leader.

Nouwen, Henri J. M. Making All Things New: An Invitation to the Spiritual Life. HarperSanFrancisco, 2005.

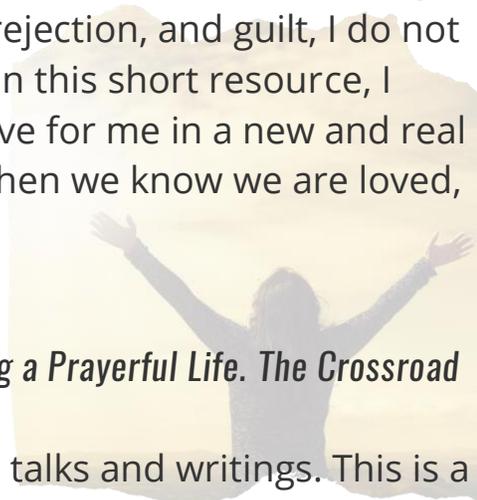
What can I say? It's Nouwen. Everything he wrote is worth reading. It's like a soothing balm for a weary soul. In this little treasure, Nouwen helps us find the peace of mind to hear God's voice.

Nouwen, Henri J. M. The Inner Voice of Love: A Journey through Anguish to Freedom. Darton Longman & Todd, 2014.

Another Nouwen fave! Henri shares with graphic emotion a personal journey of loss, anguish, and self-doubt - one with which I can really identify. When I am languishing in regret, rejection, and guilt, I do not rest well. I am not the best version of me. In this short resource, I experienced the person of Love and His love for me in a new and real way. I needed this message. I am loved. When we know we are loved, we see the world differently.

Nouwen, Henri J. M. The Only Necessary Thing: Living a Prayerful Life. The Crossroad Publishing Company, 1999.

The topic of prayer is a staple of Nouwen's talks and writings. This is a compilation of many of his thoughts about prayer being the centerpiece of a life of faith. This is a perfect bedside or desk companion. I grab it when I need a quick reminder that prayer really is



the only necessary thing. I'm so grateful to my friend and colleague Mary for recommending it to me.

Nouwen, Henri J. M. The Way of the Heart: Desert Spirituality and Contemporary Ministry. Seabury Press, 1981.

In this sweet little gem, Father Nouwen gently guided me along a spiritual path consisting of three stepping-stones: Solitude (learning not to be alone but to be alone with God); Silence (the discipline by which the inner fire of God is tended and kept alive); and Prayer (standing in the presence of God with the mind in the heart). This was a practical and refreshing call to spending meaningful time with my heavenly Father.

Nouwen, Henri J. M., and Gabrielle Earnshaw. You Are the Beloved: Daily Meditations for Spiritual Living. Convergent Books, 2017.

My friend says I have the guilt gene. I am predisposed to feel guilty. This precious little book reminded me that I am deeply cherished by my heavenly Father. That His thoughts for me are always for good. That time with Him is refreshing. That I am lovable and I am loved. Oh such sweetness!

Reece, Nancy. Undivided Hearts: Tender Wisdom for Tough Choices. Reece Associates, 2015.

Nancy has become a trusted Wise Guide for me. Her gentle approach combined with God's principles for healing hearts and minds have challenged me to pursue His solutions to life's disappointments, frustrations, and problems. There is a wonderful section devoted to "Living from Quiet." I recommend the entire study as it provides context for our need and our struggle for stillness, silence, and solitude.



Rodin, R. Scott. The Steward Leader: Transforming People, Organizations and Communities. InterVarsity Press, 2010.

This tool served to remind me it's not mine. The people I serve are not mine. The successes don't belong to me. The organization, the mission and the resources all belong to God. So why do I think the problems are mine? Why did I stress over lacking resources and imperfect solutions? Rodin shaped my perspective about what it means to steward a ministry, an organization, and people. Learning how to better steward helped me create mental and emotional space to practice rest.

Scazzero, Peter. Emotionally Healthy Spirituality: It's Impossible to be Spiritually Mature While Remaining Emotionally Immature. Zondervan, 2014.

This is an eye opener for many. Recommended to me by my own daughter-in-law, I couldn't put this one down. I related to so many of the stories in these pages. I first listened to the audio. Then read it in print. Now I'm reading it again with a group of leaders. I see why it's required reading for some going into Christian ministry and missionary work. Warning: you may suddenly discover some emotional immaturity in yourself or those close to you. But the good news is you'll have tools for becoming a healthier you!

Strickland, Danielle. Ultimate Exodus - Finding Freedom from What Enslaves You. Lion Hudson Plc, 2017.

Danielle knows what she's talking about. This fast read took me on a rapid, helpful, painful, and convicting journey. I was reminded that I have been, and in places still am, enslaved by people, behaviors, and attitudes I couldn't see. God has uprooted me from people, places, behaviors, and security to free me to rest in Him. I am still learning to rest in His way, His promises, and His presence. But with Danielle's help, I've made a little more progress.

Terkeurst, Lysa. Forgiven What You Can't Forget: Discover How to Move on, Make Peace with Painful Memories, and Create a Life That's Beautiful Again. Thomas Nelson, 2020.

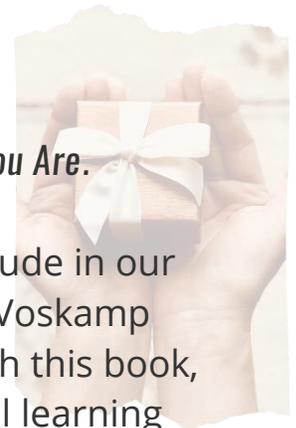
This is another read that's nurturing to the soul. I also recommend the audio version for this one. Lysa's voice is passion-filled. Her story is both painful and redemptive. And so relatable. You may not have experienced her specific life experiences, but you can't help but connect with the pain of rejection and betrayal. If there is unresolved hurt in your life, this is a must read.

Thompson, Curt. Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships. Tyndale House Publishers, Inc., 2010.

If you want real transformation, this is a must-read. Dr. Thompson walked me through spiritual practices that promoted real rest and renewal. He shares practical exercises that promote healing in areas of real struggle. His combination of neuroscience and biblical truth helped me to understand how my brain is wired - and how it can be rewired - to help me be the best version of me. These practical tips based on science and steeped in God's truth helped me to find real healing and begin to experience emotional, mental, and spiritual rest.

Voskamp, Ann M. One Thousand Gifts: A Dare to Live Fully Right Where You Are. Zondervan, 2010.

With a growing body of research about the benefits of gratitude in our lives - personally, professionally, and organizationally - Ann Voskamp gave me the gift of her story of growing in gratitude. Through this book, Ann nudged me to begin my own gratitude journey. I am still learning just how freeing gratitude is. My own daily gratitude journal has helped reduce stress, improve relationships, restore hope, and experience real rest in body and soul.



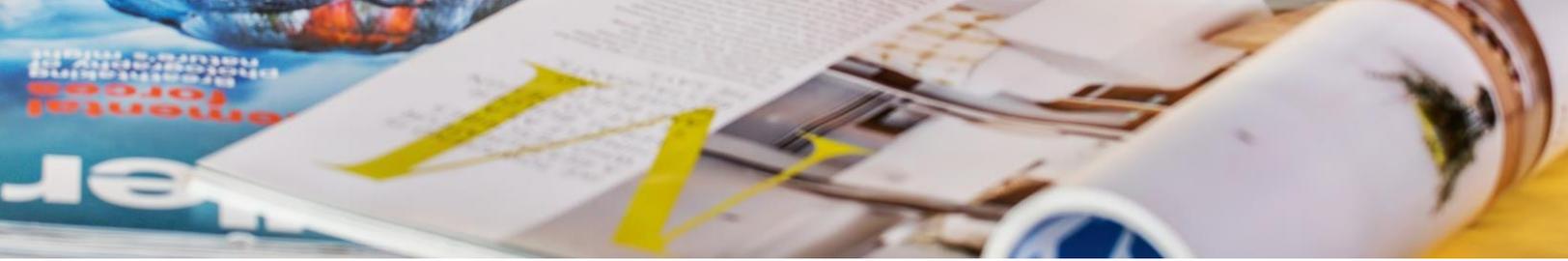
Willard, Dallas. Renovation of the Heart: Putting on the Character of Christ. NavPress, 2012.

Full disclosure: this was required reading when I was studying for a doctorate in strategic leadership. I grumbled about not having time for such non-essentials. Wow! Was I ever convicted. It turns out these tools are absolutely essential. I found Willard's approach to articulating God's truth applied to my everyday life - personal, family, professional, and ministry - to be both compassionate and challenging. My heart is still under renovation, but I'm grateful for the progress I've made.

Wuellner, Flora Slosson. Feed My Shepherds: Spiritual Healing and Renewal for Those in Christian Leadership. Upper Room Books, 1998.

Flora Slosson Wuellner started me on my own personal journey toward rest and renewal in real life. Before I read this book, my approach was theoretical and academic. Rest was a good idea. We/I should probably do more of it. Some day when....fill in the blank...happens, I will rest. Rest was limited (in my thinking) to extra sleep, a vacation, or someone magically appearing to relieve me of my biggest challenges and frustrations. Flora encouraged me to look at life right now. Not some day. To bask, even for a few minutes at a time, in the love of the "Light of the world." She helped me breathe. And she's helped me pass this same encouragement on to others.





Articles, Apps, and Other Resources

I'm always looking for quick, practical tools I can implement to help me along the way. These are short, easy reads with practical tips for real time use - or podcasts and apps that provide the same! Each of them offers suggestions that ought to first be personally applied, then shared. Several extend well to our ministry teams and organizational environments. Enjoy!

Juliet Funt

[Whitespace at Work](#)

Make room for ah-ha, breakthrough, game-changing ideas.

Kevin Halloran

[Christian Ministry Burnout: Prevention, Signs, Statistics, and Recovery](#)

On avoiding ministry burnout.

Jessica Hooten Wilson

[In Praise of Useless Reading](#)

Read for love and beauty. We are called to love before we are called to "do."

Douglas J. Leonhardt, SJ

[Lectio Devina](#)

Praying with scripture.

Debbie Przybylski

[Intercessors Arise International](#)

A breakthrough prayer for power in prayer.

[6 Benefits of a Silent Retreat with God](#)

Silent contemplation is a special dimension that very few of us have fully grasped.

Jeremy Harrington

[What is Silent Prayer?](#)

One of the richest forms of prayer can occur when the heart is absolutely quiet.

Jurell Sison

[The Power of Silent Prayer](#)

Ignatius tradition - the art of silent prayer.

Ruth Haley Barton

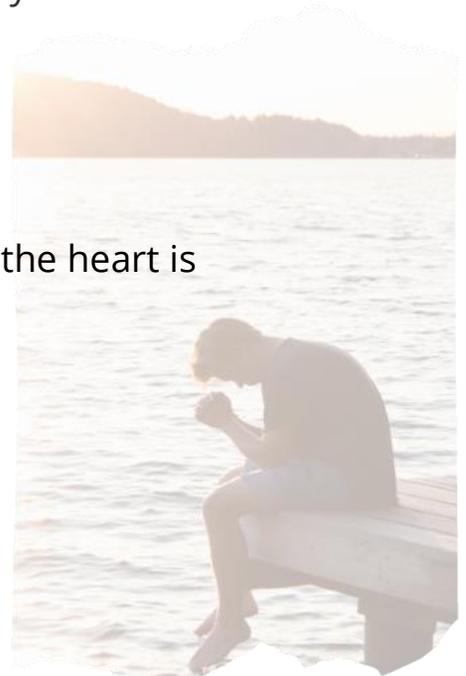
[Podcast: Strengthening the Soul of Your Leadership](#)

Discover how forging and maintaining your own life-giving connection with God is the best thing you bring to leadership.

John Eldredge

[App: One Minute Pause](#)

With prompts to pause for one, three, five, or ten minutes at a time to give everything and everyone to Jesus. A soulful reminder and encouragement that begins with 1 minute.



Various International Leaders

[App: Lectio 365](#)

A daily devotional resource that helps you encounter God and shape your life by praying the Bible every day. A day at a time or up to a week in advance, read or listen when it works for you.

Teresa M. Moon



Serving as President and CEO for the Institute for Cultural Communicators for over 20 years, Dr. Teresa Moon has maintained a strong interest in rest and renewal practices since discovering their life-changing, culture-shaping benefits. Since founding the Institute, she has seen how researching and implementing these practices has amplified organizational health - not to mention the personal health of leaders and their families. Teresa is dedicated to equipping authentic leaders of all ages to engage and transform culture.

Dr. Teresa Moon is an internationally recognized speaker, leadership consultant, author, communications coach, and President of Communicators Advantage Project (CAP), a small consulting company. Teresa enjoys thought-provoking books and movies, leisurely lunches and walks, bold coffees and ideas. Teresa and her husband David call Tennessee home.