

RESET STUDY GUIDE

Living a Grace-paced Life in a Burnout Culture

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How to Use this Study Guide

"How did I get here?"

These are the words of many Christian men on the brink of burnout or in the midst of breakdown. They are exhausted, depressed, anxious, stressed, and joyless. Their time is spent doing many good things, but their pace is unsustainable—lacking the regular rest, readjustment, and recalibration they need.

But there is good news: God has graciously provided a way for men to reset their lives to a more sustainable pace. *Reset: Living a Grace-paced Life in a Burnout Culture* offers weary men hope for the future, helping them identify the warning signs of burnout and offering practical strategies for developing patterns that are necessary for living a grace-paced life and reaching the finish line with their joy intact.

This Study Guide for *Reset* has been designed to help individual readers apply the book to their own lives and assist the process of moving from theory to practice.

It has also been written in such a way that will enable couples to work through *Reset* (for men) and *Refresh* (for women) in tandem. There is a separate Study Guide for *Refresh* that reflects the differences between the male and female experience of stress, anxiety, burnout, depression, etc. However, both the books and the Study Guides have been written to help couples work through them together. The handful of Study guide questions that are different for *Reset* and *Refresh* are marked by an asterisk (*).

The Study Guides for both *Reset* and *Refresh* have also been composed to facilitate group discussion of the material. Again, this could be done in separate men's and women's groups or together.

There is no copyright on this Study Guide, so print and photocopy as many as you need.

For more resources on how to live a grace-paced life, visit David Murray's blog at <http://headhearthand.org/blog>

Introduction

*1. Describe a time in your life when you were living too fast. What were the consequences?

*2. What attempts have you made to find the sweet spot between living too fast and too slow?

3. Brady Boyd said: "Ultimately, every problem I see in every person I know is a problem of moving too fast for too long in too many aspects of life." Do you agree or disagree? Why or why not?

4. What factors should you consider when you are trying to gauge what is a healthy pace in your life?

*5. What factors are causing so much burnout in our culture? Among Christian men? Among pastors?

*6. What are the five deficits of grace? Which of these struck a chord with you? Why?

7. Some of God's best gifts are listed under receiving grace: a weekly Sabbath, sufficient sleep, physical exercise, family and friend relationships, Christian fellowship. Which of these are notably absent in your life and why?

8. Why are millennials especially at risk of burnout?

9. What are some of the differences between men and women when it comes to burnout?

Repair Bay 1: Reality Check

1. Have you had a dramatic “reality check” experience in your life? What happened and what did God teach you through it?

2. Why has God connected knowing him with stillness (Ps. 46:10)? What are you doing to strengthen that connection?

3. Why do men find it hard to reach out for help?

4. J. R. Briggs said: “Self-care is the first step in caring for others, for loving your neighbor as yourself.” What are you doing for your own self-care?

5. Which category of warning lights are flashing most in your life? Physical, mental, emotional, relational, vocational, moral, spiritual, or pastoral?

6. Which warning lights confirmed your fears? Which of them surprised you?

7. Are there other warning lights flashing in your life that are not on the list?

8. Measure how serious your warning signs are by using these three criteria:

How many?

How deep?

How long?

9. Where are you on this spectrum?

Stressed → Anxious → Overwhelmed → Burned out → Sad → Depressed → Suicidal.

10. How can burnout be a good thing (Job 23:10)? What good do you want God to bring out of your crisis?

Repair Bay 2: Review

1. “Behind many seemingly practical problems are theological problems.” What are your thoughts about that statement? Can you give an example of this from your own life?

2. Where does God publish his instructions about how to live as dependent, finite creatures? What are you doing to learn both sets of instructions?

3. The interconnectivity of the physical and the spiritual means that the health of the body affects the health of the soul and vice versa. How have you seen that kind of interconnectedness play out in your life?

4. Although none of us would say we are unlimited, most of us think we are less limited than we actually are. How do you know when you are living beyond your creaturely limitations?

5. What are the practical implications of the truth that God is our Creator?

6. Do you think your stress issues were mostly caused by life-situation or lifestyle? What life situations or lifestyle issues have impacted you the most?

*7. We are used to thinking of losses impacting us. In what ways can gains and successes also damage us?

8. What are you doing to change to a Philippians 4:8 media diet?

9. Many people have influenced us over the years, especially our parents. What personal examples are influencing your lifestyle choices, perhaps unconsciously?

Repair Bay 3: Rest

1. How many hours of sleep a night do you usually get? Do you think it's enough? What would be your optimal amount?

2. What sermon are you preaching by your sleep patterns?

3. Which of the consequences of sleep deprivation did you find most startling?

4. Which of the consequences have you experienced in your own life?

5. How have your sleep habits affected you spiritually?

6. What kinds of discipline or routine will you try to put in place to improve your sleep health?

7. What role does faith have in increasing and improving sleep?

8. What models from church history or your own life are influencing your decisions about how much sleep you need?

9. What truths can help you to sleep longer and better?

Repair Bay 4: Re-Create

*1. Why are pastors especially susceptible to “proving their manhood” by long working hours?

2. What sort of recreation do you enjoy? When is that last time you did it?

3. Is the concept of “body theology” new to you? Up to this point, how have you thought about your physical body in relation to God’s will for your life?

4. What truths can help motivate you to re-creation by recreation?

5. The church has often emphasized the soul to the exclusion of, or the minimizing of, the body. As a result, neglecting the body is sometimes seen as a virtue or a mark of super-spirituality. How is this reflected in your own view of your body and soul?

6. How does God show his interest in our bodies?

*7. What sort of regular exercise can you add to your life?

8. What is your motive and aim for improving your physical health?

*9. For “knowledge workers” what manual work have you built into your life? What could you do in the future?

10. How do we avoid the danger of going to the other extreme of idolizing our bodies?

Repair Bay 5: Relax

1. On a scale of one to five rate how loud these cymbals are in your life:

- Guilt
- Greed
- Anger
- Vanity
- Anxiety
- Expectation
- Technology

2. What are you doing to silence each cymbal?

- Guilt
- Greed
- Anger
- Vanity
- Anxiety
- Expectation
- Technology

3. Use the digital detox questionnaire <http://headhearhand.org/blog/2017/01/26/digital-detox-questionnaire/> to identify how intoxicated you are. What surprised you most about auditing your technology use?

4. Identify three specific ways you can put your technology in check in order to produce more calm in your life?

5. What will you do to make yourself accountable for #4?

*6. Why is reading good for us? What will you do to increase reading time in your life?

7. What is stopping you from practicing a weekly Sabbath? Try a practice Sabbath this week and describe your experience of it.

8. What can you do to make your vacations more therapeutic?

9. What factors in your current “season” are affecting your pace and what adjustments are you making in response to this?

Repair Bay 7: Re-think

1. What is the second most important question in the world and why?
2. Write down one sentence or phrase that defines you? What's the phrase that pops into your mind when you think about yourself?
3. Did you relate to any of the sample identities listed? If so, which one? Why?
4. Dive a little deeper. Jot down all the words you think of when you answer the question, "Who am I?"
5. How would you reorder those words to reflect biblical priorities.

6. Why is it so important to expand the Christian component of our identity?

7. What falsehoods are shaping your identity? How will you prosecute them?

8. Think back on one of your failures and write out a couple of ways it helped you.

9. What changes are you finding it hard to accept? What can you do to help you submit to them?

10. What did walking through your identity so intentionally teach you?

Repair Bay 7: Reduce

1. Do you think you tend to have a more “Well-Planned Life” or a “Summoned Life”? How do you avoid the extremes that each of these ways of living tempt us to?

2. What goals do you have for your spiritual life and growth? What steps will you need to take to get there?

3. What goals do you want to set with regards to your family life? What steps will you need to take to get there?

4. What goals do you want to set in terms of your vocational life? What steps will you need to take to get there?

5. What goals do you want to set in terms of Christian service? What steps will you need to take to get there?

*6. What is a “gain task” in your life? How can you prioritize it over “prevent-pain tasks”?

7. Do you have a hard time saying “no” to requests? Why do you think that is?

8. What one thing are you going to prune from your life as a result of reading this chapter?

9. What is your “magic formula”?

Repair Bay 8: Refuel

1. What are “the three pills”? Which are missing in your life?
2. What can you change today to help you glorify God better in your eating and drinking?
3. In what ways have you noticed food affecting your mood and your mind, for good and for bad?
4. What surprised you about the guidelines for medication?

5. What are some of the pitfalls to avoid regarding medications

6. What are some of “fillers” in your life? How could you increase them?

7. What things are “drainers”? Which of these drainers could you minimize in your life?

*8. Greg McKeown: “Of all the things that can boost emotions, motivation, and perceptions during a workday, the single most important is making progress in meaningful work.” What can you do to increase the amount of meaningful work in your life?

Repair Bay 9: Relate

1. What things do you or can you put into place in order to guard your devotional times and prevent digital distraction?
2. What practices have helped your devotional times? What has hindered them?
3. What is the connection between personal devotions and personal character?
4. If you are married, what practical thing could you start doing this week to cultivate connection with your wife?
5. What can you do to increase spiritual fellowship in your marriage?

*6. If you have children, how can you better represent God's fatherhood to them?

7. What practical thing could you start doing this week to cultivate your relationship with each of your children?

8. Do you have a pastor or elders in your life that disciple you? How can you make this kind of relationship more influential in your life?

9. What holds you back from cultivating friendships?

*10. What are some things you can do to start cultivating friendships?

Repair Bay 10: Resurrection

1. What are the five most important truths you've learned in *Reset Garage*?
2. What are the five most important changes in your life resulting from *Reset Garage*?
3. Do you feel guilty when you slow down? What are you doing to re-educate your conscience?
4. There might be pushback from others when you start running at a slower, more reasonable pace. Can you think of anyone who might misunderstand this new pace in your life? What might you say to that person?
5. What races have you stopped running in? Name two things you've stopped doing.

6. How has your view of God changed in *Reset Garage*? How has that affected your life?

7. Who have you brought on to your team to help you run better?

*8. Which of the five grace-deficits do you need to work on most?

9. How does the humanity of Christ help you live a grace-paced life?

10. Do you know someone else who needs to visit *Reset Garage*? What will you do to help him?