



DAY 6 – God Teaches Leaders to Care for Themselves

Preview

Even Jesus called His disciples away to rest. Learn why healthy leadership includes honoring God-given limits and how sustainable service protects both leaders and those they serve.

Scripture

Mark 6:31

Devotional

After intense ministry, Jesus called His disciples to step away and rest.

This was not weakness.

It was wisdom.

In emergency response and leadership environments, ignoring fatigue leads to mistakes that affect others. Healthy leaders manage energy so they can serve responsibly.

God does not ask leaders to sacrifice their health to prove their faithfulness. He invites leaders to steward their strength wisely.

Rest is not retreat.

It is preparation.

Prayer

Lord, help me respect the limits You designed in me and learn to rest without guilt.

Reflection

Where might I be confusing overwork with obedience?

