



# THE HARMONIOUS HUSTLE

W/EXCLUSIVELY CURATED AI URBAN ART

Finding Balance on the Path to  
Ministerial and Vocational Success

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# ABOUT THE AUTHOR



## **David Rosa Jr.**

My story begins in the borough of Brooklyn, NY where I was born to Puerto Rican parents who loved fierce and lived passionately. After my mothers bout with breast cancer and untimely demise my father, two sisters, and I migrated to South Florida where I would ultimately meet Christ, my bride, and my purpose.

Rev. Rosa has a burden to see all people but more specifically Black and Brown individuals, churches, and communities developed and resourced for the purpose of long-term impact and community transformation.

In light of that burden, in 2015 Pastor Rosa started Cruciform, a neighborhood church seeking to “see the streets restored with wisdom, unity, and justice as our neighbors embrace and grow in worship of Christ.”

Outside of church walls pastor David helps shape his region through leadership on the city of Hollywood’s African American Advisory Council, the city of Hollywood’s Community Development Advisory Board, and the Broward County Public School Boards Diversity Committee. David has earned a Masters of Arts in Christian Ministry degree with a concentration in church planting from Capitol Seminary & Graduate School. D. Rosa has also served as a gospel movement Catalyst for renowned groups such as City to City (Miami) and more recently as the Associate Director of Church United South Florida.

# INTRODUCTION

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HAVE YOU EVER EXPERIENCED A RAPID TRANSFORMATION IN YOUR LIFE? GOING FROM A PLACE OF UNCERTAINTY AND LIMITED PROSPECTS TO BECOMING A SUCCESSFUL INDIVIDUAL WITH NEW OPPORTUNITIES AND RESPONSIBILITIES? IF SO, YOU UNDERSTAND THE UNIQUE CHALLENGES THAT ARISE WHEN YOUR EXTERNAL CIRCUMSTANCES CHANGE FASTER THAN YOUR INTERNAL DEVELOPMENT.

In "The Harmonious Hustle," we explore the journey of personal growth and emotional well-being amidst the hustle and bustle of life. Let me share my own story, one that might resonate with yours.

Not too long ago, I was just a young Nuyorican dropout, feeling stuck and heading nowhere fast. But seemingly overnight, everything changed. I became a church planter, traveling across the country, speaking in front of large crowds, and leading influential organizations. It was a testament to the mighty God we serve, but there was a catch.

As exciting as this new chapter was, it was essential not to let the glory overshadow the story. The reality was that I had skipped crucial years of character development. It's a common occurrence for many of us. We find faith, dive headfirst into personal studies and mission work, only to be recruited to lead and make an impact without having been fully prepared to handle the challenges that come with it.

## INTRODUCTION

I remember a pivotal moment when my perspective shifted. It was during a somber family gathering after the passing of my beloved Abuela Catalina. As we came together to pay our respects, I found myself engaged in a heartfelt conversation with my cousins. One of them, was stressed about his relationship, feeling unsupported and unloved during a difficult time. He went back and forth between expressing his sadness and then being filled with anger, claiming he didn't really care.

In that moment, I was reminded of my family's history with emotional instability and our need to develop in emotional wellness. I shared with my cousin that while external support is valuable, it is equally crucial for us to be emotionally healthy ourselves. I couldn't help but reflect on my own journey of self-discovery and character development.

Through my experiences, I discovered the significance of emotional maturity. I sought guidance and embarked on a season of counseling, uncovering the emotional detachment that had plagued me since my youth. It was a revelation that despite my external success, I needed to address the internal struggles that impacted my relationships and overall well-being.

During this process, I learned the art of embracing all emotions, including sadness. I discovered that true growth comes from acknowledging and navigating through the full spectrum of human experiences.

Just as Jesus wept, we must learn to embrace our own emotions and allow them to shape us into healthier and more whole individuals.

In "The Harmonious Hustle," we will explore the balance between external achievements and internal well-being. As urban leaders, church planters, and entrepreneurs, we often prioritize the needs of others, but it is crucial to remember that our own healing and growth matter too. Together, let's cultivate internal health and find harmony in our hustle, allowing us to make a lasting impact while prioritizing our own well-being.



# CHAPTER I

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## HIP HOP CULTURE AND SELF-CARE

Hip hop culture is known for its emphasis on "grinding" and "hustling" to achieve success. But what happens when we grind ourselves down to the bone? In Mark 6:31, Jesus tells his disciples to "Come away by yourselves to a desolate place and rest a while." Even Jesus knew the importance of taking time for rest and self-care. In the hip hop world, we see examples of burnout and tragedy when artists neglect their mental and physical health. As urban church planters and entrepreneurs, we must remember that our bodies and minds are temples of the Holy Spirit (1 Corinthians 6:19). We can't do God's work effectively if we're not taking care of ourselves.

Imagine a car on a long road trip with a full tank of gas. The driver starts off strong, determined to reach their destination as quickly as possible. They speed down the highway, ignoring the warning signs of fatigue and stress. The driver tells themselves, "I can't stop, I won't stop," pushing themselves harder and harder until they're exhausted.

Suddenly, they hear a loud noise and the car begins to sputter. They realize they forgot to check the oil and now the engine has seized up. They're stuck on the side of the road, miles away from the nearest town, with no way to get to their destination.

This is the shortsightedness of the hip hop idea of "can't stop, won't stop." While it may seem impressive to push ourselves to the brink of exhaustion, the truth is that neglecting our own well-being will only lead to burnout and failure in the long run. Just like a car needs regular maintenance and care to keep running smoothly, we need to prioritize self-care to ensure we can continue on our journey towards success in urban ministry and business.

I remember a pivotal moment in my own journey when my church planting coach and spiritual father, Doug Logan, challenged me on the pace I was setting. We got on one of his infamous calls and he said, "Dave," "we're not planting a church for us and our friends, but rather so that our children and their children have Christ-centered, culturally relevant, and missional places of worship. You need to find a pace conducive to longevity. We're not about flash in the pan ministry."