



Marsh Wren

Week Two: The Resilient Practitioner

The 4th week after the Epiphany & the 4th Week in Ordinary Time

1. **Listen** to the song **Lay My Work** by You, Me, and the Bread. Lyrics are posted with the song. (Note: The "play" button is at the bottom of the page once you click the link below.)
2. **Reflect:** *What might it mean to "Lay our work at the foot of the Cross"?*
3. **Take** the [Skovholt Resiliency Indicator](#), either in the front of *The Resilient Practitioner*, or with the PDF posted below.
4. **Read** *The Resilient Practitioner* by Thomas M. Skovholt, Michelle Trotter-Mathison.

If you are finding reading challenging, I encourage you to try using the Pomodoro Technique. Set a timer for 25 minutes and focus just on reading (turn off notifications, put your phone across the room, etc.). At the end of 25 minutes, stand up and take a 5 minute break. Then set the timer again for 25 minutes. If you are using your phone as a timer, I suggest the "Forest" app (www.forestapp.cc). It acts as a pomodoro timer, and also encourages you NOT to use your phone while the timer is in motion.
5. **Set aside two hours** this week to reflect on your current experience of resiliency, pray, and imagine what cultivating resiliency in your current life and ministry might look like. *How might Lent (begins on February 14) be a time to focus on resiliency in your life and ministry?*
6. **Share** one small step you can take this week toward cultivating resiliency in your life and ministry in the discussion forum below.
7. **Pray** by name for those who partner with you in ministry in your current ministry context. Pray for their resiliency and well-being.