



Lutheran  
Counseling Services

# CHURCH WORKER NEWSLETTER

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## Rest, Recharge, and Prepare: A Soul-Centered Summer

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As summer blooms around us, many church workers breathe a sigh of relief. After the full tilt of Lent, Easter, confirmations, graduations, VBS planning, and more, this season can offer us a much-needed pause. But it's not always as restful as we'd hope. For many of us, summer isn't just about hammocks and sunshine; it's a season of strategic rest, emotional regrouping, and preparing our hearts and ministries for another school year.

Church work is sacred and weighty. You are planting seeds that you may never see grow. But you also are a beloved child of God, not only a laborer in God's field, but a cherished part of the garden. As you rest, recharge, and prepare for the Fall, may you find the courage to let God tend to you. Your healing, your hope, your wholeness matter deeply.

I invite you to consider the next several weeks as sacred ground for soul tending. The goal is not only to rest from your work, but to rest in Christ. Through Scripture, prayer, and emotionally healthy practices, we can experience restoration that sustains, not just for a season, but for a lifetime. May the God of peace renew your mind, revive your joy, and refill your soul for the good work ahead.

### Weekly Guide for Summer Renewal

Below is a weekly guide for a time of reflection. Each week includes an Old Testament and New Testament reading, a short prayer, and a suggested mental health practice rooted in therapeutic models.

Give Back to LCS



### Host a LCS Sunday!

We would be honored to visit your church on a Sunday to share the vital work LCS is doing in the community. By opening your doors, you can help us raise awareness and connect individuals and families with the support they may need. Email [laura@lcsfl.com](mailto:laura@lcsfl.com) to begin planning your LCS Sunday!

## Week 1 - Go and Be Held

### Scriptures:

- Psalm 46:10:
- Matthew 11:28:



### Prayer:

Lord, in the stillness of summer, help me release what I cannot carry. You are my rest. You are enough. Amen.

### Mental Health Practice:

**Miracle Question:** Ask yourself, "If I woke up tomorrow and everything I was worried about was resolved, what would be different?" Journal your answer and reflect on small steps you can take now to make that imagined peace a reality.

## Week 2 - Reconnect with Joy

### Scriptures:

- Ecclesiastes 3:12-13
- Philippians 4:4



### Prayer:

Joyful Creator, awaken my senses to beauty again. Restore my delight in Your good gifts. Amen.

### Mental Health Practice:

**Accessing Primary Emotion:** Ask, "When I feel burned out or numb, what is the tender emotion underneath?" (e.g., sadness, fear, longing). Sit with it in God's presence, not to fix it, but to feel it with compassion.

## Week 3: Strengthen Safe Connection

### Scriptures:

- Ruth 1:16-17
- Romans 12:10



### Prayer:

God of relationship, thank You for those who walk beside me. Strengthen my bonds of trust and belonging. Amen.

### Mental Health Practice:

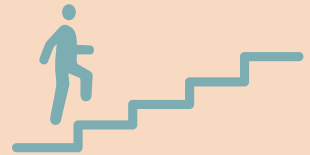
**Reaching and Responding:** Write a letter (or text) to a trusted friend or mentor with one of these statements:

- "I've felt a little distant lately and I miss connecting."
- "I'm grateful for you and wanted you to know."
- Notice how reaching out builds safety and emotional regulation.

## Week 4: Reorient Purposefully

### Scriptures:

- Isaiah 30:21
- Colossians 3:23



### Prayer:

Holy Spirit, guide my steps as I prepare for the new season. Make my work worship. Direct my heart. Amen.

### Mental Health Practice:

**Scaling Goals:** On a scale of 1-10, how ready do you feel for the school year? What would make your number go just one point higher? Focus on that next small, manageable action.

## Week 5: Practice Sabbath as Resistance

### Scriptures:

- Exodus 20:8-10
- Mark 2:27



**Prayer:** Lord of the Sabbath, I lay down my productivity at Your feet. Teach me again that I am loved because I am Yours, not because I do more. Amen.

**Mental Health Practice: Sabbath Mapping:** Create a "Sabbath Map" for one full day of rest, no ministry, no pressure. Include activities that nourish your body (sleep, food), soul (prayer, Scripture), and heart (joy, connection). Put it on the calendar.