

NEWSLETTER

After the Alleluias: Resting in What God Has Done

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We have just walked one of the most sacred and demanding seasons of the Church year. From the solemn invitation of Ash Wednesday, through the long road of Lent, into the intensity of Holy Week, and finally the radiant joy of Easter morning, we have held space for others to encounter God.

And now it is all over!

Often, this is the moment when the adrenaline fades. The services are over. The music sung. Spring Break is over. And many church workers find themselves asking, What now? If we are not careful, we rush immediately into the next ministry demand, the next calendar event, the next expectation. But the resurrection is not something we sprint past. It is something we live into. As both a therapist and a pastor, I want to invite you into a different posture this month: rest, reflection, and gentle reconnection, with God, with others, and with your own soul.

Resisting the Urge to Rush

In ministry, there is always another need waiting. But Scripture reminds us:

“Come away to a deserted place all by yourselves and rest a while.” Mark 6:31

Even Jesus called his disciples away after intense ministry. Rest is not avoidance. Rest is obedience. When we bypass rest, we often bypass the very places where God wants to meet us in the aftermath of meaningful work.

Honoring the Story You Just Lived

Take 20–30 minutes and write the story of your Lenten and Easter journey as if you are an observer.



- What were the defining moments?
- Where did you feel most alive?
- Where did you feel stretched or depleted?
- What would you name this chapter of ministry?

Then, gently ask:

- Where was God in this story?
- Where was I sustained, even when I didn't realize it?

“I thank my God every time I remember you.” Philippians 1:3

Let this be an act of gratitude, not critique.



Celebrating the “God Moments”

Church workers are often trained to move quickly past what went well and fixate on what didn't. But resurrection people are invited to notice life. The quiet prayer that was whispered. The tears at the Good Friday service. The unexpected joy on Easter morning. These are not small things. These are signs of the Kingdom.

Where Love Broke Through

Set aside time to reflect on moments of connection:

- When did I feel close to God during this season?
- When did I feel deeply connected to others?
- What emotions were present in those moments? (peace, awe, relief, joy)

Now deepen the reflection:

- What did that moment reveal about how God relates to me?

“We love because he first loved us.” 1 John 4:19



Allowing Your Body and Soul to Recover

After sustained stress or high engagement, your nervous system needs intentional care. Ministry is not just spiritual work; it is emotional and physiological labor.

You may notice:

- Fatigue
- Irritability
- Difficulty focusing
- A subtle sense of emptiness after the “high” of Easter

This is not failure. This is your body asking for restoration.

Reconnecting your “Why”

In the rush of ministry demands, it is easy to become disconnected from your deeper calling. Lent and Easter may have stirred something in you, something personal, something sacred. Don't lose that.

“The Calling Conversation”

Write or pray through the following:

- What originally drew me into this work?
- Where did I see that calling come alive this season?
- Where did I feel distant from it?

Now, imagine God responding to you:

- What might God be saying about my faithfulness?
- Where is God inviting me next, not in tasks, but in relationship?

“Abide in me as I abide in you.” John 15:4

Calling is not just about what you do. It is about who you are with.

Spiritual Practice: “Receiving Peace”

Find a quiet place. Sit comfortably. Breathe slowly. As you inhale, pray: “Receive the Spirit.” As you exhale, pray: “Peace be with you.” (Repeat for 3–5 minutes)

“Jesus came and stood among them and said, ‘Peace be with you.’” John 20:19

Let yourself receive peace, not produce it.

The image shows the Lutheran Counseling Services logo, which consists of a stylized leaf icon and the text "Lutheran Counseling Services". Below the logo, a hand is holding a wooden block with a smiley face. In the foreground, there are four wooden blocks with different facial expressions: an angry face, a sad face, a neutral face, and a happy face.

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Scan the QR code, visit lcsfl.com/#donate, or text GROW to 26989 to start giving back!

A FEW CENTS CAN CREATE A LOT OF *Change* WHEN YOU ROUND UP!

Giving Yourself Permission to Be Human

You held space for others' grief, repentance, hope, and joy. You carried stories. You showed up again and again. And you are still a human being with limits. The temptation in ministry is to believe that because the work is sacred, we must be endless. But even Christ rested. Even Christ withdrew. Even Christ wept.

“Speaking Kindly to Yourself”

Write a short, compassionate statement to yourself as if you were speaking to a colleague, you deeply respect:

- “You showed up in meaningful ways...”
- “It makes sense that you feel...”
- “You are allowed to rest because...”

“My grace is sufficient for you, for power is made perfect in weakness.” 2 Corinthians 12:9

Grace applies to you, too.

A Gentle Invitation for April

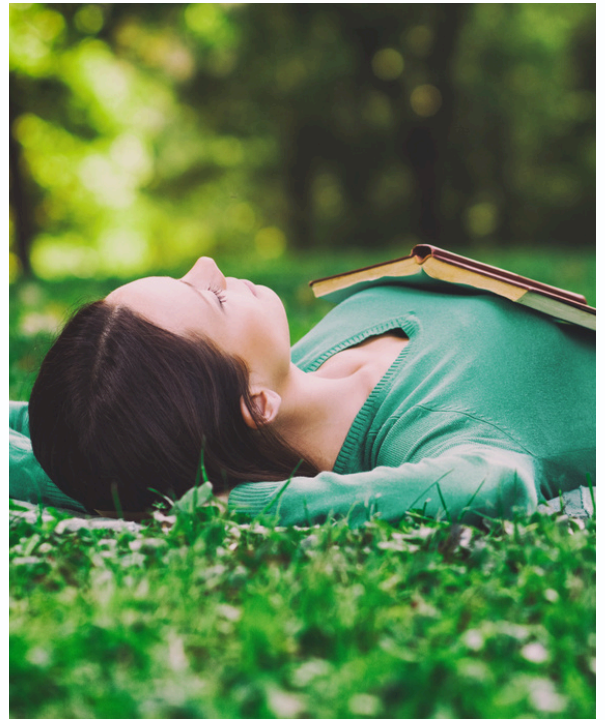
This month, consider choosing just one intentional practice:

- Take a true day off
- Revisit your journal reflections once a week
- Share one “God moment” with a trusted colleague
- Sit in silence for five minutes at the start of each day

Not as another task, but as a way of receiving what has already been given.

Closing Blessing

May you know the risen Christ not only in proclamation, but in rest. May you trust that the Spirit continues to move, even when you pause. May you honor the story you have just lived, and the God who was faithful in every moment. And may you hear, deep in your soul: “Peace be with you.” John 20:21.



HOST A LCS SUNDAY

We would love 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 in your congregation with the support they may need. Email laura@lcsfl.com to coordinate a Sunday.

