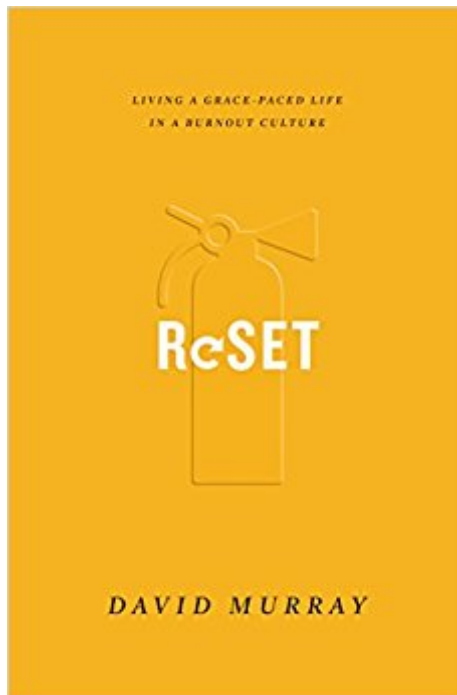




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# Reset: Living A Grace-Paced Life In A Burnout Culture



## Synopsis

"How did I get here?" These are the words of many Christian men on the brink of burnout or in the midst of breakdown. They are exhausted, depressed, anxious, stressed, and joyless. Their time is spent doing many good things, but their pace is unsustainable—lacking the regular rest, readjustment, and recalibration they need. But there is good news: God has graciously provided a way for men to reset their lives to a more sustainable pace. Drawing on personal experiences and time spent counseling other men in the midst of burnout—David Murray offers weary men hope for the future, helping them identify the warning signs of burnout and offering practical strategies for developing patterns that are necessary for living a grace-paced life and reaching the finish line with their joy intact.

## Book Information

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## Customer Reviews

"The simple truth is this: I needed this book right now! There are truths in this volume—pastoral insights and healing counsels—that speak to me in very personal and tender ways. Occasionally, Murray's point is so clear—far too clear—that it feels as though I have gotten a slap in the face. But always—the point has been to drive me to Christ and to drive me to the embrace of the gospel. This is medicine for the soul in the best possible sense, and I am grateful to the author for writing it. It really does feel as though he wrote it for me."—Derek W. H. Thomas, Senior Minister, First Presbyterian Church, Columbia, South Carolina; Robert Strong Professor of Systematic and

Pastoral Theology, Reformed Theological Seminary

“This is so timely. After you read it, you will sleep better, for starters. Then you will be taken to the meeting place of essential theology and the details of all things related to our stressed lives, where David offers wisdom on every page. The book is perfect for men’s groups.”

Ed Welch, counselor; faculty member, The Christian Counseling & Educational Foundation; author, *Shame Interrupted* and *Side by Side*

“For far too long, whether consciously or subconsciously, we Christians have bought into the platonic lie that the spirit matters, but the body does not. As a result, we have neglected, and perhaps even abused, our bodies. It’s no wonder we struggle with food, sleep, and health—both physical and mental. In *Reset*, David Murray returns us to a biblical anthropology, providing us with a biblical and theological framework by which we may reorder our lives as whole persons—body and spirit—for God’s glory, our well-being, and the service of others.”

Juan R. Sanchez, senior pastor, High Pointe Baptist Church, Austin, Texas; author, *1 Peter for You*

“From a vast reservoir of personal experience, authenticating social research, and timeless theological wisdom, David Murray shines illuminating light on the dark perils of pastoral burnout. He also offers practical guidance for how the easy yoke of apprenticeship with Jesus makes possible the grace-paced life that leads to personal and vocational wholeness. I highly recommend this needed approach.”

Tom Nelson, author, *Work Matters*; Senior Pastor, Christ Community Church, Overland Park, Kansas; President, *Made to Flourish*

“Men, this wise book is like a personal coach for your daily life. The one who writes it understands what it is to be a man with a man’s cares and a man’s dreams. He cares deeply about the masculine body and soul that God has given you. You were made with large purpose. David Murray wants to help you learn how to practically take stock of your life, recover your purpose, and live it!”

Zack Eswine, Lead Pastor, Riverside Church, Webster Groves, Missouri; author, *The Imperfect Pastor*

“*Reset: Living a Grace-Paced Life in a Burnout Culture*, like its author, David Murray, is full of surprises. While statistics and sociologists jostle for space alongside Charlie and the Chocolate Factory and a kilned haggis, everything is set within a robust biblical anthropology and a well-grounded pastoral psychology. The whole is laced with a fine touch of self-deprecating Scottish humor. Dr. Murray is Jeremiah-like in the rigor and love with which he seeks ‘to pluck up and break down . . . to build and to plant.’ But he is also Jesus-like in the way he employs the deconstructing and reconstructing grace of the gospel. Here is a book full of practical, spiritual wisdom and a must read.”

Sinclair B. Ferguson, Professor of Systematic Theology, Redeemer Seminary, Dallas, Texas

“You hold in your hand what is

quite possibly the most culturally relevant book for pastors I have ever read. Contained in this book is the answer to the epidemic among both pastors and hardworking Christian men who are physically, emotionally, and spiritually collapsing because of the lightning-fast pace our modern culture demands. Murray lays out a thoroughly biblical, immensely practical plan for any Christian man looking to take back his life from the enslavement of his schedule. Murray's beautiful personal testimony of his own need to reset is worth the book alone. This book will be required reading for every pastor I know.

• Brian Croft, Senior Pastor, Auburndale Baptist Church, Louisville, Kentucky; Founder, Practical Shepherding; Senior Fellow, Church Revitalization Center, The Southern Baptist Theological Seminary

"In *Reset*, David Murray pries our fingers from the death grip we have on the idol of activity. Since I am a confessed workaholic, this book was right on time for me. I quickly implemented the strategies outlined in this book, and experienced immediate results in terms of relief, rest, and peace. Relentlessly honest, refreshingly concise, and eminently practical, this book may literally save your marriage, your ministry, and your health. I see myself revisiting *Reset* every time I need to be reminded of the grace of both work and rest.

• Jemar Tisby, Cofounder and President, Reformed African American Network; Cohost, *Pass the Mic*

David Murray (DMin, Reformation International Theological Seminary) is professor of Old Testament and practical theology at Puritan Reformed Theological Seminary and the pastor of Grand Rapids Free Reformed Church. He is also a counselor, a regular speaker at conferences, and the author of *Jesus on Every Page*.

This book opened my eyes. David Murray's transparency strongly encouraged me to re-set some of my dysfunctional behaviors and practices. His shortcomings and the negative consequences of his choices led to experiences which minister to readers. If you have teetered on the precipice of burn-out, this book is a must-read. If you are a Christian, the book is even more valuable, since Mr. Murray saturates the analysis with the truth of God's Word.

I was mentally, emotionally, vocationally, spiritually and physically running on fumes as a pastor when I saw this book. The Lord brought it across my path at precisely the right time. I just finished it a few days ago and highly recommend it, especially to pastors. God, through David Murray has placed my feet on solid ground and set me on a trajectory toward healing. This book is theologically sound and very practical.

Another winner from David Murray. I suspect the message of this book is more important than most of us would want to admit. Every year, I pick a word to focus on throughout the year, and this year it has been "presence." It is hard to be present in this distracting world. Murray offers wise counsel and practical strategy for dealing with our lives of busyness.

Biblical & practical advice for people who sit at a desk and do a lot of thinking/studying/designing/developing at a computer for a living. I've been encouraged and motivated to make some healthy changes.

This book has been one of the most practically impactful books I have read in years. If you struggle with burnout or trying to do too much (whether you think that's true or not), then you should read this book and take the steps to implement their suggestions.

A good book to review and reflect upon ... Good to disagree with, if needed, but take time to think deeply about it said....It could save one from unneeded disaster!

This book was so refreshing and encouraging! Many men will think they don't need a book like this...but they absolutely do!

Eminently practical but spiritually focused. Highly recommended for those serving in the Church who are unsure how to set up healthy breaks and limits.

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