



RPLNISH Post-Trip Playbook

Turning Replenishment into a Sustainable Rhythm

The RPLNISH Commitment

We don't simply want pastors to have a great trip. We want pastors and ministry leaders to develop sustainable rhythms of health, encouragement, friendship, soul care, and spiritual renewal that help keep them **healthier and in ministry longer**.

Jeremiah 31:25 reminds us that our heavenly Father promises replenishment: *"For I will satisfy the weary soul, and every languishing soul I will replenish."*

A RPLNISH trip is not the finish line. It's the beginning of a replenish lifestyle (e.g., Divert Daily, Withdraw Weekly, Abandon Annually).

Why This Matters

A recent RPLNISH Experience Survey revealed several consistent themes: pastors highly valued authentic relationships, vulnerability, soul-care, encouragement, spiritual renewal, and meaningful conversations with fellow ministry leaders. Many participants also expressed interest in ongoing connection through coaching, cohorts, couple experiences, prayer support, and regular gatherings.

The goal of this playbook is simple: **Serve and encourage pastors from a single replenish experience to a sustainable replenish lifestyle.**

RPLNISH Lifestyle Metrics

After every RPLNISH Experience, we aim to connect participants into at least one ongoing soul-care pathway:

- ✓ Prayer Partner Support (p. 2)
- ✓ Monthly Lunch & Learn (p. 2)
- ✓ Regional Meetup (p. 3)
- ✓ Pastoral Cohort (p. 3)
- ✓ Soul-Care Coaching (p. 3)
- ✓ Sabbatical Coaching (pp. 3-4)
- ✓ Couples Trip/ Marriage Resources (p. 4)
- ✓ Alumni Network (pp. 4-5)

Post-Trip Phase 1: First 30 Days

Stay Connected

1. Personal Follow-Up

Who: Trip Facilitator

Action:

- Call each participant within 2–4 weeks.
- Celebrate wins.
- Discuss implementation of key takeaways.
- Identify current challenges and opportunities.

Key Question: *"What's one thing you're doing differently because of your RPLNISH experience?"*

2. Prayer Partnership

Who: RPLNISH Team & *His Room* Online Prayer Officers (Virtual)

Action:

- Pair pastors with another participant.
- Encourage monthly check-ins and prayer partnerships.

Goal: Transform trip friendships into long-term encouragement.

Post-Trip Phase 2: First 60–90 Days

Build Community

3. Monthly Lunch & Learn

Format: Virtual or In-Person (45 minutes)

Topics:

- Leading from Overflow
- Avoiding Burnout
- Soul Care Rhythms
- Marriage & Ministry
- Sabbaticals That Work
- Sustainable Leadership

4. Regional Meetups

Format: Coffee, breakfast, or local lunch gatherings

Goal: Help pastors connect face-to-face with leaders in their own region.

Suggested Frequency: Quarterly

Post-Trip Phase 3: Ongoing Development

Provide Pathways

5. Pastoral Cohorts

Format: 8–10 pastors (onsite or online)

Frequency: Monthly

Focus Areas:

- Spiritual health
- Ministry challenges
- Accountability
- Leadership growth
- Prayer

6. Soul-Care Coaching

Format: One-on-one

Topics:

- Burnout prevention
- Personal renewal plans
- Emotional health
- Spiritual formation
- Ministry longevity

Goal: Create personalized replenishment strategies.

7. Sabbatical Coaching

Format: Individual or Church-Based

Support:

- Sabbatical planning

*Updated: 6/18/26

- Policy development
- Elder/board consultation
- Re-entry planning

Outcome: Help churches build healthier long-term rhythms for their leaders.

Post-Trip Phase 4: Family Health

Strengthen the Home

8. Couples Trips

Survey Result: One of the most requested future resources.

Purpose:

- Reconnect husband and wife
- Strengthen marriages
- Create margin for conversation
- Encourage shared replenishment

Philosophy: Healthy pastors are helped by healthy marriages.

9. Marriage & Ministry Resources

Offer:

- Marriage enrichment webinars
- Counselor referrals
- Couple coaching
- Recommended books and tools

Post-Trip Phase 5: Long-Term Engagement

Create a Replenishment Culture

10. RPLNISH Alumni Network

Vision: A growing community of pastors helping pastors.

Benefits:

- Ongoing friendships
- Prayer support
- Ministry collaboration

*Updated: 6/18/26

- Future trip invitations
- Leadership opportunities

11. Annual RPLNISH Reunion

A yearly gathering for:

- Worship
- Testimonies
- Encouragement
- Vision casting
- Reconnection