

# Ministry Health

Practices and Mindsets

Livonia 1/20/24

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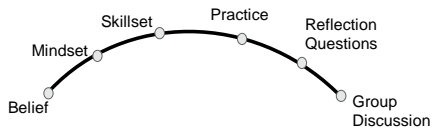
## Objective

Encouraging healthy ministry

- Personal Minister Health
- Minister Team Health
- Health as we lead

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## Presentation Shape



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## Peter's Calling

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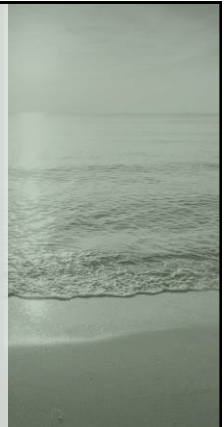
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<sup>20</sup> Then Peter, turning about, seeth the disciple whom Jesus loved following; which also leaned on his breast at supper, and said, Lord, which is he that betrayeth thee?

<sup>21</sup> Peter seeing him saith to Jesus, Lord, and what shall this man do?

<sup>22</sup> Jesus saith unto him, If I will that he tarry till I come, what is that to thee? follow thou me.

~ John 21



## Personal Minister Health

INDIVIDUAL HEALTH

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## Belief

Discipleship is our calling.

*The journey of learning to live our entire life in the Way of Jesus and helping others do the same.*

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## Mindset

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WE SERVE OUT OF OUR  
PERSONAL DISCIPLESHIP  
WITH CHRIST.

## Skillset

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### Learning to slow down.

A restful person practices the discipline of slowing down.

A restful person can slow down because they rest in the Lord and His work.

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## Physical Rest

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Slow down and quiet your mind and body each day.

- Learn to listen to your body.
- Get adequate sleep. Nap.
- Slow your rate – walk.

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## Mental Rest

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Quiet your mind to increase awareness and focus on the important things.

- Embrace downtime.
- Resist multi-tasking.
- Build margin in your life so you don't have to hurry.

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## Spiritual Rest

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Quiet the noise around you and take time alone with God.

- Build healthy rhythms in your life.
- Begin to build the discipline of the Sabbath into your life.
- Create patterns in your life where you can catch your breath.

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## Practice

Identify the most stressful time of your day. Attempt to find a moment of physical restfulness during that part of the day. You may need to schedule this. Start small (5 minutes).

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## Personal Reflection & Discussion

We live in a hurried society - bombarded with stimuli and decisions. Being "crazy busy" is understood to be admirable. Yet being "crazy busy" often does not tend toward healthy spirituality.

- Why do you think we value being "crazy busy"?
- What matters are you hurrying yourself with?
- What does restfulness look like in your schedule? How do you tell when you are in a state of rest?
- Describe what sabbath looks like for you. What practices have you found helpful in this area?

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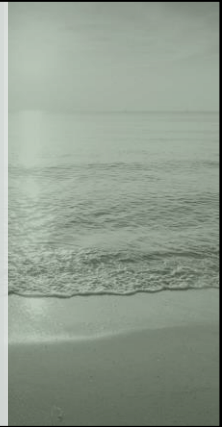
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## Minister Team Health

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## Belief

The Body is diverse, and it is stronger when working together than when working separately.

*"For as the body is one, and hath many members, and all the members of that one body, being many, are one body; so also is Christ." 1 Cor. 12:5-6,12*

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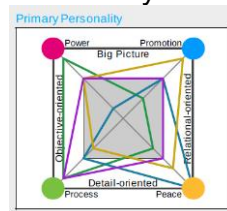


## Mindset

UNDERSTAND YOURSELF, OTHERS, AND HOW YOU FIT TOGETHER AS A UNITED WHOLE.

## Skillset

Learning and appreciating the members of your team.



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## Skillset

### Watch the stories we tell ourselves.

Stories are the meaning we make to the information and situations presented to us.

"This is what is really going on..."

"This is why they said that..."

"This is what the other person is thinking..."

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## Emotional Wisdom

- Resist judgment until you understand more of the story.
- Watch for assumptions. Separate out fact from story.
- Consider the background stories in our life.
- Consider how our stories impact our response to feedback.
- Consider the stories we tell of others. God places us in a ministry team filled with different giftings and personalities.

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## Practice

### God's blessing for his children:

*The LORD bless thee, and keep thee:*

*The LORD make his face shine upon thee, and be gracious unto thee*

*The LORD lift up his countenance upon thee, and give thee peace.*

Num 6: 24-26

Imagine God smiling on you. Do so until you can detect joy in your heart.

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## Personal Reflection & Discussion

Identify a stressful matter regarding church/ministry. What are some of the stories you are telling yourself?

What have you learned about yourself and learned about the brothers you serve with that has helped you serve well with them?

Share any practices which you have implemented individually or as a pulpit that have helped you lean into this area of minister team health.

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## Health As We Lead

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## Belief

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Every leader is following someone or something.

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## Mindset

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WHO AND WHAT AM I FOLLOWING?

## Skillset

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Leading by Following Christ.

A follower is a person who travels behind another and is proven by the *"willingness to be led where you would rather not go."* quote by Henri Nouwen

*"Follow me."* – Jesus

Matt 4:19, Matt 8:22, Matt 9:9, Matt 16:24, Matt 19:21, Mar 2:14, Mar 8:34, Mar 10:21, Lk 5:27, Lk 9:23, Lk 9:59, Lk 18:22, Jn 1:43, Jn 10:27, Jn 12:26, Jn 13:36, Jn 21:19

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## Followship

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- Be a student of Jesus.
- Stay close.
- Listen.
- Be humble.
- Obey.
- Give over control.

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## Practice

One way to grow in our followship is to release control of those things we hold tight in our own power. Consider the below exercise:

- In your quiet time of prayer with God, speak out loud a matter that you are grasping tight.
- Tighten your fists and imagine holding it.
- Now open your hands and give it to Christ.
- Thank Him for being trustworthy with the matter that means so much to you.

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## Personal Reflection & Discussion

We are to be followers of Jesus. What practices/habits do you engage to follow Christ?

What lessons has Christ taught you as a follower of his?

How can we encourage followship to Christ in our churches?

In what ways has Jesus led you in places you would rather not have gone? Or did not lead you in places you wanted to be led?

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