



JESUS OUR HEALER

The One who gave us the principles of healthy leadership

Many ministers don't enjoy what they do.

Why are denominations having difficulty in recruiting and holding the clergy?

CONFLICT ISSUES: Church & staff

FINANCIAL ISSUES: Lower income, benefits, etc.

HEALTH ISSUES: The health of the minister is worse than the general population.

“Don't burn out; keep yourselves fueled and aflame. Be alert servants of the Master.” - Romans 12:11 (The Message)

“Serve the Lord with gladness.” - Psalm 100:2 (KJV)

COMMON THINGS THAT WILL TAKE THE FUN OUT OF MINISTRY

- **DISTRACTIONS** take my focus.

“Martha was distracted... So Jesus said, ‘You are worried and bothered about so many things; but only a few things are necessary, really only one...’” - Luke 10:40-42 (NAS)

- **DIVISIONS** take the unity.
- _____ takes my strength.
- **DISILLUSIONMENT** takes my vision.
- **DISAPPOINTMENT** takes my faith.
- _____ takes my hope.

“Don't burn out; keep yourselves fueled and aflame. Be alert servants of the Master.” - Romans 12:11 (The Message)

BEING OUT OF BALANCE...

1. I'm out of balance when I try to be _____ (in ministry, life, and marriage).

“Nothing is perfect except Your Word.” - Psalm 119:96 (LB)

“If you wait for perfect conditions, you'll never get anything done.” - Ecclesiastes 11:4 (LB)

“There is no one on earth who does what is right all the time and never makes a mistake.” - Ecclesiastes 7:20 (GN)

- The good is the enemy of the best—however—someone will always disagree with the best
- You are only responsible to DO your best—you are not responsible FOR people's behavior.

2. I'm out of balance when I am anxious and _____ (not enjoying what I do).

3. I'm out of balance when I worry about _____ of me and their opinion about how I am doing my job.

If you don't determine who you are and what God has called you to do—people will make the decision for you.

“The fear of human opinion disables; trusting in God protects you from that.” - Proverbs 29:25 (The Message)

“We are not trying to please men but God, who tests our hearts.” - 1 Thessalonians 2:4b (NIV)

4. I'm out of balance when I worry about _____ in the future (my ministry, job, family, people).

“Give your entire attention to what God’s doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.” - Matthew 6:34 (The Message)

“You can throw the whole weight of your anxieties upon Him, for you are His personal concern!” - 1 Peter 5:7 (Phillips)

5. I'm out of balance when I fear the future. (I will _____ in what I do today.)

“It is senseless for you to work so hard from early morning until late at night...God wants his loved ones to get their proper rest.”
- Psalm 127:2 (LB)

Remember:

- Emergencies do not make appointments.
- It is better to deal with conflict sooner rather than later.
- Do not confront divisive people alone.
- Find your advocate among the leadership of the church.
- Plant seeds before you harvest.

“Only someone too stupid to find his way home would wear himself out with work!” - Ecclesiastes 10:15 (GN)

DEPRESSION, DISCOURAGEMENT, DOUBT

Times of doubt, worry, fear, discouragement, depression? = **THE SLUMP**

HOW WE CAN AVOID THE SLUMP:

- The law of _____
- The law of _____
- The law of _____

TEN TIPS TO AVOID THE SLUMP:

1. Quit before you are exhausted.
2. Set time limits on your work.
3. Keep your own Sabbath. “You have six days in which to do your work, but the seventh day is to be a day of rest dedicated to Me.”
-Exodus 20:9-11 (GN)
4. Examine your self-expectations.
5. Find your own accountability group.
6. Don’t vent all your frustrations on your spouse.
7. Don’t start new programs just for the fun of it.
8. Get rid of programs that are not working.
9. Plan your recovery time — ahead of time.
10. Don’t neglect your family.

“We pray that you’ll have the strength to stick it out over the long haul— not the grim strength of gritting your teeth, but the glory-strength God gives. It is strength that endures the unendurable and spills over into joy, thanking the Father who makes us strong enough to take part in everything bright and beautiful that he has for us.”

- Colossians 1:11 (The Message)

For information or ministry resources, contact Dr. Goodall at:

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