

ENCOURAGEMENT FOR THOSE INVOLVED IN PASTORAL CARE

Churches die when leaders die. Churches die from the top downward. Show me a growing church and you will show me a visionary leadership. It is leaders who make growth. When you have spiritual leaders, men of prayer, women of prayer – imaginative, alert, intelligent – there we have growth.

George Carey, former Archbishop of Canterbury

Emotional and Spiritual Health

- **Emotional Health:** A positive sense of well-being which enables an individual to be able to function in society and meet the demands of everyday life; people in good mental health have the ability to recover effectively from illness, change or misfortune”

Metal Health Foundation

- **Spiritual Health:** Christians are the only people on the planet who, as they walk into frenzied situations, should have about them an aroma of Christ, a steadiness and a strength that doesn't look nervous, frenzied or overly fretful or anxious. People ought to detect that, though everyone else is nervous and running around, the Christian in the room seems to have roots sunk down into something solid. The wind is blowing but the Christian isn't on the verge of uprooting.

John Piper

(<http://www.desiringgod.org/interviews/do-we-need-times-of-silence-in-order-to-be-spiritually-healthy>)

Importance of the Pastoral Worker's Health and Well-being

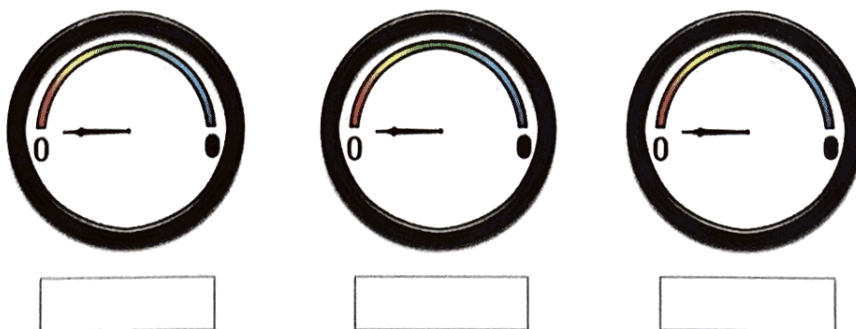
- This is a gospel issue
- This is a profoundly personal issue

Discussion #1

Identify Particular Threats to People involved in Pastoral Care

Mapping the Contours of a Healthy Life

Label the dials in the diagram:



Spiritual Health – Soul Care

Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

1 Timothy 4:16

The Big Question – How goes it with my heart?

Am I an unashamed worshipper?

Physical Health – Self Care

physical training is of some value – 1 Timothy 4:8. So take care of your body:

- healthy diet
- take exercise
- don't go to bed late

Discussion #2

What drives us to want to be busy?

Emotional – The Pastoral Workers' Home

Leader's flourish when home life flourishes.

Discussion #3

Emotions – are they friend or foe?

The Importance of Rest

- Exodus 20:8-11 – the Sabbath and creation
- Deuteronomy 5:12-15 – the Sabbath and redemption

Psalms 1 – A Picture of Health

1 Kings 19 – A Picture of Poor Health

Discussion #5

1. Eugene Peterson says "*Pastors are busy because they are lazy*". What might he mean?
2. What's all this got to do with mission?

Food for Thought

- Think – what would spiritual health look like for you just now?
- Think – what one change could you make to achieve that?
- Decide – what am I going to do to make it happen?