

paying attention to your **HEALTH**

WHILE LEADING OTHERS IN THE MINE

Issues that get out of balance:

- Conflict and Stress
- Health Challenges
- Financial Concerns

Conflict issues and uncontrolled stress factors:

- About 35 percent of all pastors are voted out or fired.
- _____ do not return to the ministry.
- Most quit within the first 5 years of full-time ministry.
- 85 percent of all American churches have less than 90 people.
- Most pastors are bi-vocational.

Conflict issues are the #1 reason pastors quit.

8 Leadership Principles that Jesus Teaches Us about Handling Stress

1. Know who you are.

*"When Jesus spoke again to the people, He said, 'I am the light of the world. Whoever follows Me will never walk in darkness, for they have the light of life.'" - John 8:12**

You know who you are by knowing _____ you are.

Remember...

- I am a child of God.
- I am put on earth – not by accident – but for a reason.
- I am deeply loved by God.
- I am accepted by God.
- He has a _____ for my life.

Because He put me here, I am significant.

2. Know whom you are trying to please.

"By Myself I can do nothing. I judge only as I hear and My judgment is just for I seek not to please Myself but Him who sent me." - John 5:30

"You are Son, whom I love; with you I am well pleased." - Mark 1:11

"Seek ye first the Kingdom of God and His righteousness and all these other things will be added unto you." - Matthew 6:33 (KJV)

What is the right thing to do? If it pleases God, it's the right thing to do.

3. Know what you are trying to _____.

"Jesus answered, 'Even if I testify on My own behalf, My testimony is valid. I know where I came from and I know where I'm going.'" - John 8:4

- You have to plan your life.
- You have to set priorities.

4. Have a sense of _____.

"At daybreak, Jesus went out to a solitary place. The people were looking for Him and when they came to Him where He was, they tried to keep Him from leaving . . . But He said, 'I must preach the good news of the kingdom of God to the other towns also because that's why I was sent' . . . And He kept right on preaching in the synagogues of Judea." - Luke 4:42, 44

- We lose our effectiveness when we defuse our efforts.
- We are more effective when we concentrate our efforts.

Ask God for a sense of timing.

5. Understand the benefit of _____.

"Jesus went up into the hills, and called to Him those He wanted and they came to Him. He appointed twelve, designation them apostles that they might be with Him and that He might send them to preach." - Mark 3:14

We don't like to delegate because of:

- Perfectionism
- Insecurity
- Time management issues

6. Make prayer a practice.

"Very early in the morning while it was still dark, Jesus got up, left the house and went out to a solitary place where He prayed." - Mark 1:35

- Prayer is a huge stress reliever.
- Prayer is a God-given tool for releasing _____.
- No matter how busy Jesus was, He made it a practice to spend time alone with God.

"Be still and know that I am God." - Psalm 46:10

- Start your day with prayer.
- Periodically during your day, stop and pray.

7. Find your healthy balance between work and _____.

"The apostles gathered around Jesus and reported to Him all they had done and taught. Then because so many people were coming and going and they didn't even have a chance to eat, Jesus said to them, 'Come with me by yourselves to a quiet place and get some rest.'" - Mark 6:30

- Take time to enjoy life.
- Plan times of rest.

"God hath provided all things richly for our enjoyment." - 1 Timothy 6:17 (KJV)

8. Commit your stress and your life to Christ.

"Come to Me all you who are weary and burdened and I will give you rest. Take My yoke upon you and learn from Me for I am gentle and humble in heart. And you will find rest for your souls for My yoke is easy and My burden is light." - Matthew 11:28

- Jesus is the stress reliever.
- Jesus is the one who will help you manage the pressures of life.

"My peace I give unto you..." - John 14:29 (KJV)

DR. WAYDE GOODALL

Dean, College of Ministry at Northwest University
President, Integrity Coaching International

For more information about Dr. Goodall's ministry and seminars, email him at:

wayde.goodall@northwestu.edu

or write to:

5520 108TH AVENUE NE, KIRKLAND, WA 98033

