Staying in the Game

The Tension of Ministry

- Ministry & leadership is inherently difficult
- Ministry takes motivation and discipline
- Motivation and discipline require reserves of energy and passion
- You are on "show"
- Working in teams can be both empowering and debilitating

The Tension of Ministry

- Others are looking to you
- Reserves are depleted by criticism, perceived failure, conflict and personal turmoil
- Stress is a part of ministry & leadership – too much stress is damaging
Being stressed and/or depressed is not new

Warning Signs: Psychological
- Anxiety
- Depression
- Confusion
- Negative thinking
- Emotionally; keyed up, fragile and/or empty

Warning Signs: Physical
- Poor sleep patterns
- Can't relax
- Unexplained fatigue
- Indigestion
- Headaches
Warning Signs: Behavioral

- Hurry sickness
- Aqua-plane through everything
- Omni competent
- Feel drawn to the seedier side of life
- Expect too much from others
- Everyone’s annoying
- Withdrawal from others
- You are hollow in private

Important Note:

If you recognise that you are regularly significantly depressed, or that you have panic or anxiety attacks, it is important that you seek immediate professional help.

How to look after yourself

Physically:

- Exercise or physical activity
- Be aware of your diet
- Sleep patterns
- Work out what replenishes you
**How to look after yourself**

**Attitudinal:**
- Repent of the pride of “busyness”
- Don’t run on adrenalin
- Have reasonable expectations of yourself
  - You can’t do everything
  - You can’t control it all
  - You are not responsible for everything
  - You can’t please everyone
- Leave God some space to act

**How to look after yourself**

**Practical:**

Build quadrant II into your schedule

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### Quadrant II Matrix

<table>
<thead>
<tr>
<th>URGENT</th>
<th>NOT URGENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. High priority, some time</td>
<td>2. Preparation, prevention, risk identification, building,烂账 building, true innovation, empowerment</td>
</tr>
<tr>
<td>3. Intermittent, some phone calls</td>
<td>4. Teens, busyness, junk mail, some phone calls, time wasters, escape activities</td>
</tr>
<tr>
<td>5. Many important, pending matters</td>
<td>6. Many popular activities</td>
</tr>
</tbody>
</table>
### How to look after yourself

**Practical:**
- Manage your accessibility – especially with those who emotionally drain you
- Take control of your time
- Don’t become the key idea generator
- Choose your leaders and team carefully

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### How to look after yourself

**Practical:**
- Learn to deal with conflict constructively
- Work in you areas of skills and strength
- Don’t get buried in you current ministry
  - Look for wider roles and ministries
  - Get wider experience and get some perspective

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Philippians 4:6-7
**Discuss in small groups**

1) Where are you experiencing the tension of ministry and leadership at present?
2) When have you felt the warning signs of too much stress?
3) In what areas do you need to focus more on looking after yourself?
4) How can others in this group help hold you accountable?