

Healthy pastors lead healthy churches.

### 1. Let God restore your soul daily.

“Come to me, all who labor and are heavy laden, and I will give your rest.” – Matthew 11:28

- Find Style – Worship. Prayer. Solitude. Listening. Bible reading.
- Schedule Time – Do Not Leave Time to Chance

David Bryant in Calcutta, talking with Mother Teresa. With the crying needs of Calcutta, how do you keep going? “I get up and spend four hours with the Lord every day because he is the deep well and I need to drop the bucket into the well every day.”

### 2. Give your marriage priority attention.

- A bad marriage ruins the rest of life.
  - Example: Meagan and I
- A good marriage fortifies you for the rest of life.
  - “To get the full value of joy, you must have someone to divide it with.” – Mark Twain
- Is your home a tunnel of chaos or an oasis of rest?
  - “Due to jobs, children, media, hobbies and responsibilities, the average American couple spends less than 4 minutes alone together each day.”
  - Everybody today seems to be in such a terrible rush, anxious for greater developments and greater riches and so on, so that children have very little time for their parents. Parents have very little time for each other, and in the home begin the disruption of peace of the world. – “Mother Teresa”

### 3. Work with your personal rhythms.

- For me: start early, try and leave early.
- Creative work in the mornings.
- Between 4-7 p.m.: not my best time for mental focus.
  - Exercise:
    - Write down when you feel “off”
    - List 3 activities that brought the “off” feeling
    - Reconfigure or eliminate these activities
    - Ask a friend or co-worker to tell you when they think you seem “off”

### 4. Keep your Sabbath rest.

- A principle of creation: rest one day in seven.
- Sabbath is a day to *pray and play*.
  - “Retreat daily, withdraw weekly, abandon annually.” – Rick Warren
- Turn off email, mobile phones and social media. Communicate with team members you are only available upon emergency.

## 5. Do the things only you can do – and delegate the rest.

- Be ruthless in simplifying your work.
- Empower others!
  - “Surround yourself with the best people you can find, delegate authority, and do not interfere.”
  - Exercise:
    - Know what you want.
    - Express what you want clearly.
    - Set expectations.
    - Trust.
    - Let them do it.
      - Relax from the arrogance that everything must be done your way.
    - Communicate and follow up.

## 6. Focus on results not time at work.

- 40-50 hours a week, total for me.
- However, the point is not to clock your time but to get things done.
- Focus on your highest impact activities.
- Managers do things right. Leaders do the right things.

## 7. Get regular exercise and eat healthy.

- For me: weight lift and cardio 4-5 times per week
- If you are healthier and fit, you can work harder and you will last longer.
- Scientifically Proven Exercise Benefits –
  - Increased Production
  - Improves Mood
  - Reduces Sickness and Stress
  - Boosts Energy
  - Consistent Focus
  - Better Sleep
- Avoid The Three White Killers: salt, sugar and flour.

## 8. Ask for help.

- Secrets are dangerous.
- Need help? In the last 18 months, has a trusted person told you, “I think you need to talk to somebody about that?” If the answer is yes, get help.
- Every prominent Christian leader and pastor I know regularly visits a counselor. It is okay to ask for help.

## 9. Let God heal your anger.

- Ask God to show you ... heal you.
- Ask a close friend if you seem angry.
- Consider: Elder prayer, counseling, talking with an insightful friend.
- This is enormously important!

## 10. Don't be crushed by criticism.

- Consider the source.
- Be willing to receive criticism from trustworthy people – people who are for you, who are insightful, who are not negative.
- Consider if you are a pleaser. Galatians 1:10
  - Exercise:
    - Wait for Gut Reaction to Pass
    - Imagine the Criticism is Directed at Someone Else
    - Keep Your Mouth Shut
    - Be Confident
  - Example: Student After David and Goliath Message
- “Criticism may not be agreeable, but it is necessary. It fulfills the same function as pain in the human body. It calls attention to an unhealthy state of things.” Winston Churchill

## Closing –

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4. Keep your Sabbath rest.
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6. Focus on results not time at work.
7. Get regular exercise and eat healthy.
8. Ask for help.
9. Let God heal your anger.
10. Don't be crushed by criticism.

## Q&A

## Solitude Time