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Simple steps to flourish in ministry

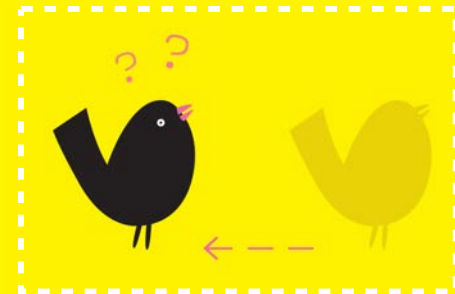

 Matt Bloom and
 the Flourishing in Ministry Team



Simple

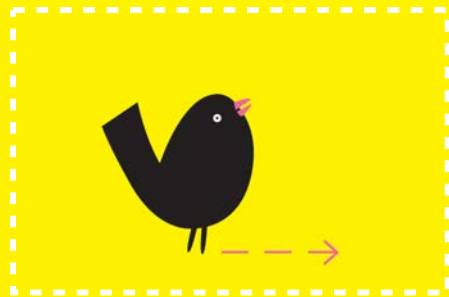
4 Steps to Flourishing

1



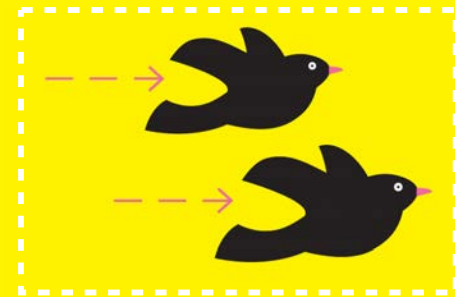
STEP BACK

2



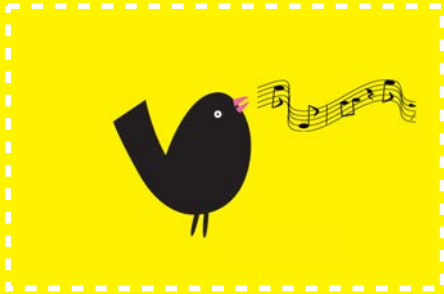
STEP SIMPLY

3



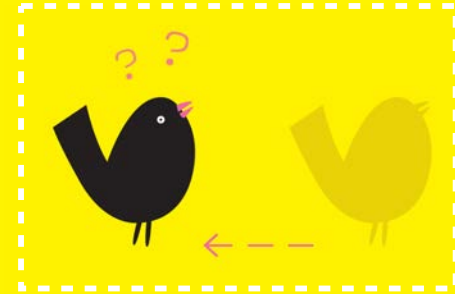
STEP TOGETHER

4



STEP
FAITHFULLY

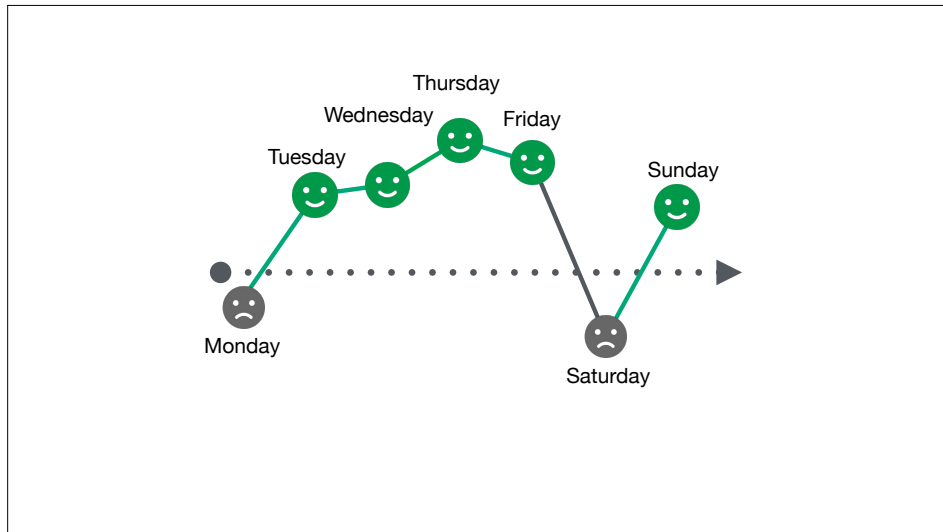
1

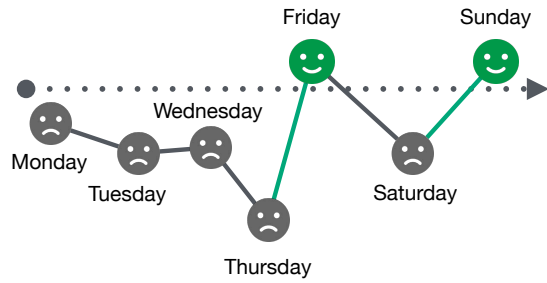


STEP BACK

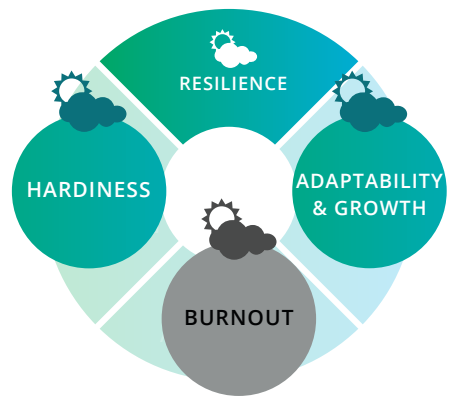
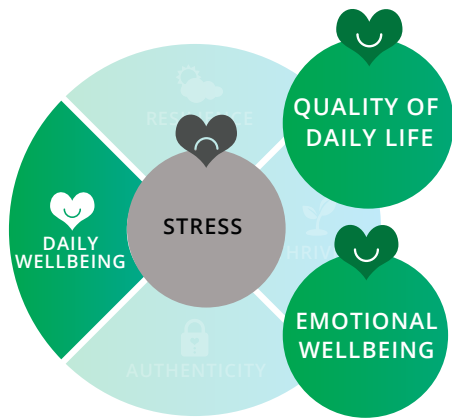
Assessing your
wellbeing.







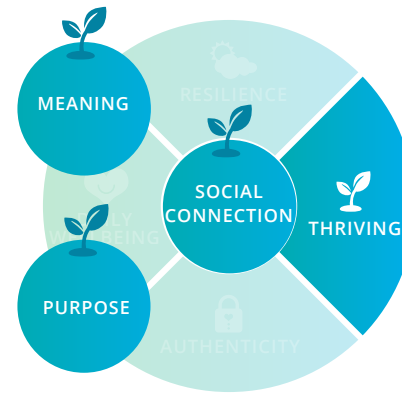
3 : 1
 Good days : Bad days





What are your
“Sunday morning”
events?



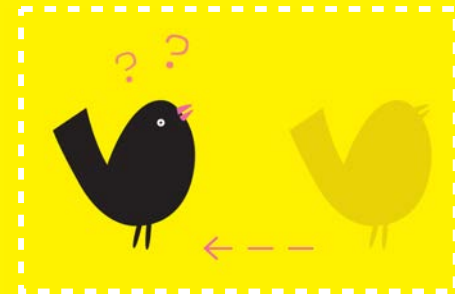


Flourishing





1



STEP BACK

Wellbeing assessment:

- Where is your wellbeing good?
- Where does it need to improve?

Two methods for assessment:

- Quick self-assessment
- WorkWell Research app

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- Quick self-assessment
- WorkWell Research app



1



Mejorar/Improve

Vigilar/Monitor

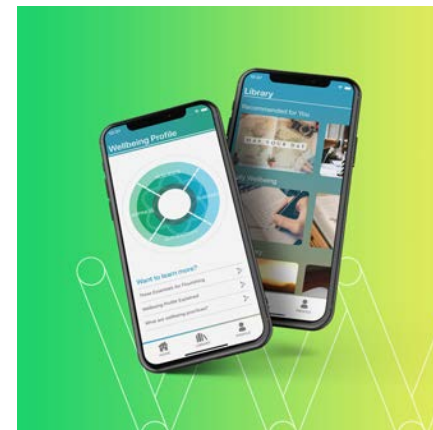
¡Bueno!/Good!

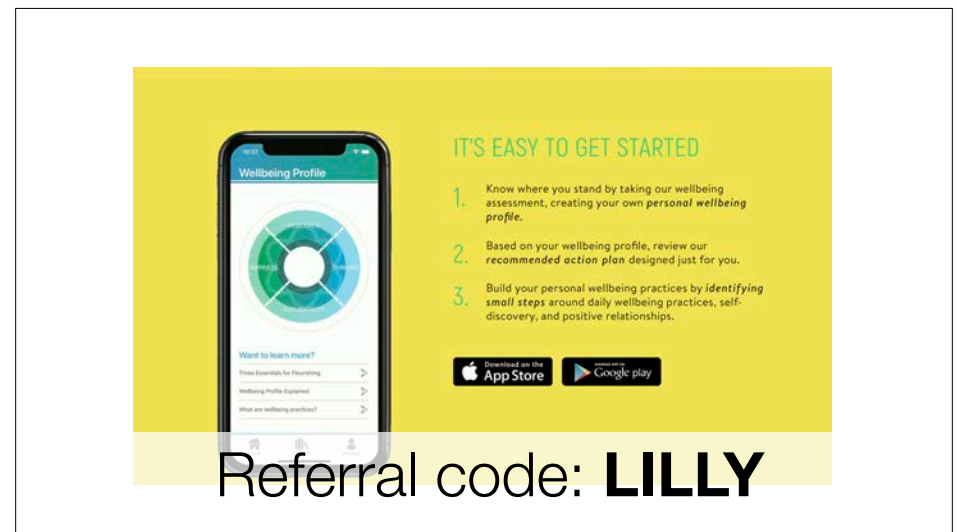
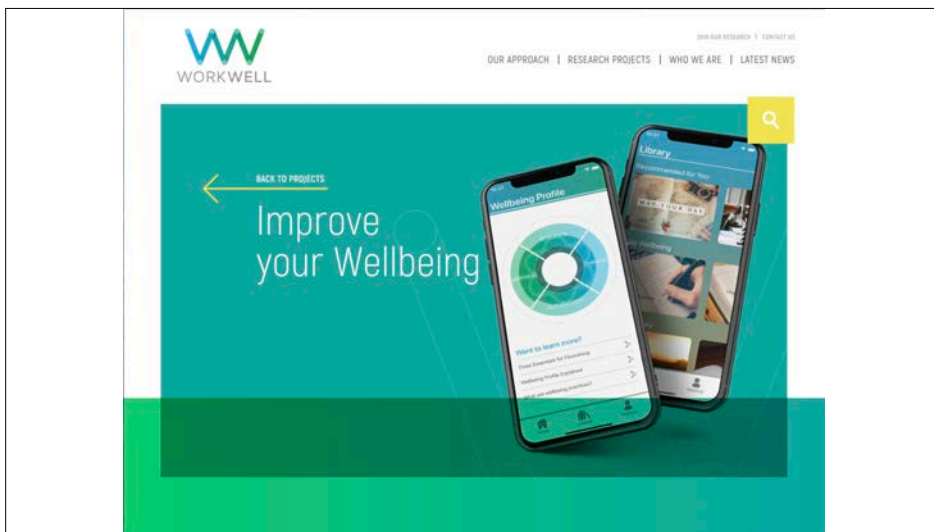
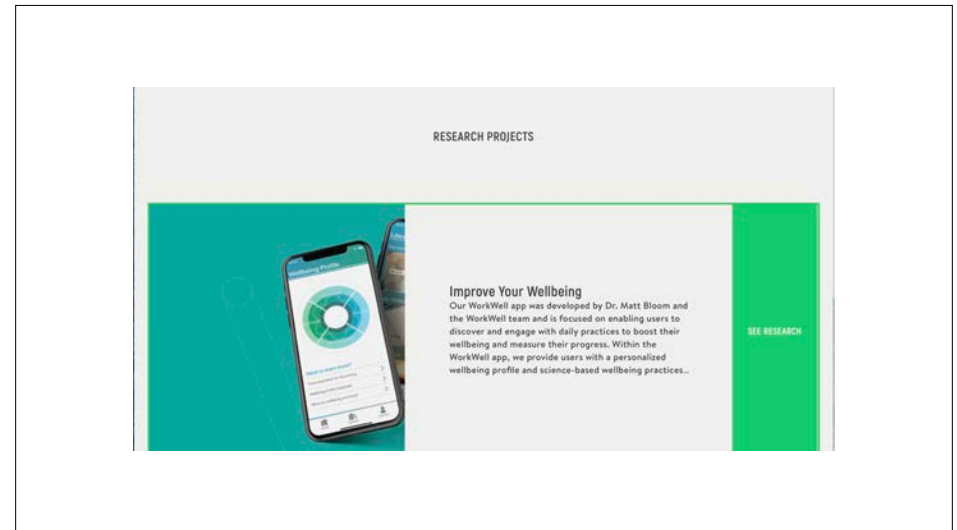
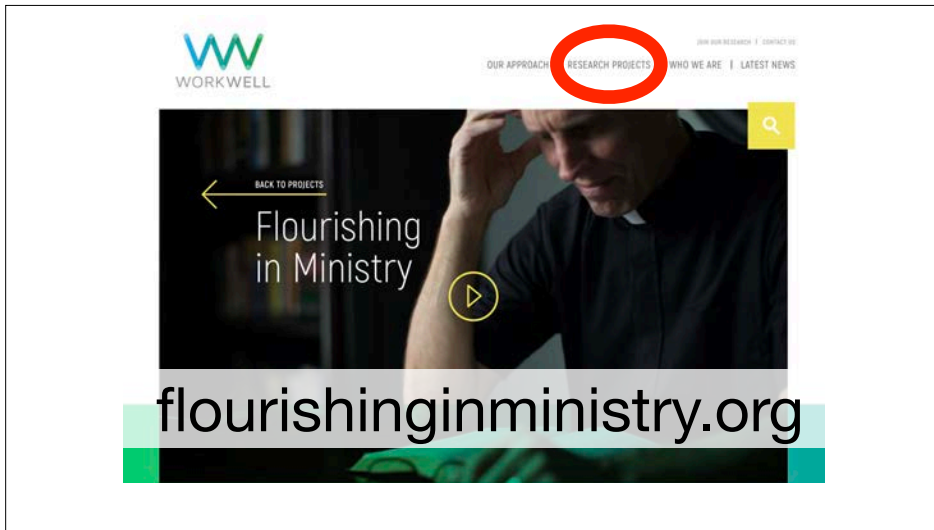
2

¿Por qué? / Why?

Two methods for assessment:

- Quick self-assessment
- WorkWell Research app







1



Mejorar/Improve

Vigilar/Monitor

¡Bueno!/Good!

2

¿Por qué? / Why?

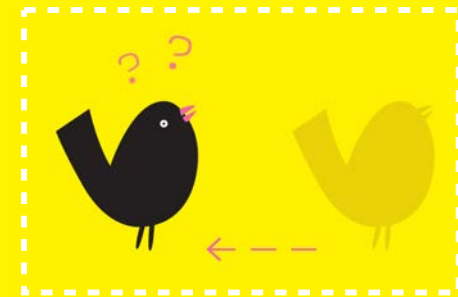
Group discussion:

- What result confirmed your expectations?
- What result surprised you?

fm
FLOURISHING
IN MINISTRY



1



STEP BACK

2

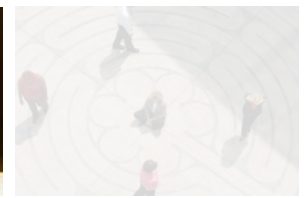


STEP SIMPLY

The journey toward wellbeing (and ill-being) happens one, small step at a time.



Tranquil strategy:
Calms our thinking and emotions.





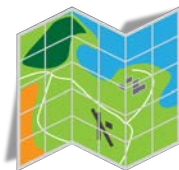
Joyful strategy:
Creates positive experiences, sustains optimism and hope.



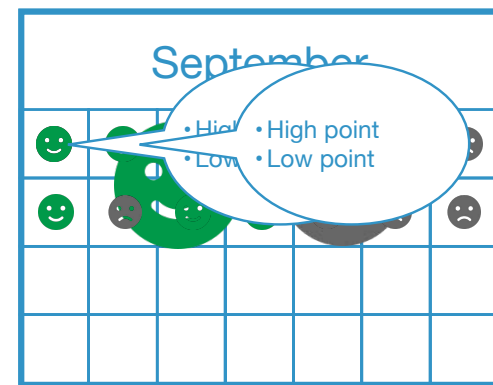
Connecting strategy:
Promotes strong, mutually supportive relationships.

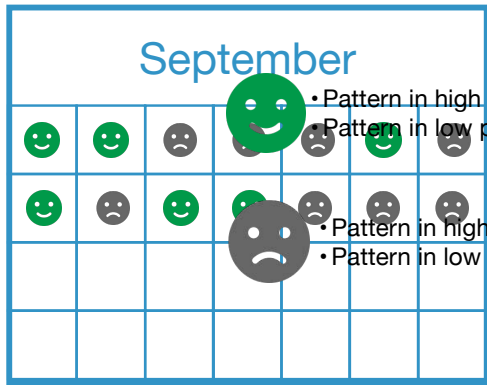


Self-Regulating strategy
Strengthens willpower, emotion regulation, and self-control,



Map your days





- Pattern in high points?
- Pattern in low points?
- Pattern in high points?
- Pattern in low points?



Confident strategy:
Builds self-integrity
and self-worth.



Life journaling





Take five for
flourishing!

- What will be my first practice?
- When will I practice?
- How will I encourage myself?



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- When will I practice?
- How will I encourage myself?

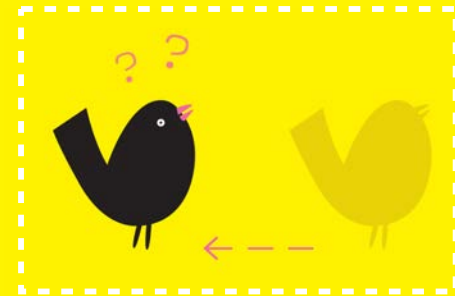


Simple steps to flourish in ministry



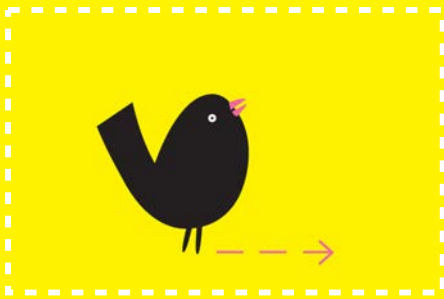
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1



STEP BACK

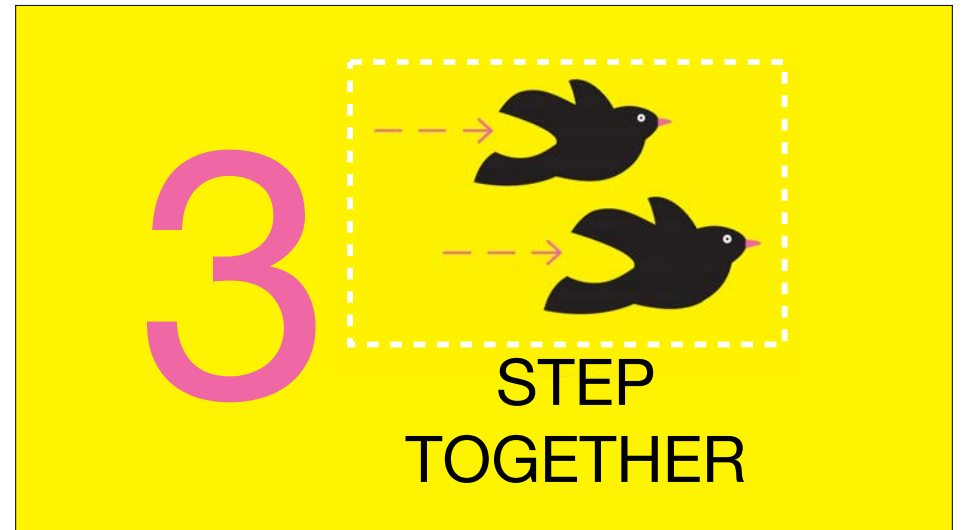
2



STEP SIMPLY



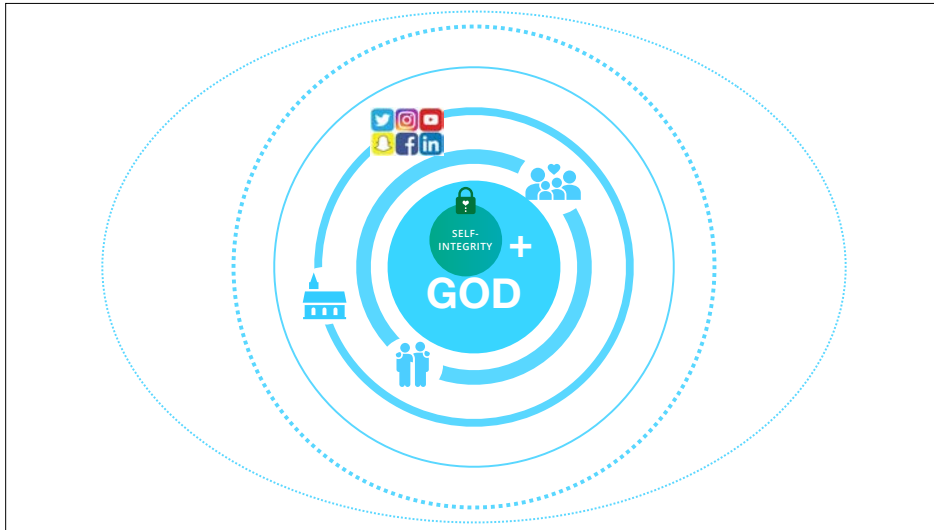
- An intention
- A symbol or object
- A set of physical acts or movements
- A set time (and place)



2 metaphors...

1 “Ecosystems” of wellbeing





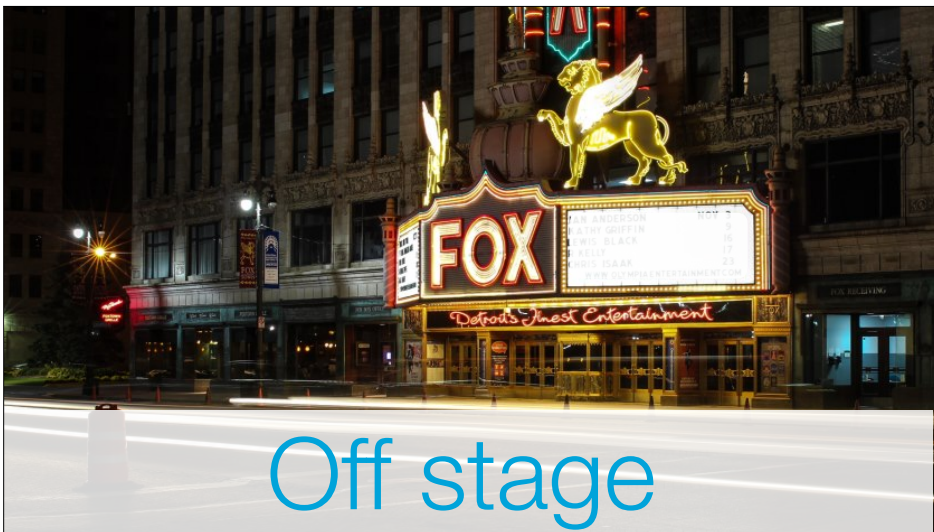
2 A “back stage”



Authentic
“Performances”



- Process the good, bad & ugly
- Practice, rehearse & improvise
- Support performance
- Care for performers



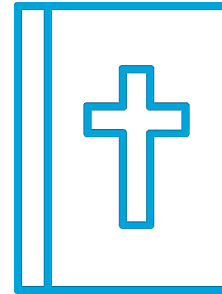
Share back stage stories:

- What can you learn about forming a back stage?
- What is your next step in forming or strengthening a back stage?

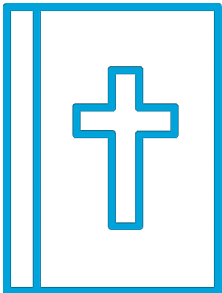
4



STEP
FAITHFULLY

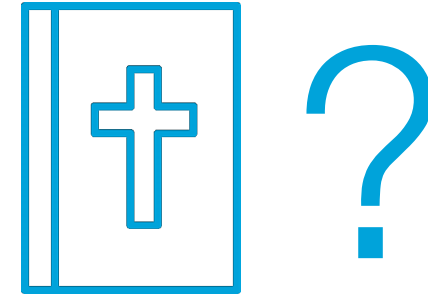


& wellbeing



- Better physical health
- Better mental health
- Longer life

Not all religious
orientations lead to
flourishing...



- A partnership with God
- Love: first and foremost
- Gratitude
- Trust in God's goodness; Hope
- Seek spiritual support
- Experience awe, wonder, inspiration
- Forgiveness

Theology of wellbeing?

Craft a theology of wellbeing:

- How does the Bible portray flourishing?
- What verses can encourage us to flourish?
- What wise wellbeing practices can we see in the Bible?

