



 LifeRecovered

TAKING
CARE
 *of*
YOU!

JIMMY STORRIE M.A.

STATS

Hundreds of ministry leaders will leave their position this year.

(Focus on the Family)

50% of ministry leaders graduating from seminary this year will not be in ministry in 5 years.

(BGCT)

Pastors say the role can be tough

- 84 percent say they're on call 24 hours a day.
- 80 percent expect conflict in their church.
- 54 percent find the role of pastor frequently overwhelming.

Scott McConnell, LifeWay Research vice president

LifeWay Research surveyed 1,500 pastors of evangelical churches

Pastors say the role can be tough

- 53 percent are often concerned about their family's financial security.
- 48 percent often feel the demands of ministry are more than they can handle.
- 21 percent say their church has unrealistic expectations of them.

Scott McConnell, LifeWay Research vice president

LifeWay Research surveyed 1,500 pastors of evangelical churches

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- McConnell estimates a total of 29,000 evangelical pastors have left the pastorate over the past decade, an average of 250 a month.
 - Current pastors say a change in calling is the top reason their predecessors left the pastorate, accounting for 37 percent of departures. Conflict in the church—something 64 percent of pastors experienced in their last church—is the second most common reason at 26 percent.

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- Other reasons pastors have left the pastorate include family issues (17 percent), moral or ethical issues (13 percent), poor fit (13 percent), burnout (10 percent), personal finances (8 percent), and illness (5 percent). Lack of preparation for the job was cited in 3 percent of cases.



My Story



My Story



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Strengthened and encouraged ministry leaders will lead to

- stronger marriages and families
- stronger churches and ministries
- greater Kingdom work.

Everyone Has a Story

Elijah's Story

Elijah's Story

1 Kings 19:1-21

It can happen to anybody

Productive thinking becomes destructive thinking

- Irrational
- Overwhelming desire to escape
- Consumed with self pity

Elijah's Story

1 Kings 19:1-21

Scripture reveals the cause of Elijah's response

- Elijah lost the confidence in God's power (3)
- He reached the end of his own resources (4)
- He was tired and exhausted (5)

We All Need Recovery

TAKING

CARE



of

YOU!

Why?

- Discouragement
- Stress
- Loneliness
- Sexual Integrity
- Anger
- Physical Health
- Marriage/Family Issues
- Self Worth

Why?

- Many church leaders are not good at taking care of themselves. Leaders often encourage others to seek counseling or healthy lifestyle changes but don't actually do it themselves.
- We must give ourselves permission for self care.

Why?

- It's important that leaders tell someone if they are facing issues in their lives. Isolation is often our choice.
- Leaders need to have some “safe” people in their lives in which to share confidentially.

Stress is up.

STRESS IN AMERICA

American Psychological Association Survey

Most Americans are suffering from moderate to high stress, with 44 percent reporting that their stress levels have increased over the past five years. Concerns about money, work and the economy top the list of most frequently cited sources of stress.

Children are hurting.

STRESS IN AMERICA

American Psychological Association Survey

Stress is also taking a toll on kids. Almost a third of children reported that in the last month they had experienced a physical health symptom often associated with stress, such as headaches, stomach aches or trouble falling or staying asleep. In addition, parents don't realize their own stress is affecting their kids.

STRESS IN AMERICA

American Psychological Association Survey

Self-care isn't a priority.

Only 40 percent of Americans rate their health as very good or excellent. They also know they're not doing a good job taking care of themselves. While 54 percent agreed that physical activity was very or extremely important, for example, just 27 percent of respondents were happy about their own level of exercise. Instead of managing their stress in healthy ways, Americans are indulging in unhealthy and unproductive behaviors.

STRESS MANAGEMENT

- Most people think of stress as a bad thing.
Stress isn't the real problem.
- The mismanagement of stress is what wreaks havoc on so many people.
- Stress is actually a necessary component of life, a biological response to environmental pressures.

STRESS MANAGEMENT

- Our body's stress response is a blessing; without it we would likely aspire to very little in life.
- When stress is harnessed and managed properly, it becomes the energy that allows us to focus on accomplishing great things consistent with our calling.
- It's the lack of skills for managing stress that ultimately causes fatigue and burnout.

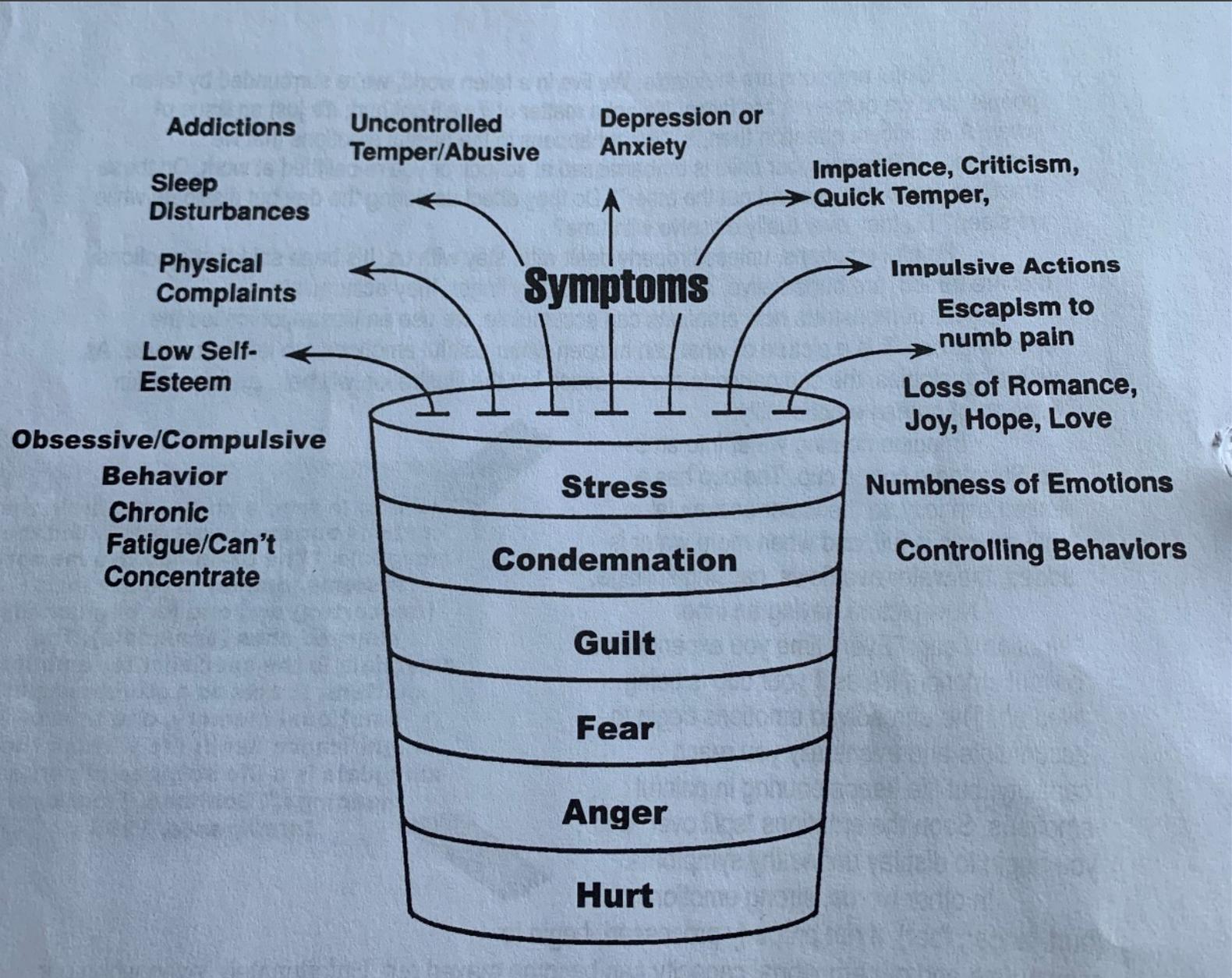
HOW STRESS MAKES US SICK

- Research indicates that 75 to 90% of primary care visits are for stress related complaints or conditions.
- Stress related anxiety is often the diagnosis for adults presenting with many physical issues.
- Non-physical symptoms may include fatigue, feelings of helplessness/hopelessness, irritability, anger, unproductive thoughts, crying spells and even suicide.

Stress mismanagement
affects every aspect of our
life.

BURNED BUT
NOT OUT!

What's Filling Your Emotional Cup?



CHANGE

Stages of lifestyle change

CHANGE

Pre-Contemplation

- I don't want to change

Contemplation

- I am thinking about change

Preparation

- I am getting ready to make a lifestyle change

CHANGE

Stages of lifestyle change

Action

- I have made a/some lifestyle changes

Maintenance

- I regularly practice healthy lifestyle actions

- One chooses to change when the pain of staying the same outweighs the pain of change.



“What if we don’t change at all ...
and something magical just happens?”

SELF CARE

Lack of self care can lead to a variety of unproductive processes.

Self Care Assessment

The assessment focuses on the 5 Life Pillars that support our personal foundation.

Spiritual

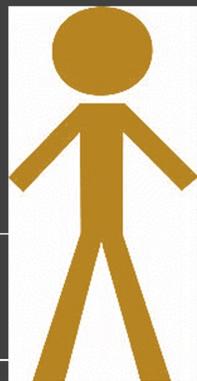
Physical

Psychological

Emotional

Relational

5 Life Pillars



Your Foundation

SPIRITUAL

PHYSICAL

PSYCHOLOGICAL

EMOTIONAL

RELATIONAL

Jesus!

Rebar adds
the
necessary
strength to
the pillar.



Assessment

Choose one item out of each category (pillar) and then begin to focus on that item.

Too much...?

**You must be intentional.
Change takes a plan.**

Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must but take the step.

246 Pastors

Common Characteristics

Dr. Howard Hendricks/Garrett Kell

Each of them had ceased
having a daily quiet time of
personal prayer, Bible reading
and worship.

**Without exception, each of the 246
had been convinced that a fall
would never happen to them.**

None of the men were involved in any kind of personal accountability.

Isolation

Connection

YOU ARE NOT ALONE!

Psalm 46:1

God is our refuge and strength;
a very present help in times of
trouble.

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Rest and Retreats

- sufficient rest each night.
 - small breaks, deep breath, exhale slow, 5-minute walk.
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Exercise

- regular physical activity reduces the effects of stress. Try a 30 minute walk each day.

Connect with God

- daily time in the Bible, prayer, devotion. Allow time for personal reflection.

Organized

- set a realistic daily schedule that includes rest, relationship/family and fun.

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Value yourself

-take time to invest in you.

Eat well

-eat a balanced diet - lean meats, fruits, veggies, drink plenty of water.

Reach Out

-Talk to Your Friends/Get professional help-Talking with others helps relieve stress.

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Even out your pace

-Don't schedule too many things in one day, plan your time efficiently.

Don't say yes to everything

-Don't accept every invitation/opportunity. Allowing someone else to serve helps you and them.

Be Encouraged!

1 Samuel 30:6

....But David encouraged himself in the
Lord his God.

Elijahs Story

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1 Kings 19:1-21

Scripture reveals the steps Elijah took to be restored

- Elijah got alone with God (3-4)
- He received the rest and food provided by God (5-8)
- Elijah communicated with God (8)

We All Need Recovery

1 Kings 19:1-21

Scripture reveals the steps Elijah took to be restored

- He was honest with God about his feelings (10)
- God showed Elijah he was still in control (11-12)
- God revealed the next steps for Elijah (15-16)
- Elijah obeyed God and went back to the job God had given him (19)

What's Your Story?

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JIMMY STORRIE M.A.

Jimmy Storrie
972.843.1128

jimmy@liferecovered.com
LifeRecovered.com

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