



Living Leadership

GROWING DISCIPLE-MAKING LEADERS

Soul Health – Persevering Joy in Christ

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The Joy of the Lord

- **Joy in a wonderful king**
- **A character trait from the Holy Spirit**
- **Fresh appetite for God**

The Joy of the Lord

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope

Romans 15:13

The Joy of the Lord

If our ministries don't flow out of the joy of the Lord - which is our strength - we won't last the course

Joy Getting Squeezed

- **Ministry patterns discourage healthy spiritual living**
- **We do more of it to avoid examining it**
- **We get into a downward spiral**
- **We justify it as burning out for God**

Discussion

What causes you to over-extend to the point it damages you resting in Jesus?

Tempted out of Joy

- **My own internal expectations**
- **External expectations – real or perceived**
- **Demand outstripping capacity**
- **Cultural reasons**



Sabbath – Resting in Jesus

**Nurturing
joy in Jesus**

Sabbath – Resting in Jesus

What patterns, practically, do I need in my life to help me live with long-term margins?

Discussion

Do you have patterns and rhythms to help you recentre God and help you live in his joy?

What are they?

If not, why do you think that is?

Reflection Questions

What large responsibilities do I have to carry out?

What time have I allocated to them, and how will I ensure they don't overflow the boundaries?

Reflection Questions

How would I rate my long term energy levels and spiritual vitality? If you are married how would your spouse answer?

Are there any signs that I am approaching a place of spiritual exhaustion?

What factors in life/ministry are most likely to hinder a vibrant walk with God for me?

Reflection Questions

What mix of sabbath, spiritual input, community, solitude, friends, leisure do I need for my spiritual replenishment?

How early do I need to make strong diary commitments to ensure it can become reality?

Who can help me? Who is my Jethro?

What Do I Need?

- Someone to confide in?
- Help to prioritise and delegate?
- Someone who can help with your prayer, worship and Bible life?
- Renegotiating impossible expectations?
- Building in healthy relationships / real fellowship?
- Being active rather than reactive

What Do I Need?

He will refresh the weary and satisfy the faint
Jer. 31:25

Those who hope in the Lord will renew their
strength. They will soar on wings like eagles.
They will run and not grow weary, they will walk
and not faint Is. 40:31