





Flourishing in Ministry

Anthony J. Headley, Ph.D.
Professor of Counseling
Asbury Theological Seminary
Licensed Psychologist
859-858-2267





The Genesis Creation Narrative: Principles for Creative Activity

- **Images of God in creation**
 - **Boundary-making that bring order**
 - **Finding balance and rhythm in the creative process**
 - **Time as an ordering principles**
 - **Rest as an essential part of creative activity**
 - **The importance of being human**
- 



Three Images of God in Genesis

- **Creator**

- **Creation ex nihilo Genesis 1:1**

- **Creation from chaos Genesis 1:2**

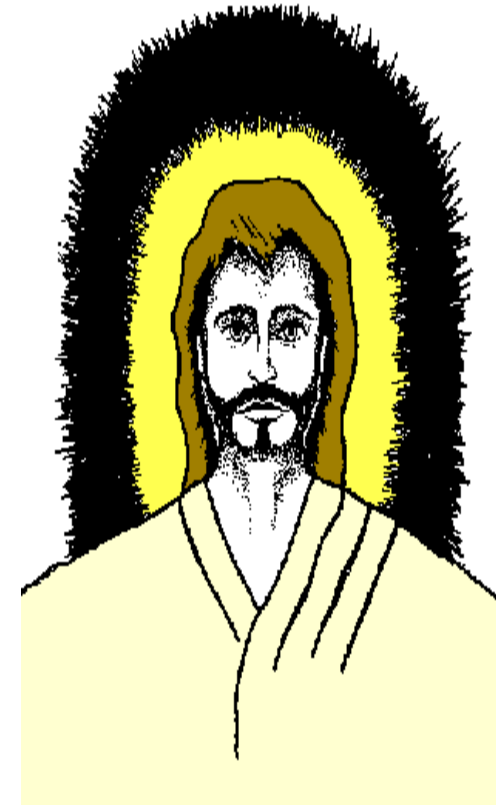
- **Host**

- **The intimate God**



Spirituality: Intimacy with God

“Spirituality is the means by which we develop an awareness of the presence of the loving Lord in our lives, and the processes by which we keep that awareness alive and vital to the end that we become formed in the spirit of Christ.”





The Biblical Language of Boundaries

- Separation and gathering
- Creating after one's kind
- "Bone of my bone and flesh of my flesh."



Critical Boundaries

- **Space**
- **Energy**
- **Relationships**
- **Availability (omni-available)**
- **Role (so it does not become all consuming)**
- **Self**
- **Time (Schedule, Day-Timer)**





Balance as Holy Leisure

“It refers to a sense of balance in the life, an ability to be at peace through the activities of the day, an ability to rest and take time to enjoy beauty, an ability to pace ourselves.”

Richard Foster, *Celebration of Discipline*, p. 27





Finding Balance

Disciplines of Engagement

- Study
- Worship
- Celebration
- Service
- Prayer
- Fellowship
- Confession
- Submission

Disciplines of Abstinence

- Solitude
- Silence
- Fasting
- Frugality
- Chastity
- Secrecy
- Sacrifice



Becoming Soul Hosts

“Soul hosts prepare for their gift of hospitality by cultivating a place of quiet within themselves. This is the place where they will receive others. If I have no such place within myself I am unable to offer myself in a gift of hospitality. But when I have begun to be a person with a quiet still center, I can invite others to come and rest there.”

David Benner, *Sacred Companions*.

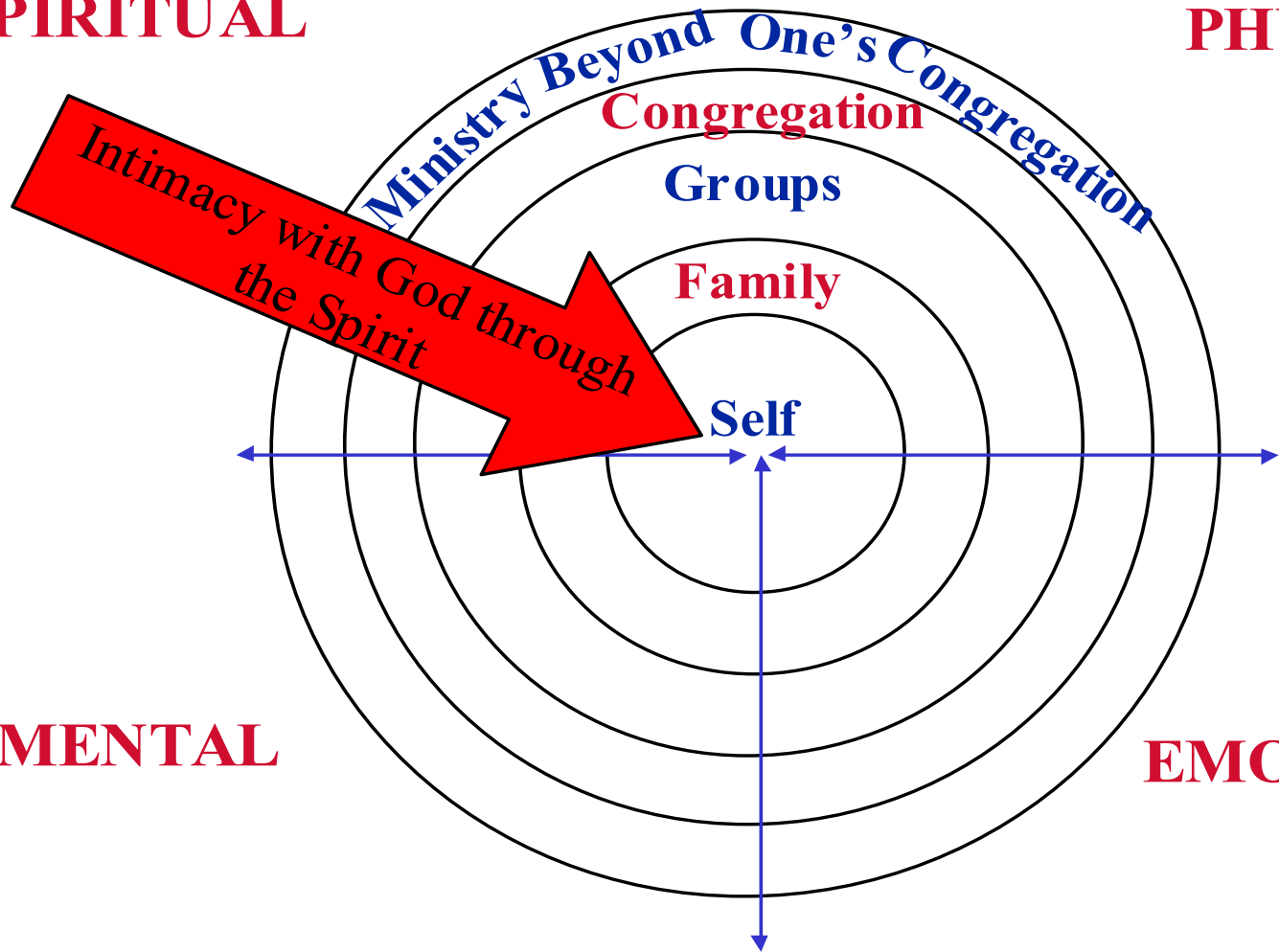




A Model for Balanced Ministry

SPIRITUAL

PHYSICAL





Ministry in the Image of God: The Thesis

“The Ministry we have entered is the ministry *of* Jesus Christ, the Son, *to* the Father, *through* the Holy Spirit, for the sake of the church and the world.”



Major Points Related to Ministry

- **The doctrine of the Trinity as a model for Christian service.**
- **Ministry is essentially about our joining Christ in his ministry, not his joining us in ours.**



Relational Personhood

- **Trinitarian personhood as the key to understanding the image of God in humanity**
- **The being of a person as being-in-relationship**






Relational Personhood: Three Commitments

- **Commitment to wholeness in interpersonal relationships**
- **Commitment to involvement in close-knit small groups**
- **Commitment to healthy family relationships**



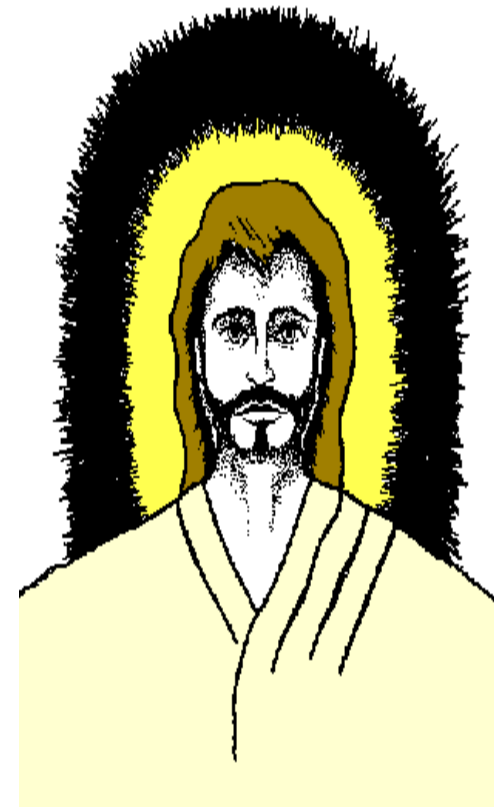


Gracious Self-Acceptance

- Learning to accept ourselves
 - Four crucial elements:
 - Renouncing the false self
 - Removing the seeds of self-rejection
 - Receiving our acceptance from Christ
 - Embracing our weaknesses
- 

Spirituality: Intimacy with God

“Spirituality is the means by which we develop an awareness of the presence of the loving Lord in our lives, and the processes by which we keep that awareness alive and vital to the end that we become formed in the spirit of Christ.”





Spirituality

- **Christian spirituality is not separate from the rest of our lives**
- **It is also linked to other aspects of our lives including the psychological and relational**
- **Involves *psychospiritual health***
- Benner





Psychospiritual Union

Understanding Our Nature

- *Helps us accept both realities without splitting them apart or eliminating one for the other*
- *Shows the intimate connection between the psychological and spiritual*
- *Consistent with a Hebrew understanding of persons as whole beings*





The Means of Grace and the Rule of Life

- **Spiritual disciplines as means of grace**
- **The rule of life seeks to incorporate these means of grace into one's life**





The Means of Grace Broadly Understood

Means of grace are “... those activities which serve to actualize grace in our lives by enhancing our capacity for ever greater receptivity and responsiveness to God’s call.”

p. 167, Mann, *Perfecting grace: Holiness, Human Beings, and the Sciences*, NY: T&T Clark International 2006





The Means of Grace Broadly Understood

To one who begins to feel the weight of his sins, not only hearing the word of God, but reading it too, and perhaps other serious books, may be a means of deeper conviction

The Means of Grace, p. 279





Institutional Means of Grace

- Works of Piety
 - Prayers
 - The Lord's Supper
 - Reading scripture
 - Fasting
 - Christian conferencing (small group for fellowship and accountability)
 - Church attendance
- The Chief Means of Grace**






The Prudential Means of Grace

- **Not ordained by scripture**
- **Particulars of Christian Life worked out in accordance with reason and experience**
- **Allowed the application of the general rules of scripture according to one's particular circumstances**





Questions on The Prudential Means of Grace

- **Watching against the world, the devil, yourselves and one's besetting sins**
 - **Eating**
 - **Flesh and late suppers**
 - **Eating no more at each meal than necessary**
- 



Questions on The Prudential Means of Grace

- **Drink**
- **The kind and degree that is best for
body and soul**
- **Drinking water**






Foci in the Prudential Means of Grace

- **Exercising moral rectitude**
- **Engaging in habits that benefit one morally and physically**
- **Depicts a concern for both soul and body**





Foci in the Prudential Means of Grace

- **Physical and related habits constitute means of grace**
 - **Considered these habits as extremely important to the well-being of his helpers**
 - **Prudential means of grace includes all those activities that facilitates growth in grace**
- 

Richard Foster on Spiritual Disciplines

- **The Inward Disciplines**
Meditation, Prayer, Fasting, Study
 - **The Outward Disciplines**
Simplicity, Solitude, Submission, Service
 - **The Corporate Disciplines**
Confession, Worship, Guidance, Celebration
- Foster (1993)., Celebration of Discipline





**“Morality comes as a gracious by-product
of being attached to something greater
than ourselves, of being owned,
claimed,
commandeered for larger purposes.”**

W. H. Willimon





A Rule of Life

- **An intentional pattern of spiritual disciplines**
- **Designed to provide structure and direction for spiritual growth**
- **Establishes a rhythm for spiritual formation**



Structuring Time

- **“Time is the leader’s scarcest resource.”**

- Peter Drucker

- **“There are more people and more capital, but time is fixed.”**

- Shawchuck and Heuser, 1993, *Leading the Congregation*





Freedom in ordering Time

- **God's relationship to his creation is one of closeness and distance:**
- **Closeness points to "...God's abiding to his creation day by day."**
- **Distance means that God gives his creation the permission to be and its own freedom of action**





Ordering Time

Boundaries revolve around time

- **Space: ordering and guarding**
- **Energy: expending energy, restoring energy**
- **Relationships: time for nurturing**
- **Role: how much time will be devoted to the role and related activities.**
- **Self: time for being, knowing self**





*Time and Sabbath Rest:
Observations from Brueggemann*

- **Sabbath as the culmination of creation**
- **Involves the cessation of work – “the original Sabbath in Israel is not a day of worship but a day of rest.”**



Social Support


Sidney Cobb

- Information leading to belief
- of being
- Cared for and loved
- Esteemed and valued
- Sense of belonging to a
- network involving:
- Communication
- Mutual obligation






Social Support

- **“Received Support”**
 - **The actual transfer of advice, aid, and affect through interpersonal networks**
 - **Includes the following**
 - **Interaction among friends, neighbors and relatives**
 - **Participation in church and social groups**
 - **Employment**
- 



Social Support

- **Perceived Support**
 - **The perception that one is loved and esteemed by others**
 - **Perception that one is loved promotes health**
 - **Found to buffer the effects of stress on psychological outcomes**
 - **May function to alter one's appraisal**
- 

Functions of Social Support

- **Listening**
- **Sharing of successes and failures**
- **Technical Challenge**
- **Contact with competent colleagues to stay fresh**





Functions of Social Support

- **Technical Appreciation**
- **For work done and acknowledgement of same**
- **Provided by person perceived as expert in field & honest and trustworthy**
- **Emotional Support From 4 to 5 Persons**



Functions of Social Support

- Emotional Challenge
- Challenging biased thinking etc.
- Sharing Social Reality
- Helps in interpreting social reality so as not to question one's perceptions

