

# How to have a robust life in ministry



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# A puzzle

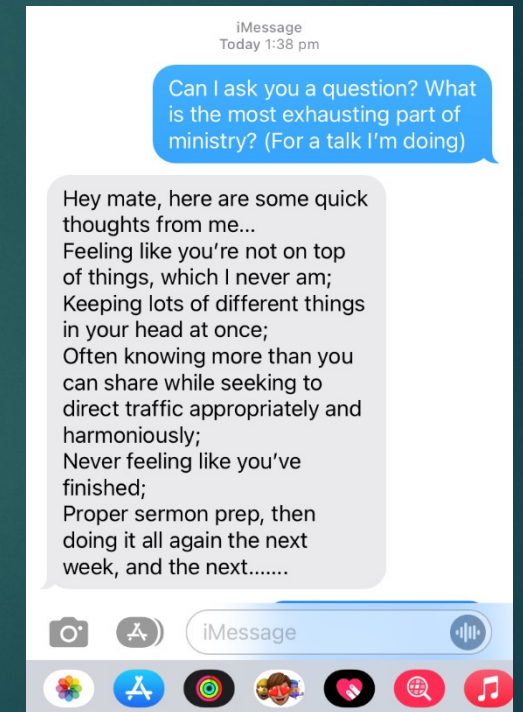
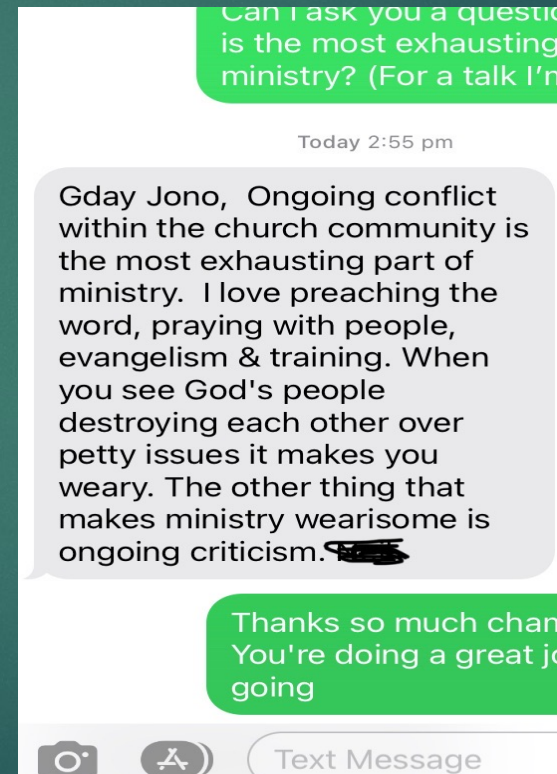
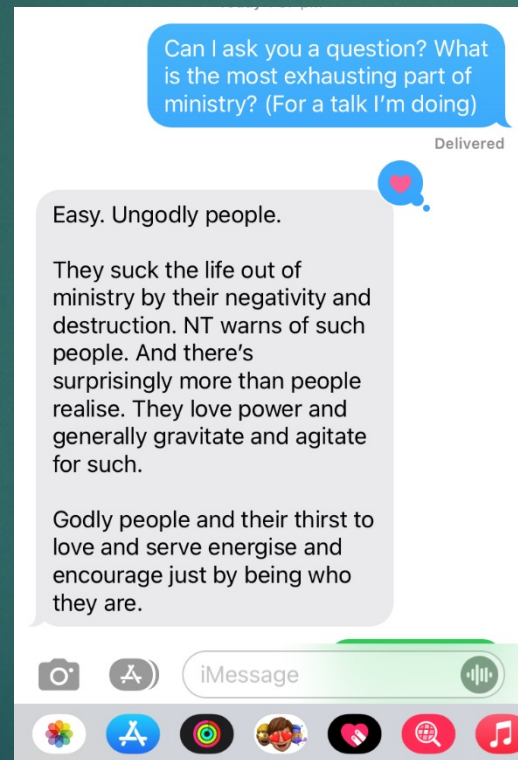
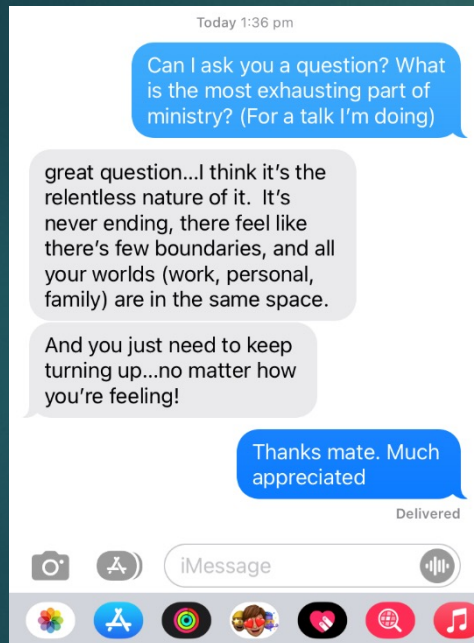
- ▶ Two people in ministry have a disagreement with a congregation member.
- ▶ How is it, that one person can be so weighed down by ministry and the other not?



# The most exhausting thing about ministry is

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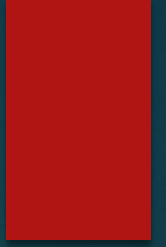


# Resilience

- ▶ A ball that bounces vs a ball that does not.
- ▶ It is the health of your heart that will determine your resilience.
- ▶ Avoidance of difficulties is not proof of resilience. Avoidance will only make you more fragile and mean you end up doing your work in **your** strength. We often don't face these issues because:
  - ▶ We think it could be sinful to dwell on events involving other people past or present.
  - ▶ Because it is painful.
  - ▶ It is not moving forward
- ▶ Ultimately, it is part of your ministry to face (not flee), part of your care for your family and your church family. It is necessary.



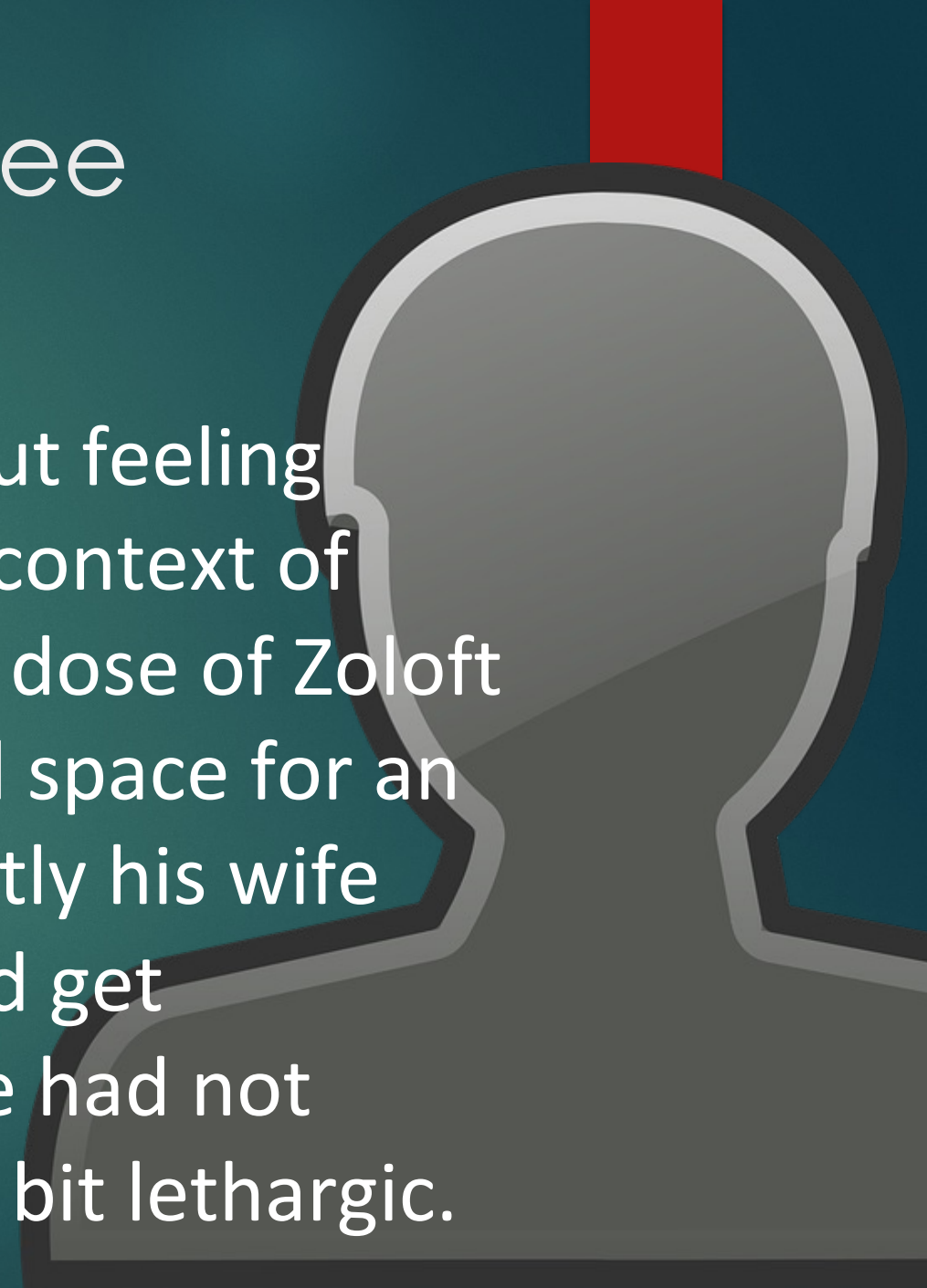
# Four Tools in your toolbox



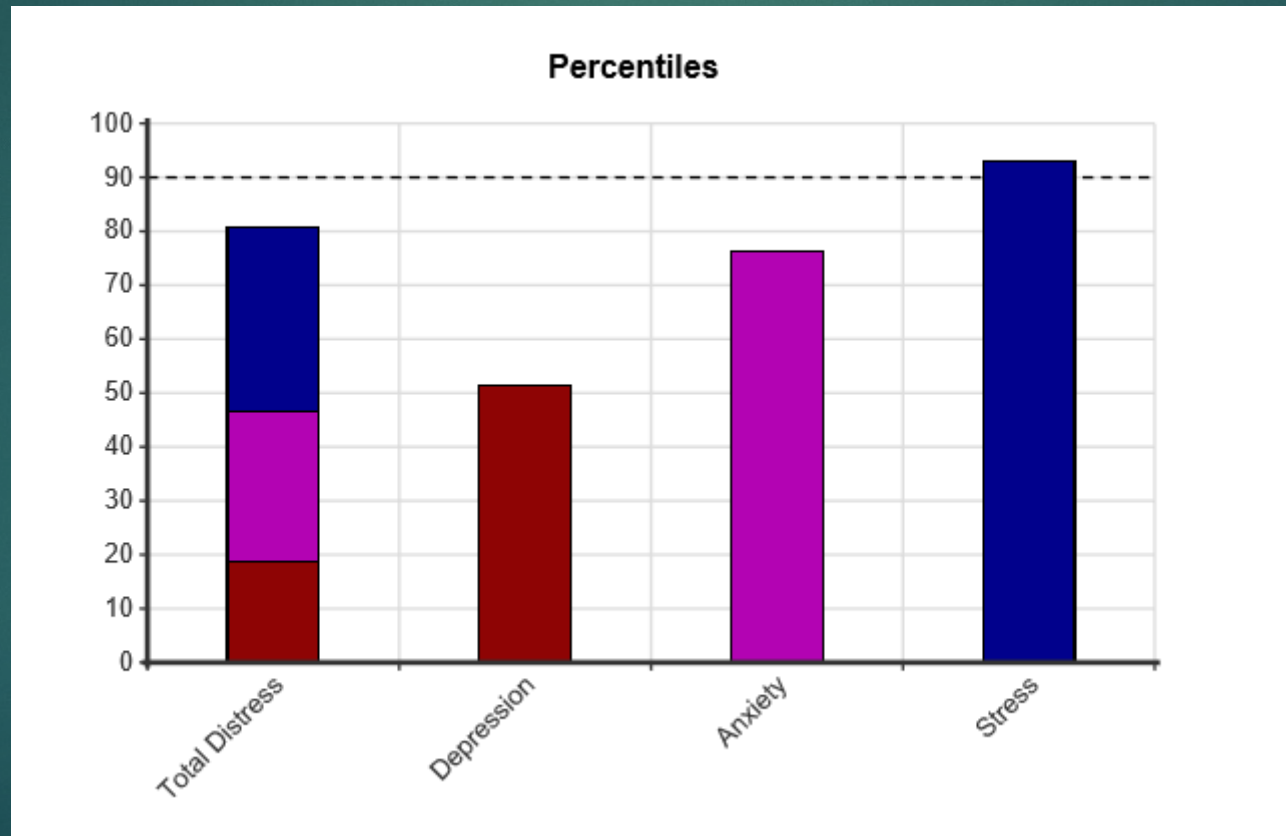
1. Go In,
2. Back,
3. Up and
4. Forward

Jerry (40): Married with three children. Big church.

- ▶ In 2018 he came to see me about feeling panicky and lightheaded in the context of preaching. He was put on a low dose of Zoloft and that had held him in a good space for an extended period of time. Recently his wife XYZ suggested that he come and get supervision. She noticed that he had not been quite so connected, and a bit lethargic.



Jerry (40): Married with three children. Big church.





# Let's follow Jerry

- ▶ Grab a couple of minutes to fill out the DASS.
- ▶ The DASS is a commonly used questionnaire to assess three big domains of mood
  - ▶ Depression
  - ▶ Anxiety
  - ▶ Stress
  - ▶ It is NOT a diagnostic instrument.

## DASS 21 SCORE

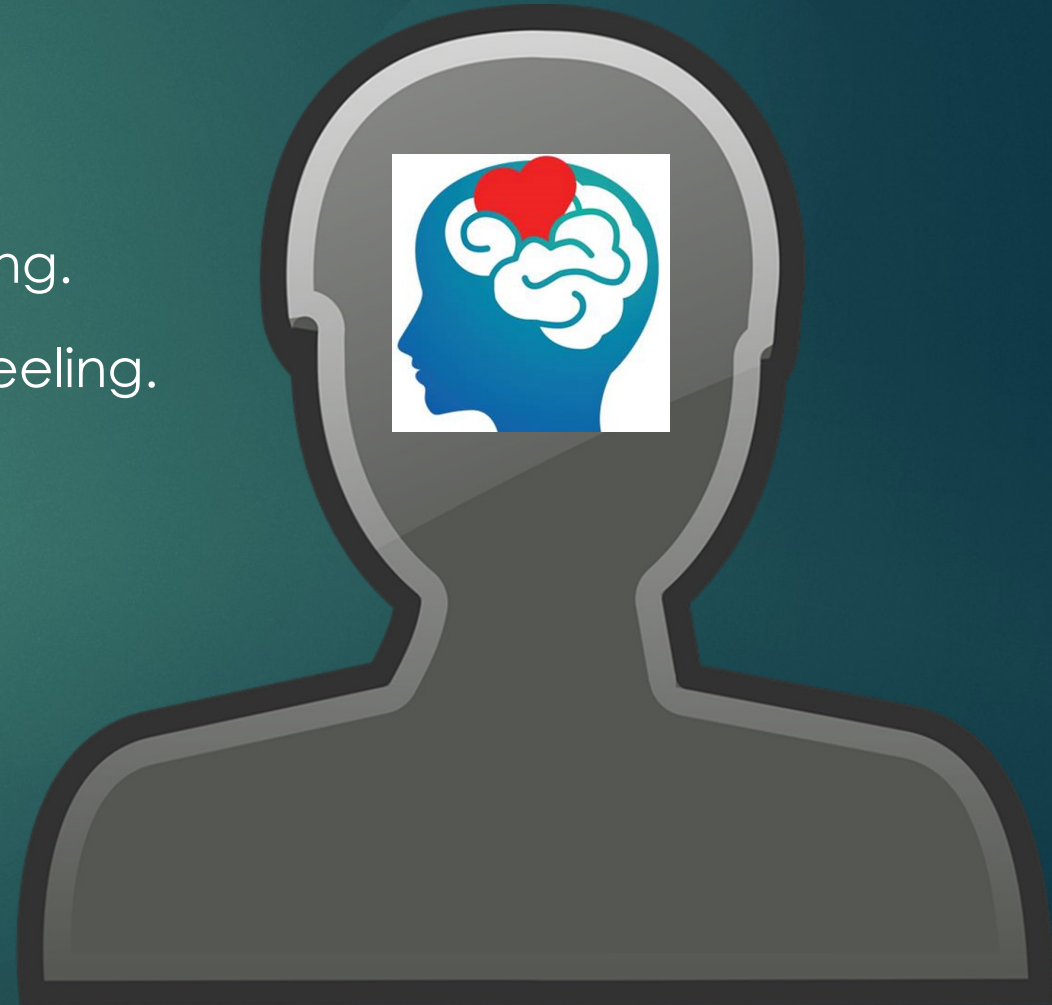
DEPRESSION SCORE	ANXIETY SCORE	STRESS SCORE

	Depression	Anxiety	Stress
Normal	0 - 4	0 - 3	0 - 7
Mild	5 - 6	4 - 5	8 - 9
Moderate	7 - 10	6 - 7	10 - 12
Severe	11 - 13	8 - 9	13 - 16
Extremely Severe	14 +	10 +	17 +



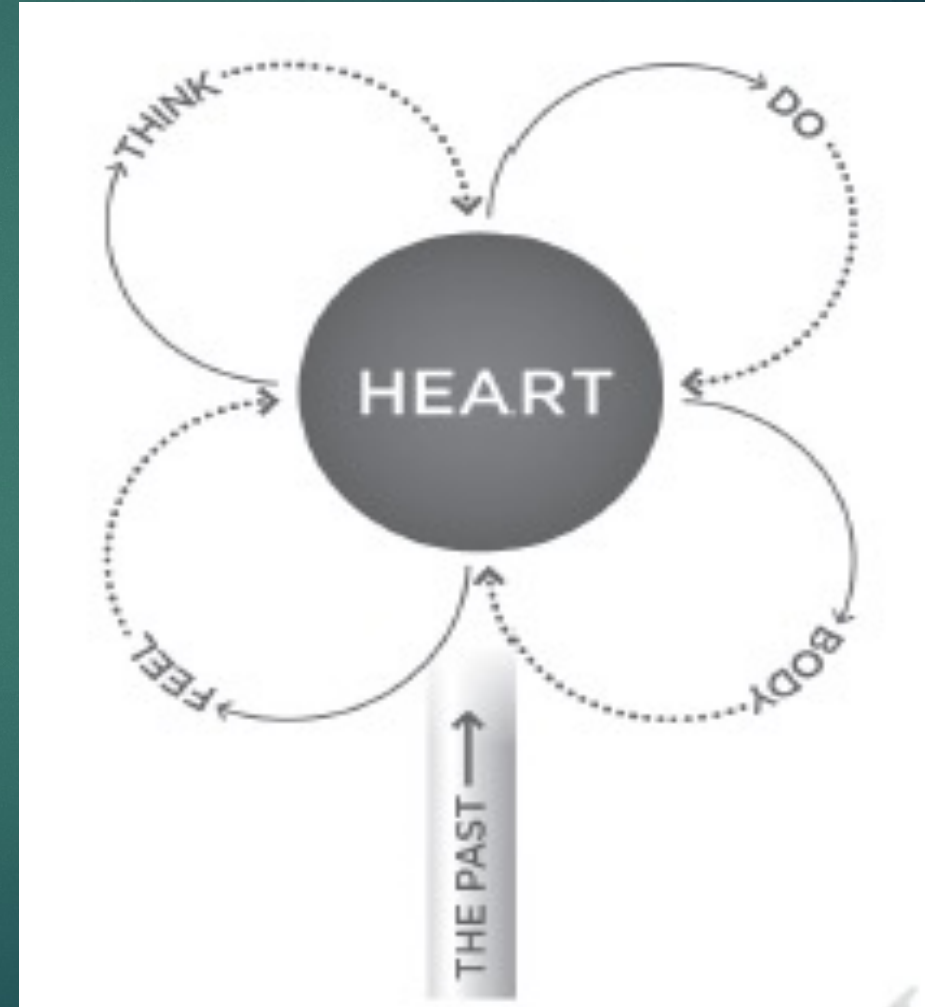
# S.M.A.R.T

- ▶ **Situation** – Clothing store man upset
- ▶ **Mood** - Anxious
- ▶ **Action** – Conversations ++. Dwelling. Discussing.
- ▶ **Physical Reaction** – Heart rate, unsettled feeling.
- ▶ **Thoughts** – What if he talks to others?



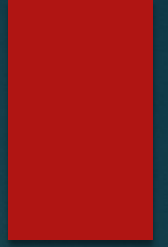
# Jerry is a flower. Proverb 4:23 – He is, we are, centrifugal people.

- ▶ Heart: 'Lev' – intentions, grief (emotion), speak, pray, drawn, set, sank
- ▶ The Heart is the seat of your psychological functioning





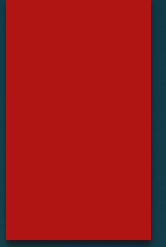
# Jerry goes “in” (into his heart).



- ▶ Jerry at a heart level has been in fear of being a bad guy.

## **“I’m in fear of disappointing others”**

# Let's follow in the foot steps of Jerry.



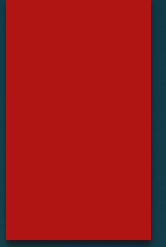
- ▶ Where we have been:
  - ▶ We have looked at the DASS scores (mood)
  - ▶ We picked a recent incident that got under our skin that relates to the particular mood domain that was most prominent
  - ▶ We elaborated on the experience of that mood by filling out the SMART form.
- ▶ Now:
  - ▶ Fill out the petals of the flower (MART), and
  - ▶ Ask yourself these questions;
    - ▶ If what you're anxious / stressed about came true, what would that say about you?
    - ▶ If you're down, what does the incident you've already been through say about you?



# A word of caution

- ▶ For many of us, what is in front of us rekindles what was behind. When there is an activatable history, more than ever we need to be aware of the need to go back and up
- ▶ Who am I to be treated the way I've been treated?
  - ▶ If you've been raised well you may say "What is not to love?"
  - ▶ If you haven't then you might say a range of heart related statements: "I'm \_\_\_\_"
  - ▶ Useless
  - ▶ Pathetic
  - ▶ Not good enough
  - ▶ I don't belong, I am ashamed, I've been betrayed
- ▶ ***Stay in the window of tolerance: use an example that represents facing of the affect, and one that won't overwhelm you either.***

# A word of encouragement



- ▶ Relationships change hearts. They hurt but relationships heal. It is what we are vulnerable to.
- ▶ “I will give you a new heart and put a new spirit in you” Ezekial 34
- ▶ God acts when we make ourselves vulnerable: “NOW you will see..”
- ▶ Naming rights, relational authority and essences.

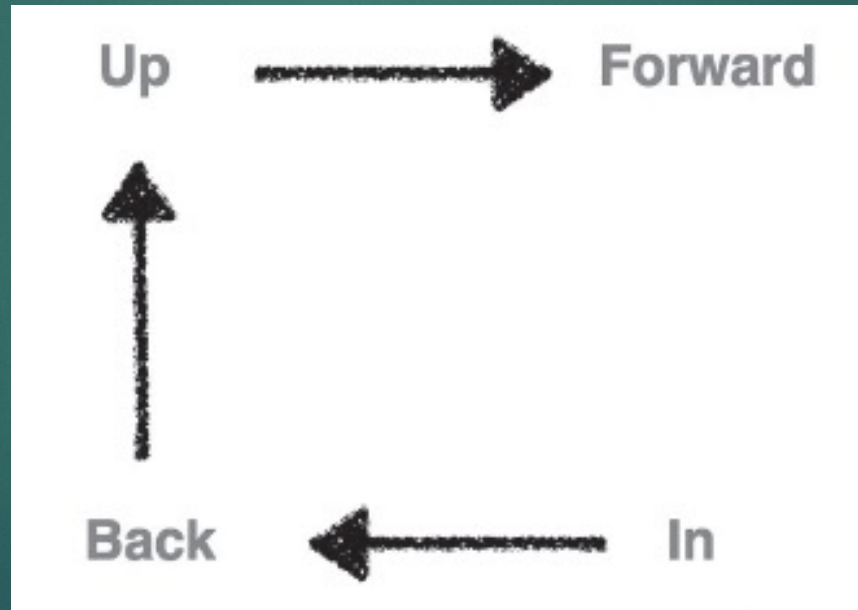


Take a moment to do that now.

- ▶ Go In. Go back. Go up.
- ▶ Repent?! Who gave you the name you put in the centre of the flower

# Where does my help come from?

- ▶ Mix the bacteria with the antibiotic



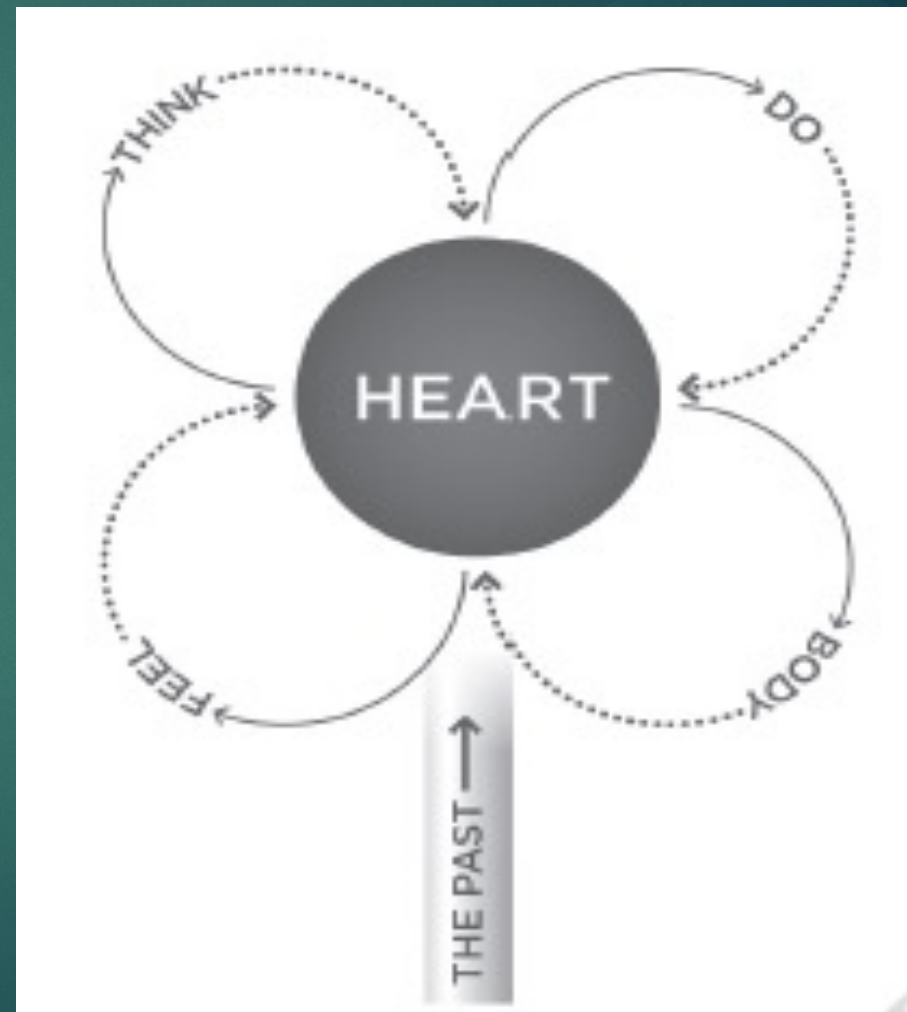


# Now Jerry goes Forward

- ▶ Jerry needs to go In, but may not need to go back, but up to order his loves and move forward to
  - ▶ Reconfigure expectations: One older man sent him an email at night and wanted to meet with him the next day at 10am.
  - ▶ Disengage worry and rumination
  - ▶ Get out there and disappoint some people. Formulate a ladder. Your Father up the top. Your wife second. Next your three kids, after that your team, after that your congregation.
  - ▶ Natural connector. So he had to continue with what he was already doing – connecting with his team. Affirming them, loving them. But he also had to give connection, some direction because connection has its requirements....

# What are your go forward ideas?

- ▶ Now that your heart may have been confronted by you and by God, how will your thinking and your actions change?





# In a general sense always move forward in connection

- ▶ It is the aspirin that settles all inflammation.





# Waco 1993





# The remedy when bad things happen

practically  
[We learned that some of the most therapeutic experiences do not take place in “therapy,” but in naturally occurring healthy relationships, whether between a professional like myself and a child, between an aunt and a scared little girl, or between a calm Texas Ranger and an excitable boy. The children who did best after the Davidian apocalypse were not those who experienced the least stress or those who participated most enthusiastically in talking with us at the cottage. They were the ones who were released afterwards into the healthiest and most loving worlds, whether it was with family who still believed in the Davidian ways or with loved ones who rejected Koresh entirely. In fact, the research on the most effective treatments to help child trauma victims might be accurately summed up this way: what works best is anything that increases the quality and number of relationships in the child’s life.]



# Relationships

- ▶ Schopenhauer's Porcupine Fable
  - ▶ The aspirin that settles all inflammation
  - ▶ "Hell is other people" JP Sartre
  - ▶ Enjoy the first, give direction to the second.
- ▶ FRIENDS
  - ▶ Face
  - ▶ Respect
  - ▶ Individuate
  - ▶ Empathy
  - ▶ (Don't) Neglect
  - ▶ Let the other Determine themselves
  - ▶ Be Safe





# To increase your resilience, go

1. In: into your heart
2. Back: link the past with the present
3. Up: to God because He is your loving father, and then
4. Forward...connecting, loving, thinking and acting in ways that are in keeping with your identity.

Start at point 1 again whenever you need to.

So the answer to our puzzle is..... The person in ministry who was “quite taken back” by the disagreement is the person who took it to heart but pulled out of their heart, and just tried to move forward in their own strength. The person who took it in their stride went in, back, up and forward.

