Resiliency in Pastoral Ministry

TRBC Refuel Conference

And Particularly Pastors!
…and their families!

Get Ready!

Hold On!

Bounce Back!

A WORD ABOUT YOUR MILITARY

All of America's Veterans Are NOT Healthy

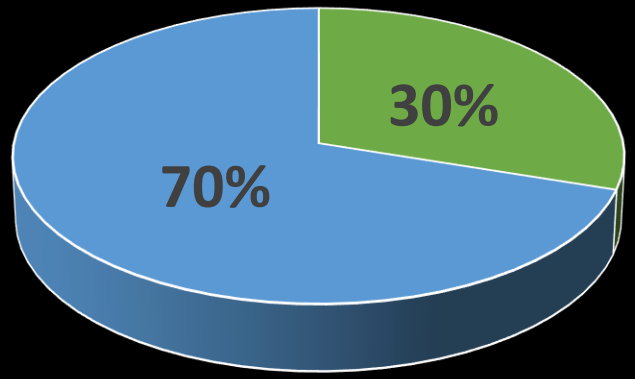
- Family breakdown
- Moral injury
- Addictions
  More than 20% of vets with PTSD also have a drug or alcohol addiction.
- Homelessness
  40,056 veterans are homeless on any given night.
- Mental & behavioral health
  2.1 million vets (only 50% of those in need) received mental health treatment from the VA between 2006 & 2010.
- Transition to civilian employment
- Isolation
- Divorce
  80% divorce rate for combat veteran families.
- Incarceration
  140,000 veterans held in federal and state prisons.
- PTSD
  Up to 20% of vets who served in Operations Iraqi Freedom & Enduring Freedom have PTSD.

SUICIDE

- 20+ veterans kill themselves every day in America – 7,300 in 2017 alone.
- 321 active-duty members took their lives in 2018, including 57 Marines, 68 sailors, 58 airmen, and 138 soldiers; the highest numbers since 2001.
- 78 Airmen (USAF) have taken their lives as of August 2019, a 50% increase over last year.

A nation with such persistent and pervasive veteran's issues can not be considered GREAT and cannot over time sustain the willing participation of its populace in the defense of the nation.

Who is helping our Nation's Veterans?



VETERANS ADMINISTRATION:

- Working to improve coverage of veterans, including newly sanctioned faith-based approaches
- **VA only touches roughly 30%** of the veteran demographic
- Expanding capabilities is limited, especially training and deploying mental health professionals

PRIVATE SECTOR Solutions:

- Critical to full coverage and lasting solutions
- Many private organizations are doing great work
- A small percentage of the private sector programs are faith-based

FAITH-BASED (FB) Programs:

- Empirically significant results for veteran and military populations
- POTUS executive order for veteran suicide prevention accommodates faith-based programs
- Ideal time and opportunity for the Churches of America to truly engage.

The Storms of Life

TRIBULATION

"In the world you have tribulation… but take courage, I have overcome the world."

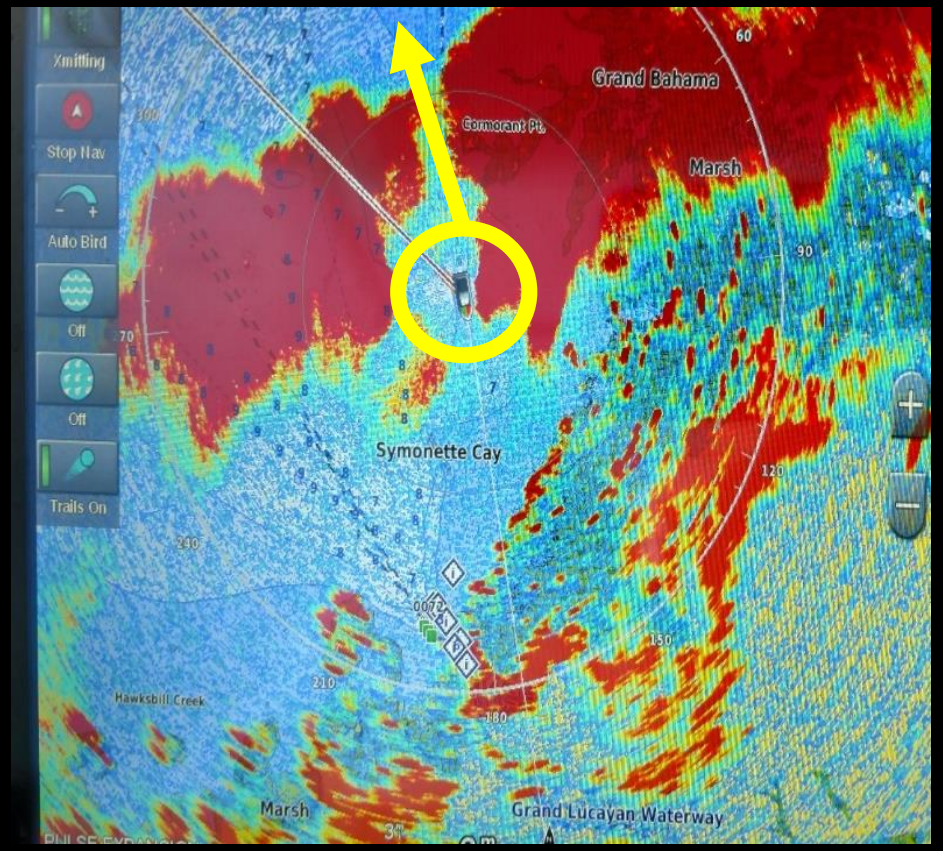
–Jesus (John 16:33 NASB)

RESILIENCE

WHY INVEST IN RESILIENCE?

Sometimes We Must Go Through the Storm

Navigation Makes A Difference!



BOTTOM LINE UP FRONT!

- We are ALL Warriors!
- TRAUMA is a Reality -- RESILIENCE is a Necessity
- Invest NOW in yourself and others…

Before, During, After

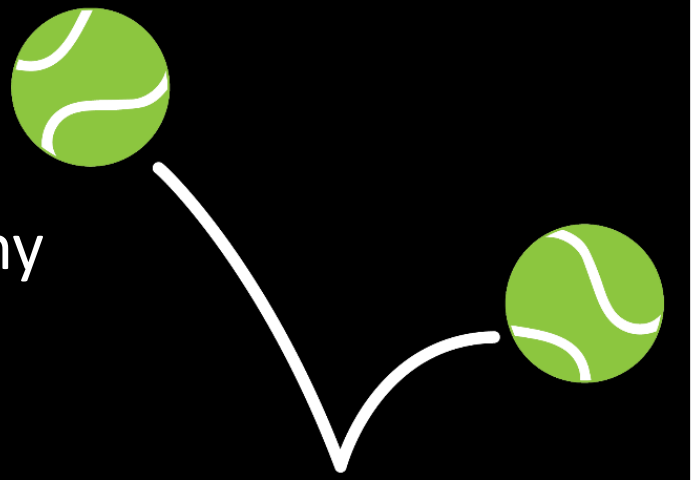
- Not merely about human strength or grit
- Power of God leads to greater Resilience & Readiness
- JESUS was the ultimate Resilient Warrior & Leader

FOLLOW HIM!

RESILIENCE GOD STYLE

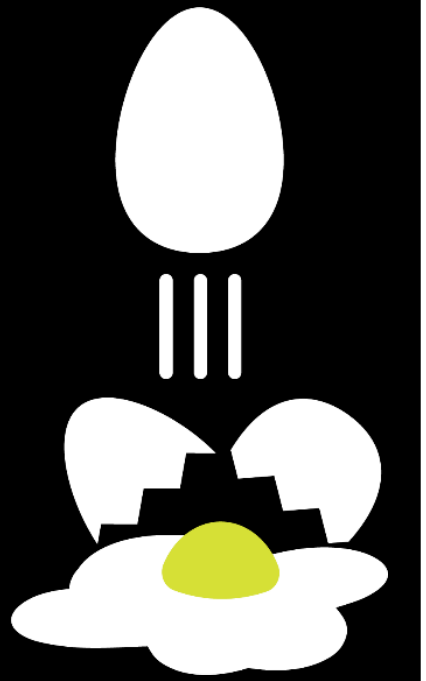
WE ARE OFTEN:

- troubled
- in doubt
- facing many enemies
- badly hurt



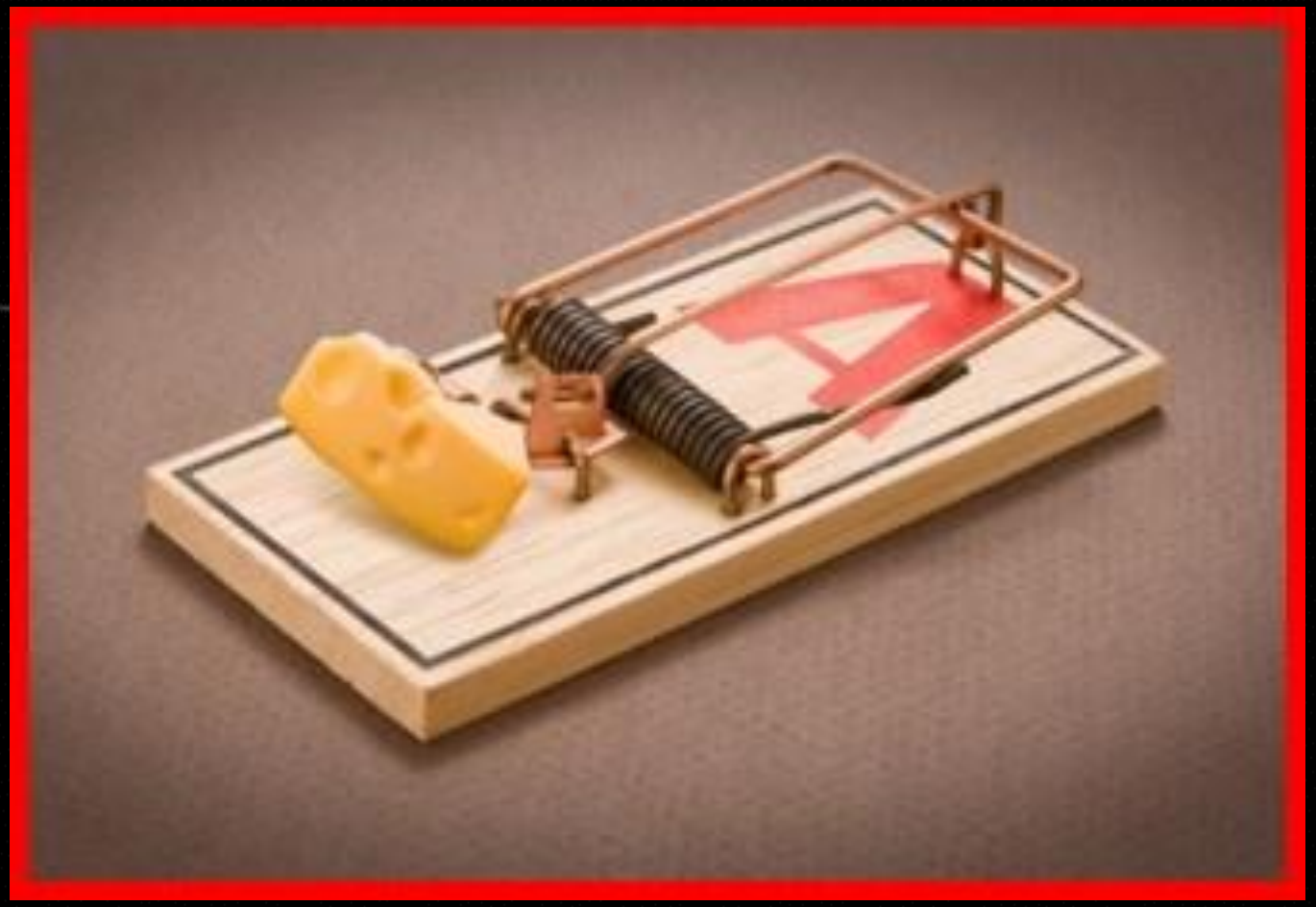
BUT NOT:

- crushed
- in despair
- without a friend
- destroyed



"We are often troubled, but not crushed; sometimes in doubt, but never in despair;
there are many enemies, but we are never without a friend;
And though badly hurt at times, we are not destroyed."
**At all times we carry in our mortal bodies the death of Jesus,
so that His life may also be seen in our bodies.**
2 Corinthians 4:8-10

What Does RESILIENCE Look Like?



RESILIENCE LIFE CYCLE©

Source: *Resilience God Style, www.ResilienceGodStyle.com*

RESILIENT WARRIORS

RESILIENCE LIFE CYCLE©

Slides & Resources available at www.ResilienceGodStyle.com

Before	During	After
Know Your Calling	Call 911	Guard Primary Relationships
Know Your Enemy	Start the IV	Choose Forgiveness & Gratitude
Know Your Friends	Keep Breathing	Grieve Well
Know Your Equipment	Your Well of Courage	Sing a New Song
Deploy with the Right Mindset	Remember Your Calling	Revalidate Your Calling
"Actions on Contact"		Comfort Others

SOURCE: Page 13, *Resilience God Style Study Guide*, 2018, Dees

www.ResilienceGodStyle.com, Twitter "@GodBounce", Facebook @ "ResilienceGodStyle"

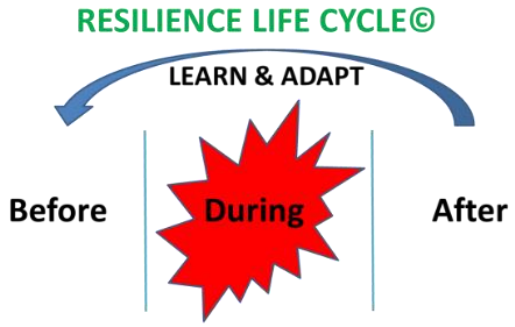
Learning from the Past to Build for the Future

A Critical Life Skill

Analyze one of your life "body slams" in terms of the Resilience Life Cycle©

Source: ***Resilience God Style Study Guide***, pages 15,16, 37-43

1. My "Body Slam:" _____
2. My Reactions: _____
3. My Thoughts: _____
4. My Feelings: _____



Source: *Resilience God Style*, www.ResilienceGodStyle.com

BEFORE

1. Was I Prepared for this life experience? _____
2. How could I "Get Ready" for this?
   - A. _____
   - B. _____
   - C. _____
3. Did I have "Actions on Contact" prepared in advance?
   - A. _____
   - B. _____

DURING

1. How did I "Weather the Storm?"
   - A. _____
   - B. _____
   - C. _____
2. What/Who were my "life preservers?"
   - A. _____
   - B. _____
   - C. _____

AFTER

1. Did it get worse? _____
2. Did I grieve the loss? _____
3. Did I get stuck? _____
   - A. Guilt?
   - B. Anger?
   - C. Bitterness?
4. Am I still stuck? _____
5. How do I get unstuck? ____
   - A. New Song?
   - B. Forgiveness?
   - C. Renewed Purpose?

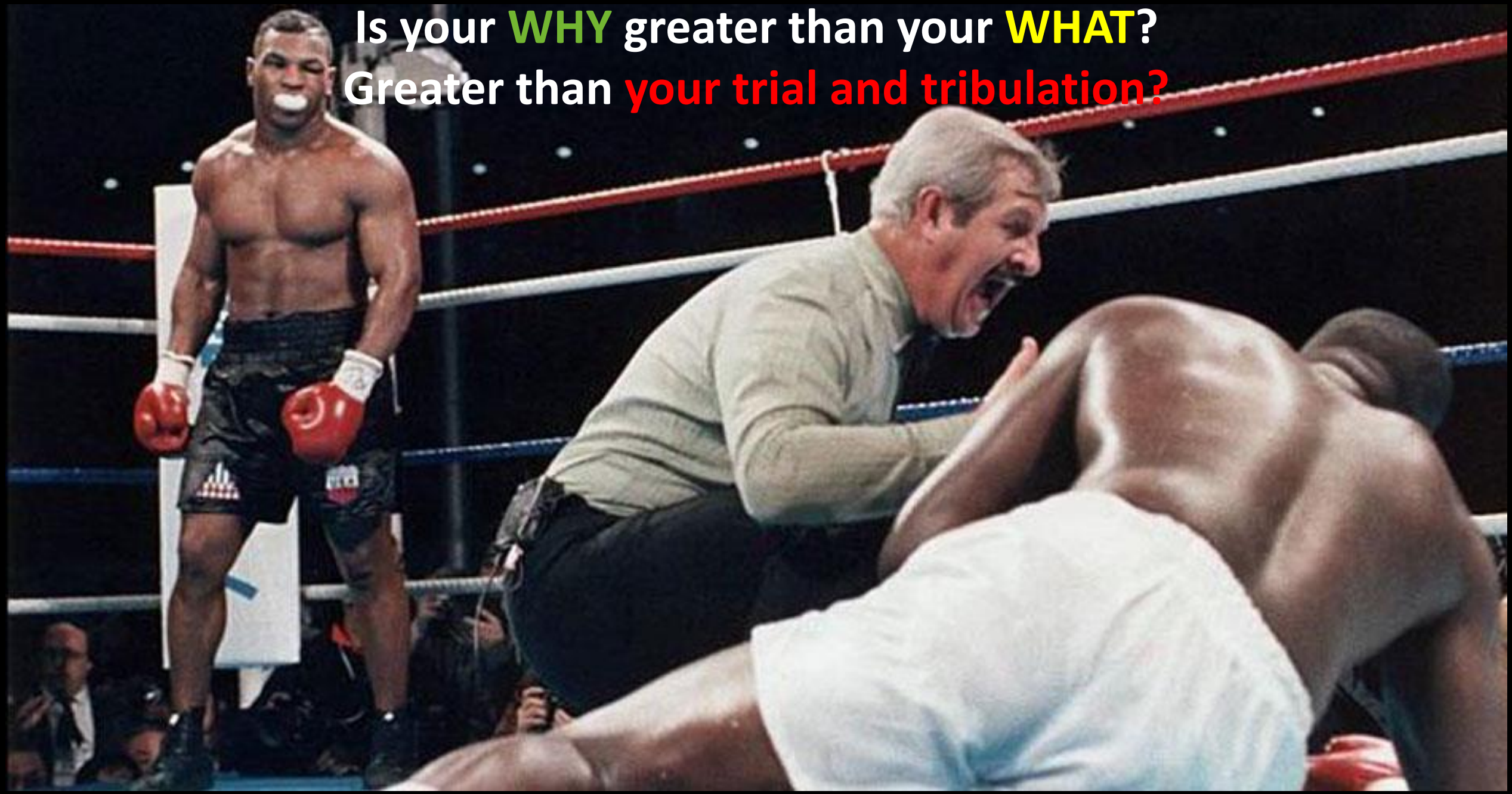
LEARN & ADAPT

1. What did I LEARN?
   - A. Before?_____
   - B. During?_____
   - C. After?_____
2. Did I GROW? How?
   - A. _____
   - B. _____
   - C. _____
3. Did I ADAPT in order to "Be Ready" for future life traumas?

   _____

IMPORTANCE OF CALLING:
WHY you are doing what you are doing…

Source: *Resilience God Style, www.ResilienceGodStyle.com*


Is your WHY greater than your WHAT?
Greater than your trial and tribulation?

CHAPLAIN ROBERT PRESTON TAYLOR

Bataan Death March

"Don't Doubt in the Dark What You Believed in the Light"

Weathering the Storm (DURING)

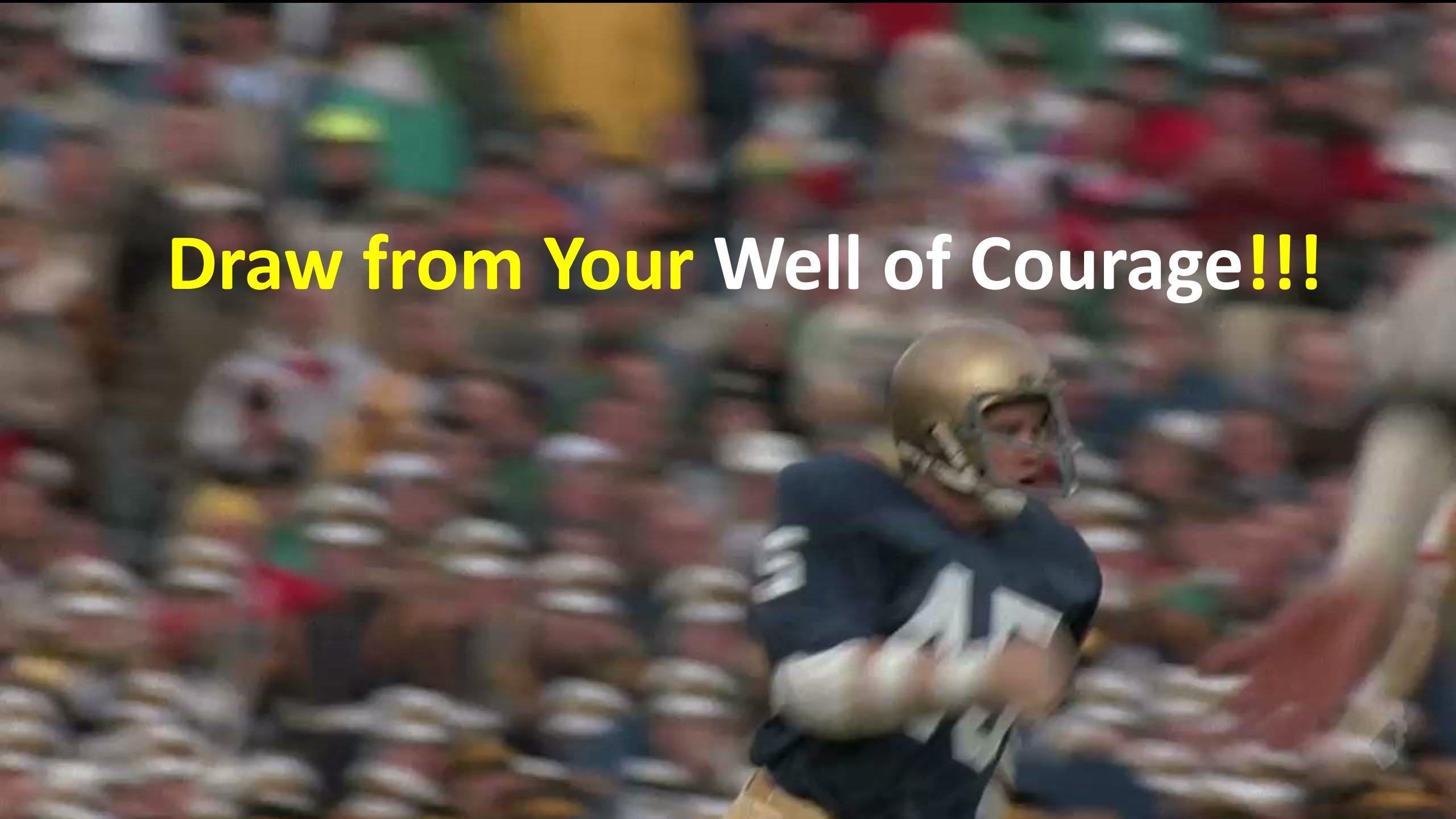
Call 911
Pray to God
Ask for Help from 911 Friends
Ask the "experts"
Graciously accept help from others

Start the IV
God's WORD in every possible way

Keep Breathing
Count Your Way
Spiritual Breathing
Hit A Knee
Record the Journey

Draw From Your Well of Courage
Remember Past Faithfulness
FEAR + FAITH = COURAGE
Disciplines of Replenishment

Remember Your Calling
"Gain altitude" (perspective) by remembering God's purpose for your life


Draw from Your Well of Courage!!!

Guard Your Primary Relationships

First With GOD

- Don’t lose your first love
- Press into God

Then With Others

- Avoid attacking inward
- Set example for others

Choose Forgiveness and Gratitude

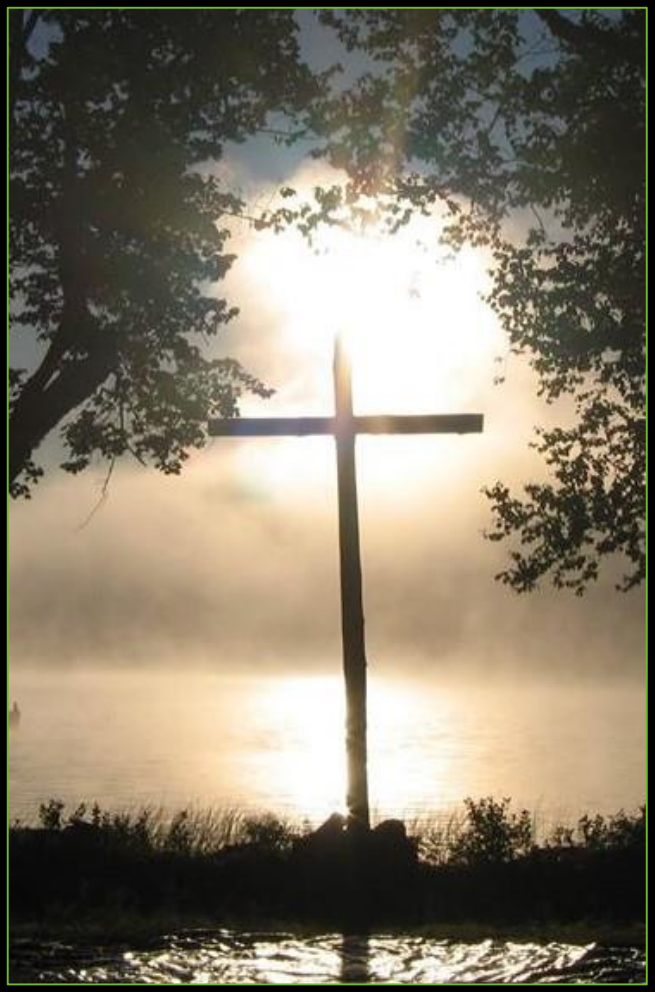
Keys to Not Getting "Stuck"

- Don't Take the Bait!
- Loosen Your Grip on Bitterness!
  - A Cancer of the Soul
  - Stewardship of Pain
  - Biblical Imperatives
    - Gratitude
    - Forgiveness
- "As we grow older…"
- Release your "captors!"

CONSIDER JESUS

The Ultimate Resilient Warrior

- Calling (John 10:10b)
- Enemies (Matt 12:14,14a)
- Friends (Mark 3:13,14)
- God's Word (Matt 4:7)
- Replenishment (Matt 14:13a)
- Comfort to Others (Luke 23:43)
- Sing a New Song (2 Corin 5:17)



Even on the Cross!

Don’t Dip Too Deeply into Your Well of Courage!

(Pastor Self-Care)

- ❑ First Love!
- ❑ Great Commandment
  - Comprehensive Self-Care
- ❑ Disciplines of Replenishment
- ❑ Leader Risk Management

“HALT”
(Hungry, Angry, Lonely, Tired)

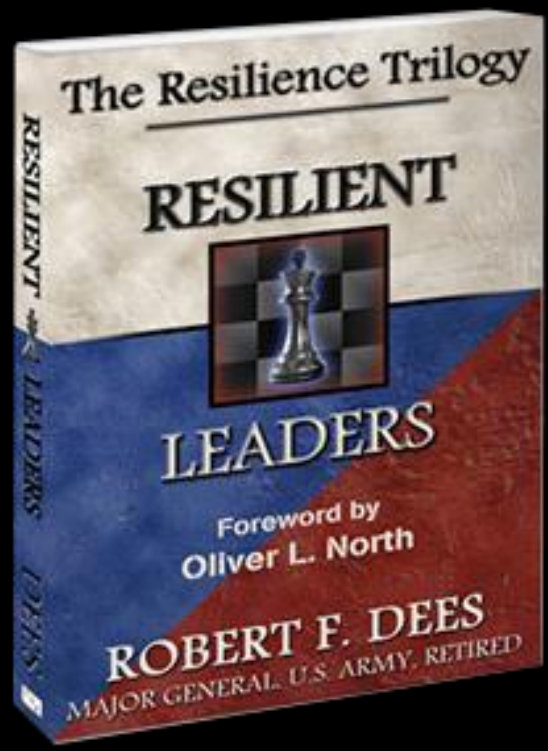
Pastor Self-Care

Hebrews 12:1

"Therefore, since we have so great a cloud of witnesses surrounding us,

let us also lay aside every encumbrance and the sin which so easily entangles us,

and let us run with endurance the race that is set before us,"



Chapter 8 and Appendix 1 of *Resilient Leaders* focus on Leader Self-Care

Running with Endurance

- ***Fight for your FIRST LOVE… don't lose it!***
- ***Remember your CALL…***
  - ***Keep chasing Lions!***
  - ***Keep loving People!***
- ***Don't Dip Too Deeply into your WELL OF COURAGE***
  - ***Watch the gas gauge!***
  - ***"HALT"***
  - ***Disciplines of Replenishment***
- ***Beware SUCCESS!***

Pastor Self-Care

DISCIPLINES OF REPLENISHMENT

Sabbath Rest

Work Ending Rituals

Lowering Ambient Noise

Visualization (“Minute Vacations”)

Spiritual Meditation

Sleep Management

RESILIENCE

GOD STYLE

Individuals, Leaders, and Nations
all need the ability to BOUNCE BACK!

www.ResilienceGodStyle.com

IS THAT YOU, BOB?

"For HE rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins."
Colossians 1:13, NASB

Got Bounce? Tennis Ball or Egg?

Got JESUS? Life or Death?

LANDING THE PLANE!

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