



# Healing The Leader – The Leaders Spiritual Life

“Diagnosis and  
Prescription: A Call to  
Renewal for a Sin-Sickled  
Church”



Elder Gregory Reeves

# Healing The Leader – The Leaders Spiritual Life

- I. The Spirit
- II. The Body
- III. The Soul
- IV. Steps to Maintain Strength
- V. Summary

# Why we need this session!

- 1,500 pastors leave the ministry permanently each month in America.
- 4,000 new churches start each year in America.
- 7,000 churches close each year in America.
- **50% of pastors' marriages end in divorce.**
- 70% of pastors continually battle depression.
- 80% of pastors and 85% of their spouses feel discouraged in their roles.
- 95% of pastors do not regularly pray with their spouses.
- **70% of pastors do not have a close friend, confidant, or mentor.**
- **50% of pastors are so discouraged they would leave the ministry if they could, but have no other way to make a living.**
- 80% of pastors spend under 15 minutes a day in prayer.
- 70% of pastors only study God's Word when preparing a message.
- **Nearly 40% of pastors have had an extra-marital sexual affair since entering ministry.**
- **90% of pastors said their training was inadequate for ministry.**
- 90% of pastors said the hardest thing about ministry is uncooperative people..
- 80% of pastors' wives feel unappreciated by the congregation.
- 90% of pastors said ministry was completely different from what they thought it would be.
- **Only 70% of pastors felt called of God into ministry when they began.**
- **Only 50% of pastors felt called of God into ministry three years later.**

# Foundational Scriptures

- **Romans 12:1(KJV)** 1I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.
- **Romans 12:2(KJV)** 2And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.
- **John 5:6(KJV)** 6When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole?
- **John 5:7(KJV)** 7The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me.

# We Worship the Triune God

**Deuteronomy**

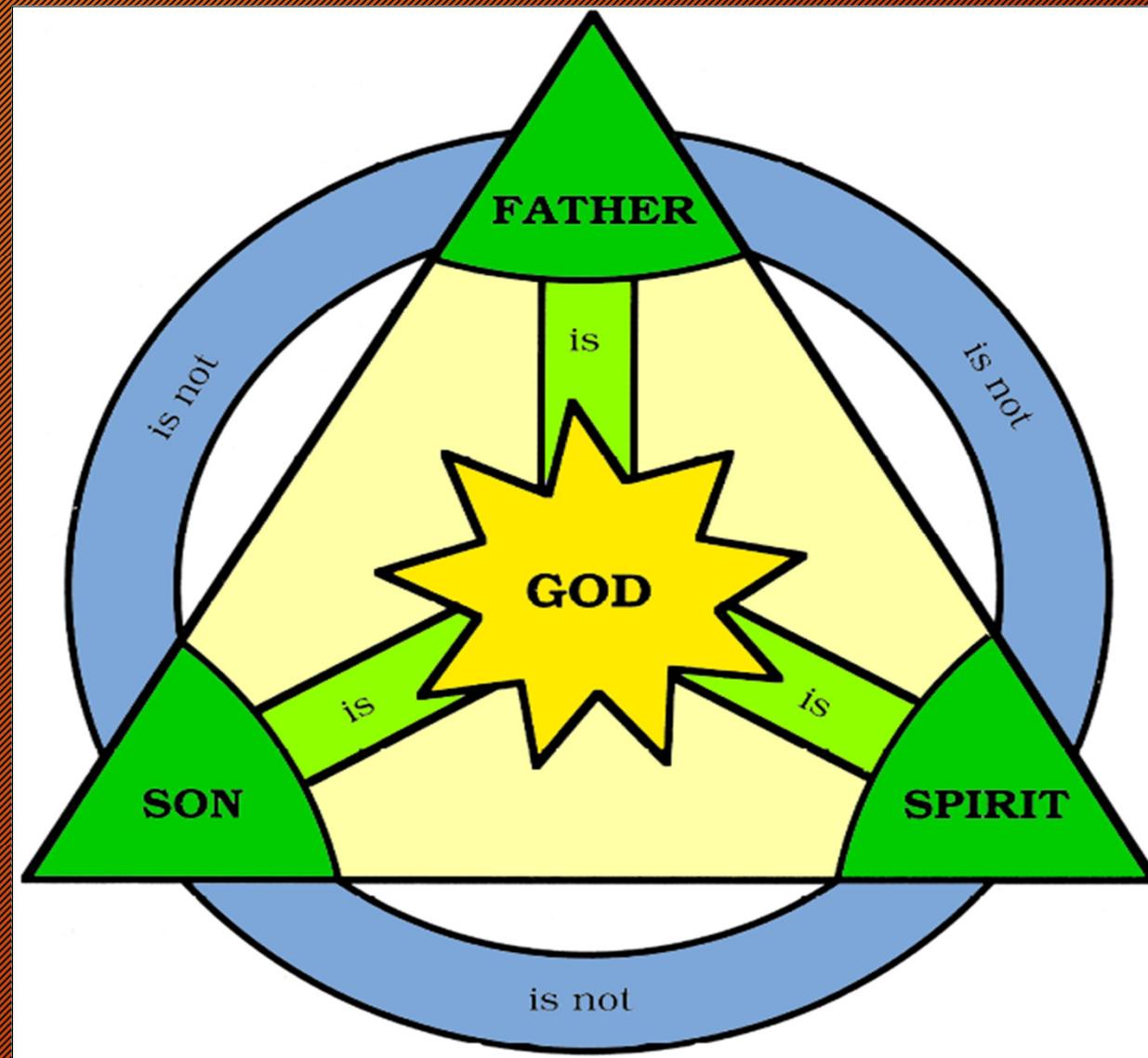
**6:4(KJV)**

<sup>4</sup>Hear, O  
Israel: The  
LORD our  
God *is* one  
LORD:

**Deuteronomy**

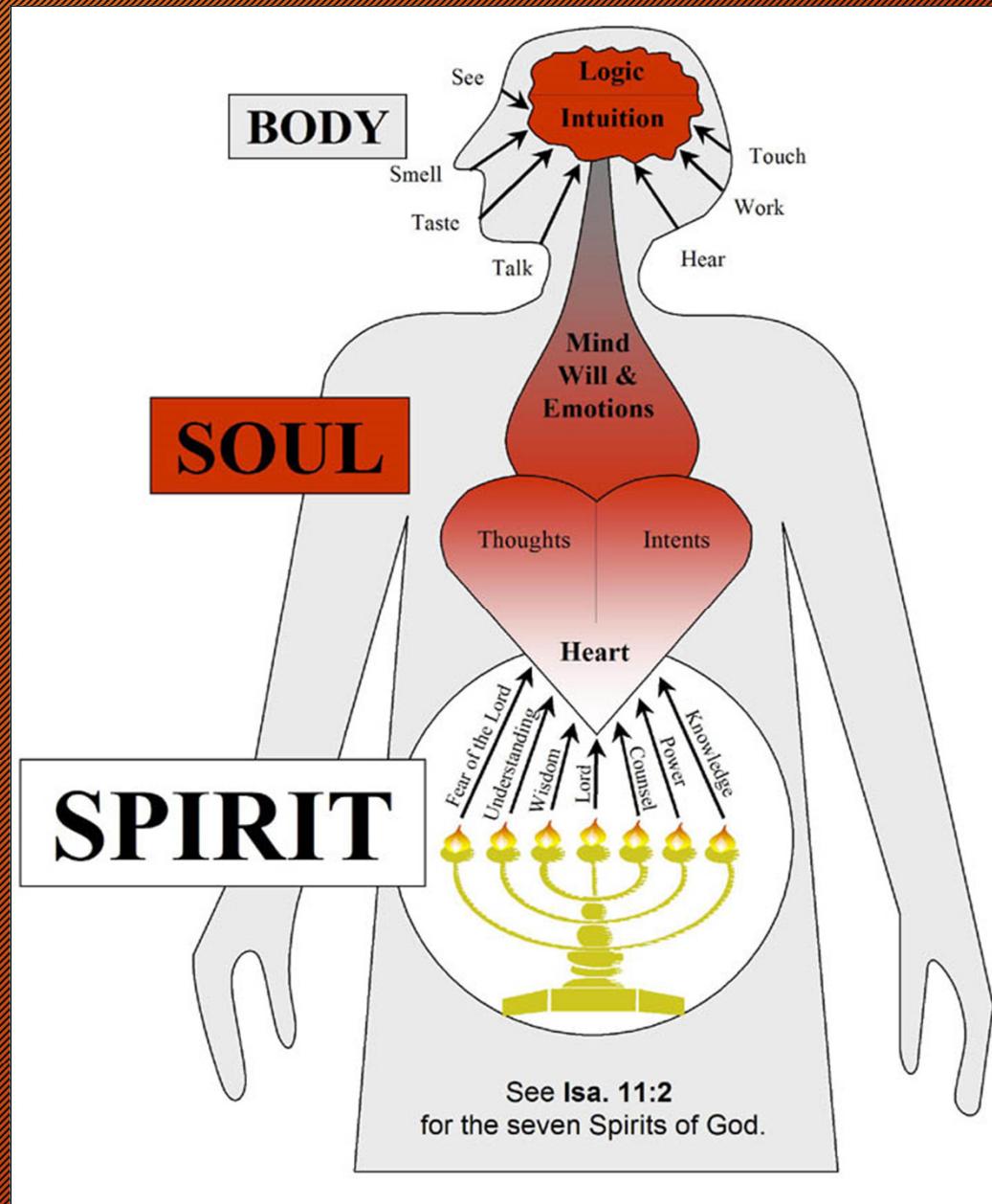
**6:5(KJV)**

<sup>5</sup>And thou  
shalt love the  
LORD thy  
God with all  
thine heart,  
and with all  
thy soul, and  
with all thy  
might.



# The Tri-Unity of Man

1 Thessalonians  
5:23(KJV) <sup>23</sup>And the very God of peace sanctify you wholly; and *I pray God* your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.



# I. The Spirit: Purpose: Why am I really here?

- **Proverbs 19:21(NIV)** 21 Many are the plans in a man's heart, but it is the LORD'S purpose that prevails.
- **Proverbs 29:18(KJV)** 18 Where there is no vision, the people perish: but he that keepeth the law, happy is he.
- **Jeremiah 29:11(NIV)** 11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

# I. The Spirit: Passion: What makes you feel alive?

- **Matthew 22:37(KJV)** 37Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.
- **Matthew 22:38(KJV)** 38This is the first and great commandment. **Matthew 22:39(KJV)** 39And the second is like unto it, Thou shalt love thy neighbour as thyself.
- **Matthew 6:33(KJV)** 33But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

# I. The Spirit: Divine Health

- **Proverbs 4:20(KJV)** 20My son, attend to my words; incline thine ear unto my sayings.
- **Proverbs 4:21(KJV)** 21Let them not depart from thine eyes; keep them in the midst of thine heart.
- **Proverbs 4:22(KJV)** 22For they are life unto those that find them, and health to all their flesh.
- **Proverbs 4:23(KJV)** 23Keep thy heart with all diligence; for out of it are the issues of life.
- **Proverbs 17:22(KJV)** 22A merry heart doeth good *like* a medicine; but a broken spirit drieth the bones.

## II. The Body: Exercise

- Choose one or more cardiovascular exercise methods that you find challenging and fun. Sports and exercise protect your body and your mind
- Exercise with a friend
- There are 3 vital longevity areas
  - Cardiovascular conditioning
  - Balance and flexibility (helps with dementia)
  - Strength training
- Exercise three days a week (20 - 30 minutes)
- Build strength and stamina gradually to maximize fitness and injury
- Check with your doctor before starting any exercise program
- Get a good night's sleep. Take simple steps to avoid insomnia.
  - Settle unresolved issues
- No sexual immorality
- Effects mental and physical health

## II. The Body: Eat to Live

- Enjoy 2 to 3 healthy between meal snacks a day
- Avoid excessive salts, bad fats, and high glycemic carbohydrates
- To lose weight, cut back on carbohydrates
- Take multivitamins and supplements daily
- Get a medical exam and screen early rather than late for illnesses such as prostate and other cancers, diabetes, osteoporosis, and hypertension
- Become informed consumers (question your doctor)

### III. The Soul: Your Will

- Learn to be optimistic through simple, systematic approaches
  - Order Your Life
  - Recognize what your negative triggers are
- Control clutter and noise
- Be aware of UnGodly Soul Ties
  - Run from Negative people
  - Do not become a negative person
- Learn to say “NO” when you have to
- Use humor to gain perspective on stressful situations

### III. The Soul: Your Emotions

- Make a conscious effort to be extroverted and energetic
- Happiness is contagious! Catch some!
  - **Proverbs 18:24(KJV)** 24A man that hath friends must show himself friendly: and there is a friend *that sticketh closer than a brother.*
- Choose to forgive yourself, others, and God
- Don't be a loner or a Lone Ranger Leader
  - Ask others for support and get help when you need it
  - Mentor others and Find yourself a Mentor

### III. The Soul: Your Mind

- Manage your technology while not allowing the technology to manage you to avoid information overload
- Try different approaches to expanding your mental abilities and advance memory strategies
- Stay mentally active through reading the Word of God
  - **Psalms 1:1(KJV)** <sup>1</sup> Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.
  - **Psalms 1:2(KJV)** <sup>2</sup> But his delight is in the law of the LORD; and in his law doth he meditate day and night.

# Steps to Strengthen your Spiritual life

1. Develop a Life Plan
2. Develop other leaders
3. Humble yourself
4. Get a Coach - Mentor for your areas of weakness
5. Study God's Word consistently and comprehensively.
6. Renew your closest relationships.
7. Take a Sabbath Rest Regularly
8. Participate in Worship
9. Memorize Scriptures
10. Strengthen your Prayer life
11. Return to your first Love.
12. Update your Spiritual goals

# Summary

- Understand there is a dynamic interaction between our spirit, soul, and body
- Knowing the purpose God has for us will give us passion to do what we don't want to do
- Total health and wellness involves disciplining the body and renewing the mind
- God is giving us an open book test AND has given us the answer:
  - **Deuteronomy 30:19(KJV)** <sup>19</sup>I call heaven and earth to record this day against you, *that* I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live: