



Healing The Leader – The Leaders Spiritual Life

“Diagnosis and
Prescription: A Call to
Renewal for a Sin-Sicked
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.

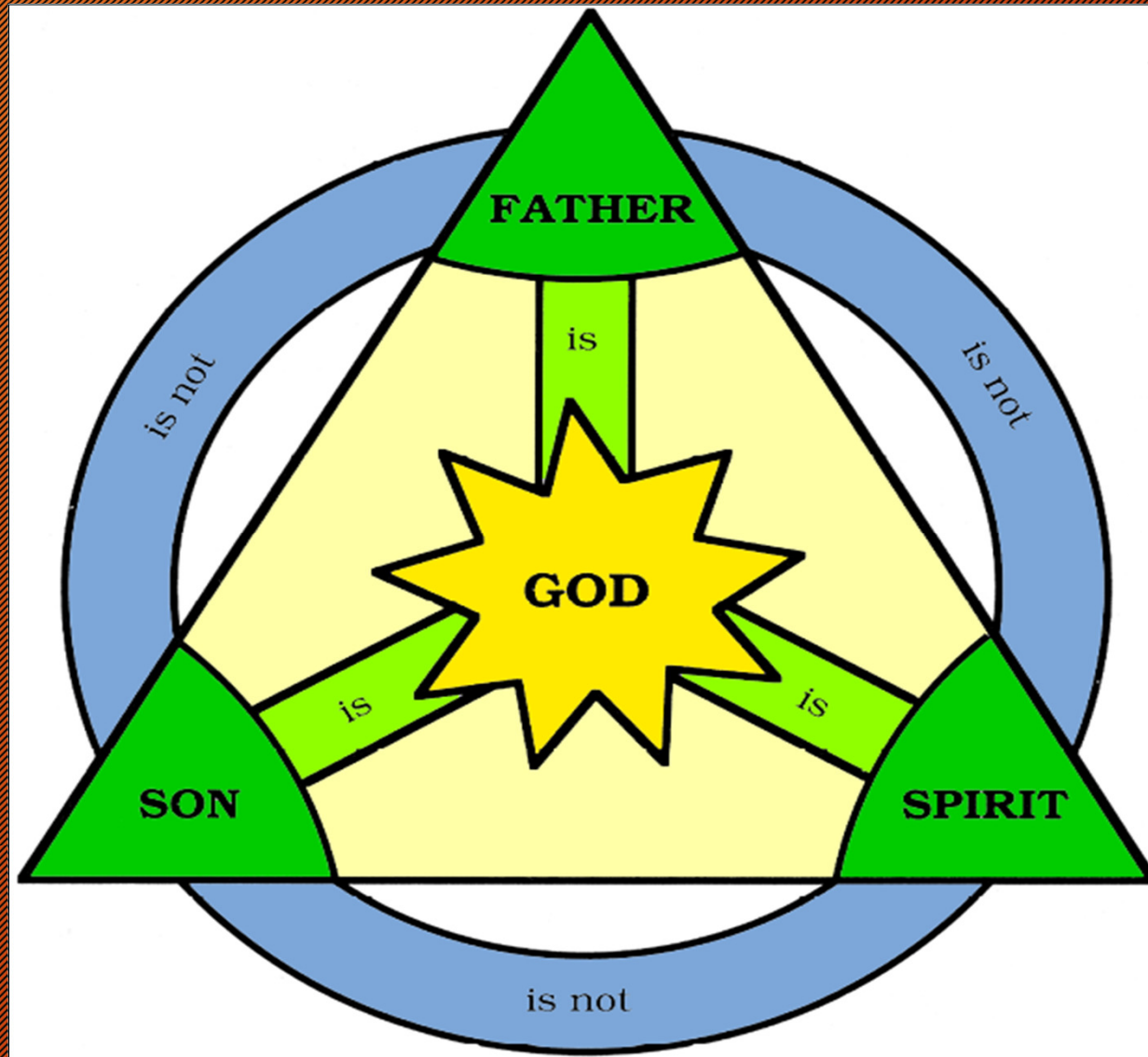
We Worship the Triune God

**Deuteronomy
6:4(KJV)**

⁴Hear, O
Israel: The
LORD our
God *is* one
LORD:

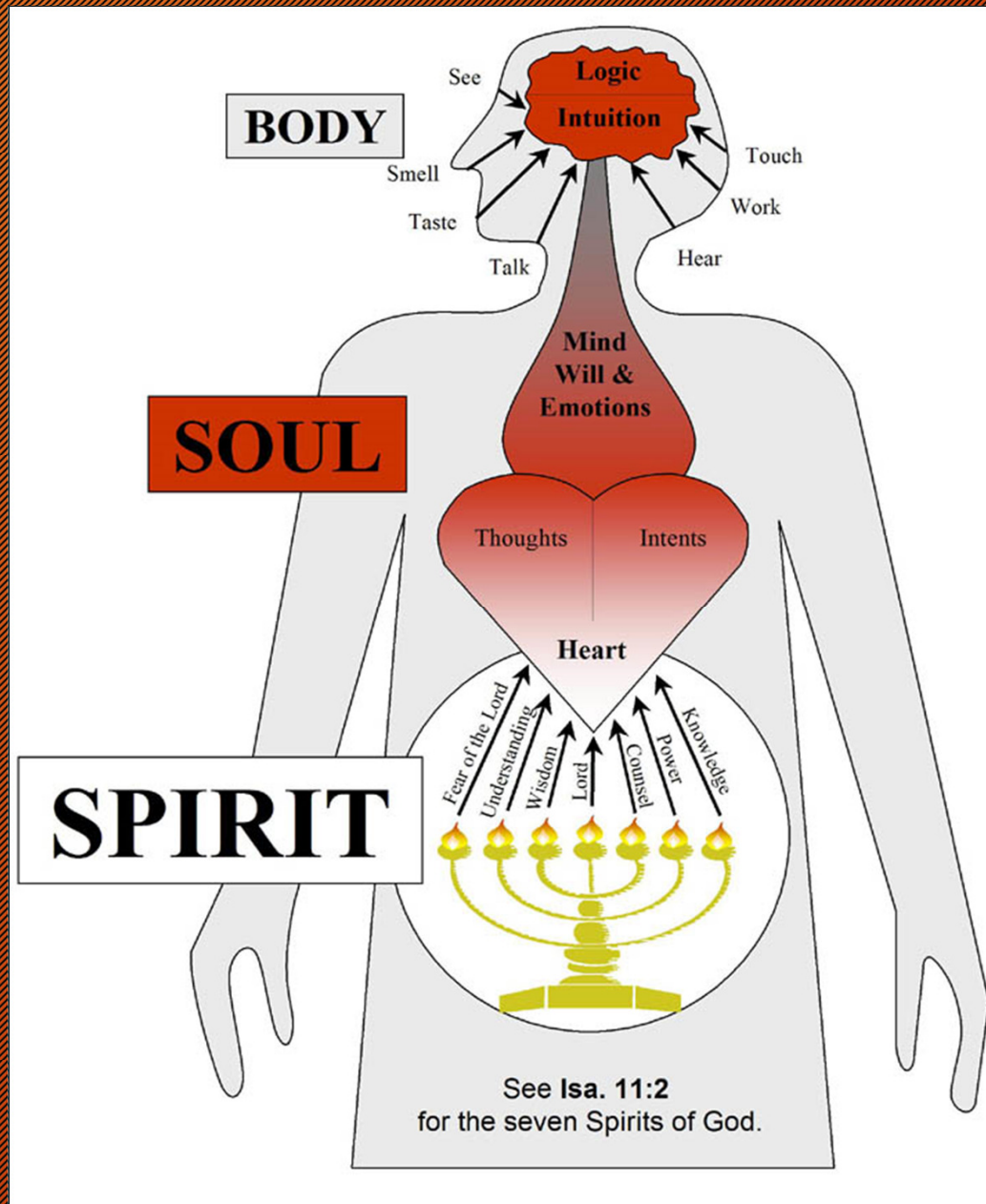
**Deuteronomy
6:5(KJV)**

⁵And 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) ²³And 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) 18Where there is no vision, the people perish: but he that keepeth the law, happy is he.
- Jeremiah 29:11(NIV) 11For 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)** ¹ 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)** ² 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)** ¹⁹I 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: