

WORKSHOP 2

How to Balance Personal Life and Ministry

**DEVELOPING
WORKERS
FOUNDATIONS**

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foundationsglobal.com

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Workshop Trainer Instructions

1. The training material is available for free at foundationsglobal.com.
2. Detailed trainer instructions are in the PowerPoint Notes

Foundations Grow: Chapter 1. God's Word

The Bible is the most amazing book ever written. The reason is that even though the Bible was written by 40 different men in 3 languages (Greek in the New Testament, Hebrew in the Old Testament, and Aramaic in a few verses), over 1800 years, the whole book fits together perfectly.

The Bible contains 66 books: 39 books in the Old Testament and 27 books in the New Testament.

The word "Testament" means agreement, covenant, or contract. The Old Testament is about the agreement God made with people before Christ came and the New Testament is about the agreement God made with people after Christ came. The Bible is a supernatural book inspired by God and written through people.

God's Word is referred to in many ways in the Bible: scriptures, commandments, testimonies, precepts, judgments, law, regulations, decrees, etc.

God's Communication to You

1. How did God give us His Word?

a. *Nehemiah 9:13, 14. You came down on Mount Sinai; you spoke to them from heaven. You gave them regulations and laws that are just and right, and decrees and commands that are good. ¹⁴You made known to them your holy Sabbath and gave them commands, decrees and laws through your servant Moses.*

b. *2 Samuel 23:2. The Spirit of the LORD spoke through me; his word was on my tongue.*

c. *1 Thessalonians 2:13. And we also thank God continually because, when you received the word of God, which you heard from us, you accepted it not as the word of men, but as it actually is, the word of God, which is at work in you who believe.*

2. What does God say about His Word?

Psalms 138:2. I will bow down toward your holy temple and will praise your name for your love and your faithfulness, for you have exalted above all things your name and your word.

3. How do you know that the Bible is God's communication to you?

Jesus and God's Word

4. How did Jesus use Scripture?

a. *Matthew 4:4, 7, 10. Jesus answered, It is written: Man does not live on bread alone, but on every word that comes from the mouth of God. Jesus answered him, "It is also written: 'Do not put the Lord your God to the test. Jesus said to him, Away from me, Satan! For it is written: Worship the Lord your God, and serve him only.*

Q. What is the context of these verses? (What is going on?)

Jesus was being tempted by Satan.

Jesus used scripture against Satan's temptations.

b. Mark 7:6 – 8. He replied, *Isaiah was right when he prophesied about you hypocrites; as it is written: “These people honor me with their lips, but their hearts are far from me. They worship me in vain; their teachings are but rules taught by men.” You have let go of the commands of God and are holding on to the traditions of men.”*

Q. What are some traditions of men we hold to rather than what God says?

c. Mark 12:24. Jesus replied, *“Are you not in error because you do not know the Scriptures or the power of God?”*

Q. How does not knowing the Bible lead us into error?

Q. What are you learning from the Bible that is helping you avoid error?

Q. What have you learned about the power of God?

d. Luke 24:25 – 27. He said to them, *“How foolish you are, and how slow of heart to believe all that the prophets have spoken! Did not the Christ have to suffer these things and then enter his glory?”²⁷ And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.*

Q. What have you learned about Jesus in the Scriptures?

5. What did Jesus say about God’s Word?

a. Matthew 5:17 – 18. *Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. I tell you the truth, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished.*

b. John 17:17. *Sanctify them by the truth; your word is truth.*

We Can Rely on God’s Word

6. What do the following verses have to say about God’s Word?

a. Joshua 23:14. *Now I am about to go the way of all the earth. You know with all your heart and soul that not one of all the good promises the LORD your God gave you has failed. Every promise has been fulfilled; not one has failed.*

b. Psalms 33:4. *For the word of the LORD is right and true; he is faithful in all he does.*

c. Proverbs 30:5. *Every word of God is flawless; he is a shield to those who take refuge in him.*

7. How did we receive prophecy in the Bible?

2 Peter 1:20, 21. ²⁰*Above all, you must understand that no prophecy of Scripture came about by the prophet’s own interpretation. ²¹For prophecy never had its origin in the will of man, but men spoke from God as they were carried along by the Holy Spirit.*

8. Is the truth in God’s Word relative or absolute? Why?

Q. How do you know you can rely on God’s Word?

How God's Word Helps You

9. What are some ways God's Word helps you?

a. *Psalms 37:31. The law of his God is in his heart; his feet do not slip.*

Q. What are some ways God's Word keeps your feet from slipping?

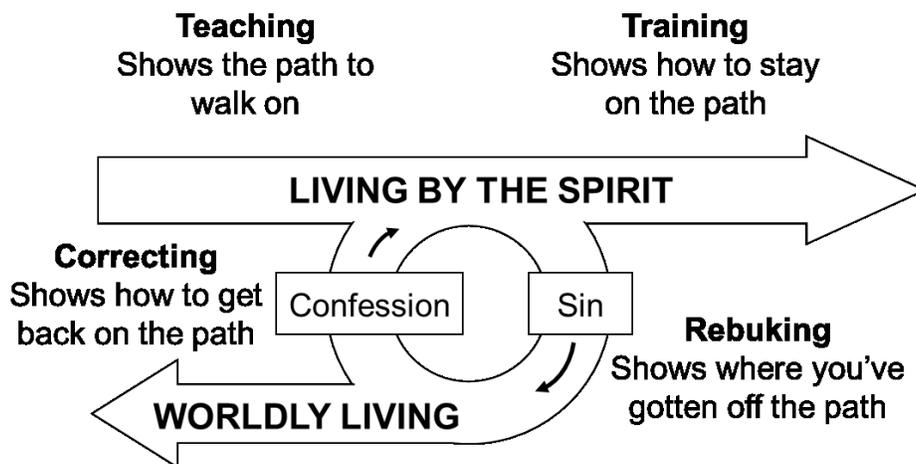
b. *Psalms 119:130. The unfolding of your words gives light; it gives understanding to the simple.*

Q. How does the Bible give you light and understanding?

c. *2 Timothy 3:16, 17. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.*

Describe the illustration.

How God's Word Helps You



Q. How has God's Word taught you? Rebuked you? Corrected you? Trained you in righteousness?

Q. How does God's Word equip you for every good work?

10. What does God promise will happen with His Word?

Isaiah 55:10, 11. As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.

Q. What does it mean that God's Word will not return to Him empty?

11. What is one way the Bible is different from other books?

Hebrews 4:12. For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Q. How is God's Word living and active?

Q. How does God's Word penetrate into your soul and spirit?

Q. How does God's Word judge the thoughts and attitudes of your heart?

12. How has the Bible helped you?

Read the Summary and choose the one thing that means the most to you.

"God's Word" Summary

- God's Communication to You
 - The Bible comes from men who spoke from God by the Holy Spirit
 - God exalts His name and His Word above everything
- Jesus and God's Word
 - Jesus quoted scripture when tempted by Satan
 - Jesus demonstrated the importance and power of God's Word
 - Jesus encouraged others to understand and obey the scriptures
 - Jesus explained to His disciples what was said in all the Scriptures concerning Himself
- You Can Rely on God's Word
 - Every promise in the Bible has been fulfilled, not one has failed
 - God's Word is right and true, every word is flawless
- How God's Word Helps You
 - It helps your feet to not slip
 - It gives you light and understanding
 - It teaches, rebukes, corrects, and trains you
 - It equips you for every good work

Lesson 1. Our Mission

Jesus has given every believer and every church a mission:

The Great Commission: Make multiplying disciples

The role of pastors and Christian leaders

(Ephesians 4:11-13, 16)

- **Train the believers** to do the work of ministry
- Keep **every ministry focused** on the mission of making multiplying disciples
- Keep every ministry **working properly** to accomplish the mission

Pastors train ministry leaders and ministry leaders train workers so that all the ministries are working properly to make multiplying disciples to finish the Great Commission.

The role of believers: Do the work of the ministry

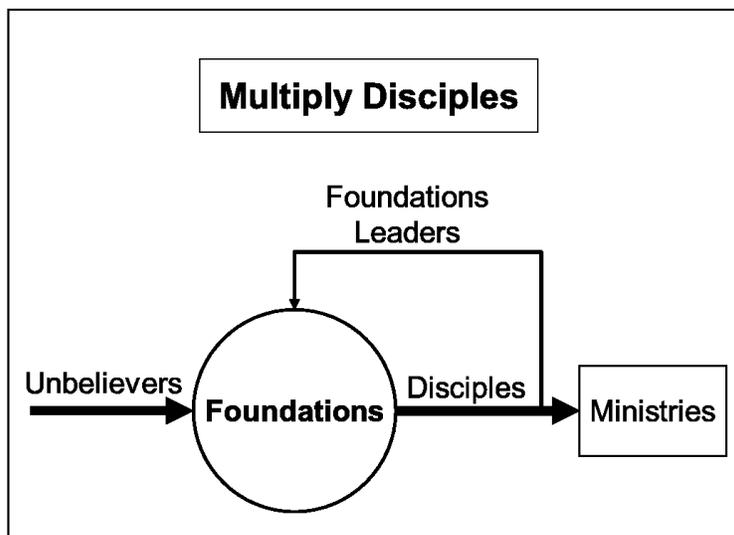
We learn in the “Serve” section of Foundations:

- Every Christian is a minister no matter what your career is
- The importance of your ministry
 - You've been **CREATED** for ministry! Ephesians 2:10
 - You've been **CALLED** into ministry! Galatians 1:15
 - You've been **GIFTED** for ministry! 1 Peter 4:10
 - The body of Christ **NEEDS** your ministry! Corinthians 12:27
 - You will be **REWARDED** for your ministry! Colossians 3:23, 24
- How to find your joyful place of ministry
 - When you are using your **GIFTS** and **ABILITIES**
 - in the area of your **PASSION**
 - in a way that best expresses your **PERSONALITY** and **EXPERIENCE!**

Foundations is not a short-term program. It is a tool for making disciples the way Jesus did: Up close, personal, and over time. It can be used with one person or with 2-10 other people.

Unbelievers attend Foundations, accept Christ, and become disciples of Christ.

- Most of the disciples will learn their spiritual gifts, abilities, and calling to be in a particular ministry
- Some of the disciples with the proper spiritual gifts, abilities, and calling will become Foundations leaders through the apprenticeship process and make disciples.



Many things distract us from our mission.

- Our own sinful desires distract us from our mission when the world and the Devil tempt us.
- Our churches do many good things but these good things distract us from our true mission, the Great Commission.
 - Remember the saying, "The good is the enemy of the best."

It is essential that we know what our mission is and that we stay on course to accomplish the mission.

- The Apostle Paul gave us an excellent example of staying on course when he said:
1 Corinthians 9:26. That is the way I run, with a clear goal in mind

- Jesus told us:

John 15:8. By this my Father is glorified, that you bear much fruit and so prove to be my disciples. We know from the Great Commission that we glorify God by bearing the fruit of multiplying disciples.

Our mission is God's mission.

- He has given every believer and every church His mission
- He has demonstrated how to accomplish His mission through Jesus, Paul, and others
- He has given us every resource we need to accomplish His mission: His Spirit, His Word, His church, spiritual gifts and abilities, etc.
- We must stay on course to accomplish His mission, the Great Commission

Lesson 2. Living a Balanced Christian Life

Areas of Life to Keep in Balance

There are several areas of our lives that must be kept in balance so that we can accomplish God's mission of the Great Commission.



Imbalance in these areas causes burnout in pastors, church leaders, and church members.

How to Live a Balanced Christian Life

A. Follow Jesus' Example

- Jesus knew what His mission was
- He didn't allow other people to distract Him from His mission.
- In Mark 1:36-38 Jesus' disciples were innocently trying to distract Him from His mission.
- Jesus would not be deterred from His mission:

"Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!" Jesus replied, "Let us go somewhere else--to the nearby villages--so I can preach there also. **That is why I have come.**"

In Jesus rebuked Peter for not understanding God's priorities.

Matthew 16:21-23. Jesus began to explain to his disciples that he must ... suffer many things ... and that he must be killed and on the third day be raised to life. Peter took him aside and began to rebuke him. "Never, Lord!" he said. "This shall never happen to you!" Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; **you do not have in mind the things of God**, but the things of men."

**If we want to accomplish God's mission,
then we must keep God's priorities
just like Jesus did**

B. Obstacles to a Balanced Christian Life

The following are obstacles to a balanced Christian life.

1. Our sinful desires rather than God's perfect will
 2. Trying to please other people rather than God
 3. Trying to meet the expectations of our church leaders and members rather than meeting God's expectations
 4. Trying to meet the expectations of our family rather than meeting God's expectations
 5. Our culture tries to impose expectations on us that are contrary to God's expectations
- We must remember that we are "aliens and exiles" on the earth (1 Peter 2:11)
 - because we are "citizens" of the Kingdom of God (Philippians 3:20).
 - We will always have to manage the tension of being a foreigner in a foreign land.

In summary:

1. God has given us a mission.
2. Jesus never allowed anything to keep Him from accomplishing His mission.
3. We have many obstacles to overcome in order to accomplish God's mission.

C. How to Overcome Obstacles to a Balanced Christian Life

1. We must make sure that Jesus is our only master.
 - Jesus told us in Matthew 6:24:
 - "No one can serve two masters.
 - Either he will hate the one and love the other,
 - or he will be devoted to the one and despise the other..."
 - Things that detract us from our mission are our master.

 - To be a disciple of Jesus and allow Him to be our Master requires
 - our total commitment and the power of God in us.
 - This is what is needed to overcome all obstacles and accomplish God's mission.
2. We must think of priorities in terms of balance rather than a list.
 - All areas of life need some attention to be kept in balance.
 - Make Jesus our Master and then all other areas of life can be kept in proper balance.

You should give as much time to each area of life that you believe God wants you to give.

When there are crises, you and God can decide together how much you can deviate from your plan.

- A **weekly calendar** is a powerful tool to manage your life and accomplish God's mission.
- If you don't manage your life, other people will manage it for you.
- Go to **foundationsglobal.com**,
 - "Other Discipleship Resources",
 - "Create a Weekly Calendar to Manage Your Life".

3. Now we must learn how to say “**no**” to people when they pressure us to do things that deviate from God’s priorities for our life.
- Here is an example of how to respond to someone who has asked you to do something that is a good thing but conflicts with the priorities of your mission.
 - In this example someone has asked you to visit every family in your church once a month.
- a. **I agree with you that** every family in our church is important and that their spiritual welfare is my responsibility.
- b. **However, it is also true that** the best way to meet their needs is not for me to do it myself; but to train leaders who can give our families the best care.
- We know from Ephesians 4:12 that one of my primary roles as pastor is to train other leaders to do the work of the ministry.
 - Being obedient to God will allow us to grow our church for the glory of God and provide the care our families deserve.
- c. **Therefore, I believe God is leading me to** minister to our families by training leaders to care for them.

Practice this approach in dealing with the following issues.

- You are having quality time with your family and a church member calls and wants to talk with you about a problem with another church member.
- Think of an issue that you have to deal with and practice using this approach in dealing with it.

Lesson 3. Personal Challenges

I. Burnout/Depression

1. Burnout - Becoming **physically** unable to minister; lack of energy, lack of sleep
2. Depression - Becoming **emotionally** unable to minister; lack of purpose, sadness, dejection, gloom

A. Burnout and Depression can be the result of:

1. Overwork
2. Lack of results
3. Family Life
4. Difficult people
5. Trying to make people happy
6. Trying to make God happy

B. Burnout and Depression can result in:

1. Guilt and shame - You are not supposed to get depressed or burned out
2. Loss of joy - You feel defeated
3. Loneliness - You don't have any close friends or confidants
4. Bitterness - You feel resentful and cynical towards people
5. Anger - You are short with people and speak sarcastically

C. Steps to dealing with Burnout and Depression:

1. Seek medical help if necessary
2. Talk to God and tell Him how you feel
3. Learn to say "No" to demands of your church
4. Use a calendar to manage your time
5. Train leaders to do some of the work
6. Get a hobby outside of church
7. Find someone who you can share your challenges with

II. Expectations

Expectations - How you view what will happen in your ministry

A. Areas in which we have expectations:

1. People - Not everyone will like you, some are very difficult
2. Results - In terms of attendance, money, etc.
3. Money/salary
4. Working conditions

B. What happens when people leave your church?

1. People leave churches all the time
2. When they leave, they are usually not coming back
3. Remember the parable of the sower

C. What happens when church leaders don't meet your expectations?

1. Pray for them
2. They have different points of view
3. Guide them wisely toward a common vision
4. Read "How to Manage Change to Become a Disciplemaking Church" at foundationsglobal.com, "Other Discipleship Resources"

D. How to have realistic expectations:

1. Should we even have expectations?
2. Look at the life of Paul and what he experienced
3. It's not about you
4. It's about Jesus
5. Do the best you can and look for areas you can improve your ministry
6. Find another person you can share your expectations with

III. Marriage

A. In the United States:

1. 30-50% of pastors' marriages end in divorce
2. 80% of pastor's spouses say their spouse is overworked
3. 80% of pastor's spouses wish their spouse had chosen another profession
4. The majority of pastor's spouses say the most destructive event that occurred in their marriage was the day they entered the ministry
5. 40% of pastors surveyed said they have had an extra marital affair since beginning their ministry

B. How do you know if this is happening or could happen to you?

1. You do not pray with your spouse
2. You do not regularly have sex with your spouse
3. You do not spend any quality time with your spouse
4. You spend inappropriate time with the opposite sex
5. You look for ways to be away from home

C. Some practical solutions:

1. Your spouse comes first, not the church
1. Pray with your spouse every day in private
2. Take a day off each week and turn your phone off
3. If you live at the church, consider moving to get some privacy
4. Take your spouse out on a date once a week
5. Never be alone with the opposite sex for more than a few minutes
6. Do not counsel the opposite sex by yourself
 - You risk becoming emotionally attached to them and they become the answer to your challenges
 - They might become emotionally attached to you, you become the answer to their challenges
7. Find a pastor to talk to about your marriage

Lesson 4. Set Goals for Personal Development

I. Set Achievable Goals

Now you will learn how to set and achieve goals to get your life in balance.

1. In order to continue growing and developing, we need to set and accomplish goals for improvement for the rest of our lives.
2. This is how we continue to grow spiritually and become like Jesus. Good goals are specific, measurable, and achievable. Hope is not a strategy. Here are some examples of good goals:
 - a. I will have a date with my spouse every Thursday night starting this Thursday.
 - b. I will invite seven people to be in my Foundations Group by this Friday.
 - c. I will finish my Foundations Group preparation by this Tuesday.
 - d. I will invite three people to attend Church with me by this Wednesday.

II. How to Prioritize Goals

1. Circle the one area that is weakest in your life.

- a. Ministry/Career
- b. Marriage and Family
- c. Spiritual Growth
- d. Social Life
- e. Exercise/Health
- f. Personal Growth

2. For the weakest area, list the issue that needs the most improvement, and a goal for improvement.

Examples:

- Area needing improvement: Marriage and Family
 - Issue: Need to spend regular, quality time with spouse
 - Goal for improvement: I will have a date with my spouse every Thursday night starting this Thursday.
- Area needing improvement: Exercise/Health
 - Issue: Need to be in better physical condition
 - Goal for improvement: I will take a 40-minute walk on Mondays, Wednesdays, and Fridays starting this Monday.

Area Needing Improvement:

Issue:

Goal:

Make sure your goal is specific, measurable, and achievable.

Lesson 5. Accountability Partner

I. Introduction

Everyone, regardless of spiritual maturity, needs an accountability partner to consistently achieve their goals.

James 5:16. Therefore, confess your sins to each other and pray for each other so that you may be healed.

II. Accountability Guidelines

Here are some recommended guidelines that both accountability partners should agree to.

1. Hold each other accountable for reaching our goals
2. Meet every two weeks
3. Make our meetings a top priority and meet on time
4. Maintain strict confidentiality
5. Help each other see blind spots.
 - A blind spot is an area of needed improvement that we don't see in ourselves.
 - If you see that your accountability partner is overlooking issues that they really need to work on, point this out to them and encourage them to set goals and develop plans to deal with these issues.
6. Challenge each other
 - Sometimes it is appropriate to challenge your accountability partner (and yourself) to make a commitment to achieve a goal that will stretch their faith.
7. We will periodically evaluate the accountability partnership and end it in a friendly manner if that is the best thing to do. Then you must find another person to hold you accountable.

III. Accountability Meetings

At each meeting we will:

1. Share our specific, measurable goals
2. Share our plan for achieving our goals
3. Share our progress for achieving our goals
4. Discuss solutions to problems achieving goals
5. Encourage each other to complete our goals
6. Pray for each other

IV. Important Qualities for an Accountability Partner

1. "Practice what you preach".

- We must be implementing goals and making progress toward our goals if we expect others to do this.
- We must be growing disciples ourselves if we are going to make disciples.

2. Give and receive grace.

- Treat your accountability partner with the same grace you receive from God.
- Accomplishing goals and God's mission can turn into legalism
- Use encouragement as a motivator, not criticism
- The goal is improvement not perfection

3. Balance grace with discipline.

- If your accountability partner will not respond to encouragement and grace, you must hold them accountable to meet their goals.
- God doesn't force us to grow and we can't force people to grow.
- If the person is unwilling to follow through on commitments, then stop the accountability relationship until the person is willing to follow through

4. Do the loving thing.

- Sometimes, the loving thing is to overlook and forgive something without saying a word. Other times the loving thing to do is to give a severe rebuke. The loving thing includes both of these extremes and everything in between.
- Always look for ways to let your accountability partner know that you love and appreciate them.

Closing Summary

1. Own your journey

- Continue to mature as a disciple of Jesus

2. Discover your calling

- Make multiplying disciples

3. Impact your world by obeying the Great Commission

- This is the mission of every church and every believer
- Jesus gave us this mission 5 times after His death and resurrection

Implementation

1. Continue making disciples with Foundations

2. Identify and train Foundations apprentices

3. Work on your personal goal

4. Start meeting with your accountability partner