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Section 4



LIVING REFRESHED

Spiritual, Relational, Practical Self-Care



The Overview, the Vision, the Collaboration

1. Spiritual Care — Secret Place Ministry
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THE OVERVIEW

The title of this section might sound selfish to you. Aren't we supposed to put others first and not think about our own needs? We are certainly taught in scripture to consider others better than ourselves, but I cannot give to others what I do not have. If you ask me for \$100 and I don't have it to give, I cannot meet your need. If I am a burned-out leader, I'm unable to give spiritual, emotional, or practical support to those collaborating to care for orphans and vulnerable children and their families. When we care for ourselves by staying refreshed in our own relationships with God and close friends, and steward our time and energy well, we will also be well-prepared to collaborate as we serve with other leaders, on the journey together towards a World Without Orphans.

THE VISION

Our hope is that this first section on caring for yourself will be one of many tools in your hand as a leader in your sphere that will help you navigate your own journey and encourage others in theirs. While we learn from one another, His voice is always the primary one we seek to hear.

THE COLLABORATION

The Holy Spirit remains our best counselor, giving us a spirit of wisdom and revelation (Ephesians 1:17) as we grow and serve together towards the shared vision of every church engaged, every family strong, every child thriving. May there be truths here that will strengthen and encourage you in your sphere of influence as you co-labor with the Lord and with each other.

1 SPIRITUAL CARE — SECRET PLACE MINISTRY

Do I Have What It Takes?

It's Tuesday morning and my alarm is letting me know it's time to start a new day. Starting early, I receive a number of text messages from dear people needing answers, comfort, or a place to voice a complaint, or reports of something wonderful that God has done. Most days there will be a fair number of texts or phone messages that need to be returned along with an answer or a fresh perspective. All of this requires being filled up in the secret place so that we can give from overflow and love well.

Psalm 91 tells us that if we stay in the secret place of the Most High, we will remain stable and fixed under the shadow of the Almighty.

I don't believe it's possible to remain in leadership for an extended period of time without this key biblical truth. Without accessing the Lord's rest and learning to live in His Presence, we will surely run dry and most likely burn out at some stage as many sadly do. Before I can feed others, I need to eat "fresh bread" from Heaven and feed myself so that I can give from my own overflow. I need to receive so that I can feed. Countless times I have read a scripture in the morning, only to find that later in the day it's the very thing needed for someone else.

When I live full, it's easy to give out. When I neglect my own intimate relationship with the Lord, I will eventually burn out. This is never our Father's intention. We find Jesus withdrawing often to hear His Father's voice and then responding only to what He had told Him. His ministry was the most fruitful and we are offered the same and more.

Mark 1: 35 "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place to pray."

Heidi Baker, in describing God's work of caring for 1 million orphans through families in the churches in Mozambique, says "all fruitfulness flows from intimacy." Psalm 1 tells us that trees planted by the streams of water produce fruit in season and their leaves do not wither. A tree does not strive to produce fruit but naturally does so if it is well-tended and planted in good soil. Our Father's intent is that we are firmly planted in His love for us, receiving fresh water and nourishment from Him that brings forth good fruit from our lives. When this is where we live, we will be well-fed so that we can feed others well. We will hear His voice saying, "This is the way; walk in it." Our leadership will be in response to His voice and not in reaction to every need. We will see His grace abound because He always provides where He leads.

What Happens in the Secret Place?

We Wait

Psalm 62:1 AMPC "FOR GOD alone my soul waits in silence; from Him comes my salvation."

Isaiah 40:31 AMPC "But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired."

One of the definitions of “waiting” is to stay or rest in expectation. For most of us this is not easy because we live in a world that moves fast, and as leaders, there is always the next thing to take care of or another person in need of attention. Too often, our time set aside to spend focused on the Lord is shared with a response to a text message or a phone call or an email. Waiting on the Lord and turning off all other distractions is not easy, but I believe it is an essential one if we are going to remain strong. The scripture’s answer to weariness is waiting. Practice the discipline of just waiting in silence and being aware of His Presence.

We Worship

Psalm 40:3 AMPC “And He has put a new song in my mouth, a song of praise to our God. Many shall see and fear (revere and worship) and put their trust and confident reliance in the Lord.”

Psalm 95:6 AMPC “O come, let us worship and bow down, let us kneel before the Lord our Maker [in reverent praise and supplication].”

I used to say that when I get to Heaven, I want a voice like Whitney Houston. I think we would all agree that music has the power to change atmospheres for the good. Worship and music are powerful tools in the scripture to usher in the Presence of the Lord and to drive out the enemy. It is amazing to me that no matter what the circumstances are or how I’m feeling, a few minutes in worship will change my perspective from negative to positive and from defeated to full of faith. Praise and worship of our King will usher in peace and release stress. It will cause a mountain to become a molehill and it will be a refuge in the storm. We were created to worship Him with all our hearts. I have found it helpful to have worship music playing in my home or office. It sets an atmosphere of peace and faith for myself and those I’m meeting with.

Praise and worship are powerful tools in our relationship with the Lord and in helping make us aware of His ever-abiding Presence. Often on my way to a meeting with someone trusting God for a breakthrough, I listen to worship because it purposefully turns my attention towards Heaven. Praise and worship are weapons in our hands against the enemy. In 1 Chronicles 20:22, Jehoshaphat appointed singers, and when they began to praise, the Lord set ambushes against the enemy. Sometimes as leaders we will need to spend time in the secret place worshipping the Lord to see a breakthrough. When we make worship a priority, we will be the mighty warriors on behalf of our people that God has called and positioned us to be.

We Read

Hebrews 4:12 NIV “For the word of God is alive 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.”

The word of God is a treasure and a great source of strength to me. His promises in the word have been anchors in my life that I stand on when nothing makes sense in my circumstances. The word is what I pray over those I lead and over my own life.

If we are going to be leaders who release hope and life, it is imperative that we have fresh bread from the word of God to share. It needs to be in us so that it can be released through us. Declaring the word over circumstances and people is what effects change to bring things into biblical alignment. The word declared will bring peace and move mountains. Jesus used the word as a weapon when tempted by the enemy in the desert.

Matthew 4:1-4 NIV *"Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.' Jesus answered, 'It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"*

We Pray and Declare

At times, I have taken photographs of my family and put them on the floor and walked around praying and declaring the promises of God over them and what is theirs by rights children of God. I can pray for healing or financial provision, because Jesus took their sickness and He is their provider. I can pray for breakthrough because God is the God of the breakthrough. There are times when we walk around our church sanctuary and speak out loud the words and promises God has spoken over us, our family, our church, and our community. If you are a parent, ask the Lord how He sees your children and pray that over them. If they go through a challenging season, declare the truth of who God says they are. We can declare the favor of God over our businesses, our families, our bodies, and our churches. I believe firmly in the power of declaration because I see it all over the scriptures beginning in Genesis.

Genesis 1:3 NIV *"And God said, 'Let there be light,' and there was light."*

Genesis 1:9 NIV *"And God said, 'Let the water under the sky be gathered to one place, and let dry ground appear.' And it was so."*

His words in our mouth spoken aloud have power to speak life into what appears dead. The prophet Ezekiel had to open his mouth and declare the word of the Lord over the dry bones.

Ezekiel 37:4-5 NIV *"Then he said to me, 'Prophesy to these bones and say to them, 'Dry bones, hear the word of the LORD! This is what the Sovereign LORD says to these bones: I will make breath enter you, and you will come to life.'"*

Be a leader who is filled with His word and declares it out loud, and you will be a leader who brings forth fruit and releases breakthrough in many lives.

Reflection:

1. How do you fill yourself up so that you can meet the needs of those you lead?
2. What, in these pages, would you consider adding to your personal routine?
3. Take a few minutes and practice some of the four steps mentioned in this chapter.

2 SPIRITUAL CARE — BY FILLING YOUR EMOTIONAL CUP

No Need to Burn Out

Riding through heavy traffic, after several intense hours of ministry with several people who are struggling with serious problems, I feel exhausted. I think to myself, “What’s wrong with me? I should be energized right now. Maybe I’m not getting enough sleep?” Many days I underestimate the emotional and spiritual draw of ministering to others’ needs and heartaches. Just as the spies entering the promised land with Joshua, I also must stand face-to-face with some spiritual giants, as I come against hopelessness and sickness and lack.

As leaders, we don’t realize that many times we have done some heavy lifting in a realm that we cannot see. Do you wonder why people leave your office with a smile? Because you have prayed away what was weighing them down. Well done! You have partnered with the Lord as He said we are to do. The gospels tell us that we will lay hands on the sick and they will recover. They tell us that we will drive out demons in His Name. You have put some foes to flight and need to recharge your batteries. It is most helpful to identify what replenishes your emotional resources. Maybe it is a walk in nature or getting alone with a good book. Maybe it is tea with a friend. Depending on our personalities and how God has fearfully and wonderfully made us, it will be different for each one of us. It’s important to figure this out and make space to replenish ourselves.

As leaders, we can be so good at taking care of others that we forget to take care of ourselves. Sadly, there are too many who have “burned out for Jesus,” which is certainly not what He ever intended. A scripture that has always fascinated me is Luke 8:43-46:

“And a woman was there who had been subject to bleeding for twelve years, but no one could heal her. She came up behind him and touched the edge of his cloak, and immediately her bleeding stopped. ‘Who touched me?’ Jesus asked. When they all denied it, Peter said, ‘Master, the people are crowding and pressing against you.’ But Jesus said, ‘Someone touched me; I know that power has gone out from me.’”

Jesus knew power had gone from him, which means power needed to be replaced. Do you ever wonder why you can feel exhausted after an intense time of ministry or leadership? Because power has gone from you. We need to learn as ministers and leaders to recharge our emotional batteries. Jesus, our perfect leader, demonstrated the value of this. Amidst healing the sick, driving out demons, feeding thousands and teaching His disciples, He withdrew often from the crowds and the demands of ministry to find solitude and time with His Father.

Many times, recharging our batteries can look “unspiritual” but in reality, it is the most spiritual thing we can do. Before Jesus performed the miracles, he took care of the practical need to eat as he fed the crowds.

Matthew 14:22-23 NIV “Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountain-side by himself to pray. Later that night, he was there alone.”

In this passage of scripture, we see the Lord giving Elijah a time of rest as He feeds him with fresh bread, meat and water from the brook. The Lord led Elijah to a much-needed time of replenishment by providing a place of hiding and fresh food.

1 Kings 17:2 -5 *"Then the word of the LORD came to Elijah: 'Leave here, turn eastward and hide in the Kerith Ravine, east of the Jordan. You will drink from the brook, and I have directed the ravens to supply you with food there.' So he did what the Lord had told him. He went to the Kerith Ravine, east of the Jordan, and stayed there. The ravens brought him bread and meat in the morning and bread and meat in the evening, and he drank from the brook."*

In John 12:1-3 we find Jesus going to have a meal with close friends in Bethany. Mary, Martha, and Lazarus were some of the people in Jesus' life who filled His emotional cup. They were a place where he could go and rest. As leaders, we all need to have some Bethany places in our lives.

"Six days before the Passover, Jesus came to Bethany, where Lazarus lived, whom Jesus had raised from the dead. 2 Here a dinner was given in Jesus' honor. Martha served, while Lazarus was among those reclining at the table with him. 3 Then Mary took about a pint[a] of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume."

Reflection:

1. Identify those things that help strengthen you emotionally. Practice at least two this week.
2. Make a list of the people in your life who refresh you and make time to fit them into your schedule.



3 RELATIONAL CARE — THE IMPORTANCE OF FRIENDSHIP

Created for Connection

From the beginning of time, God made it clear that he created us for connection when He said in Genesis chapter 1, “*It is not good for man to be alone.*” His motivation for sending His son was love as the Bible says, “*For God so LOVED the world that he gave His only son.*” Throughout the scriptures, we are told to love, to encourage, to build up, to forgive. We were never meant to live isolated from authentic relationship. Having authentic friendships is not only something I enjoy, but also something I need and value. If you are serving as a leader in a growing collaboration, network, church, or organization, you will be connecting with many people at varying levels of relationship.

No matter what leadership role we are in, we all need those with whom we can be vulnerable. These relationships are a vital safeguard and a great and necessary support. Here is a fascinating scripture verse that speaks to the value of friendship for those in leadership positions.

1 Kings 4:1-5 AMPC “KING SOLOMON was king over all Israel. These were his chief officials: Azariah son of Zadok was the [high] priest; Elihoreph and Ahijah, sons of Shisha, were secretaries; Jehoshaphat son of Ahilud was recorder; Benaiah son of Jehoiada commanded the army; Zadok and Abiathar were priests; Azariah son of Nathan was over the officers; Zabud son of Nathan was priest and the king’s friend and private advisor.”

Solomon held the highest position of leadership as King of Israel. In appointing his cabinet, one of the key positions is given to Zabud as the king’s FRIEND and private advisor. Solomon recognized the importance of friendship in his role so much so that he made it an official appointment. Many are drawing from you as they should but make sure that there are some in your sphere you can call friend.

Research proves that when we were knit together in our mother’s womb, we were wired for healthy interaction with others. Matthew D. Lieberman, director of UCLA’s Social Cognitive Neuroscience lab, shared the following in his book, *Social, Why Our Brains are Wired to Connect*:

“By activating the same neural circuitry that causes us to feel physical pain, our experience of social pain helps ensure the survival of our children by helping to keep them close to their parents. The neural link between social and physical pain also ensures that staying socially connected will be a lifelong need, like food and warmth. Given the fact that our brains treat social and physical pain similarly, should we as a society treat social pain differently than we do? We don’t expect someone with a broken leg to ‘just get over it.’ And yet when it comes to the pain of social loss, this is a common response. The research that I and others have done using MRI shows that how we experience social pain is at odds with our perception of ourselves. We intuitively believe social and physical pain are radically different kinds of experiences, yet the way our brains treat them suggests that they are more similar than we imagine.”

He talks about how when asked about their most painful experiences, most people will talk about relational losses or hurts. On the contrary, most of our joyful seasons are often marked by positive relational interactions. When God created mankind, He put in us a need to be loved and to belong. From the very beginning, He said it is not good for man to be alone (Genesis 2:18). Further on in scripture He tells us to love one another deeply (1 Peter 4:8). We are fearfully and wonderfully made with a God-given need to love and be loved. It always delights me to see science lining up with the wisdom of our God.

Most people who have suffered rejection or have been isolated from healthy affection and acceptance are broken and hurting people who hurt others. Psychologist Abraham Maslow includes in his five-tier model of human needs the need for love and belonging and intimate friendship. Roy Baumeister, social psychologist, suggests that “human beings naturally push to form relationships.” His theory states that a lack of belonging can have a negative impact on our health and behavior as well as psychologically.

It is clear that we are wired for healthy and deep connection. Emma Seppla, PhD, who is Science Director of Stanford University’s Center for Compassion and Altruism Research and Education and the author of *The Happiness Track*, states the following in her book: “Strong social connection leads to a 50% increased chance of longevity and strengthens your immune system.” People who feel more connected to others have lower levels of anxiety and depression. Moreover, studies show they also have higher self-esteem, greater empathy for others, are more trusting and cooperative and, as a consequence, others are more open to trusting and cooperating with them. In other words, social connectedness generates a positive feedback loop of social, emotional and physical wellbeing. And all this science lines up with the word of God:

John 13:34 NIV *“A new command I give you: Love one another. As I have loved you, so you must love one another.”*

1 Peter 1:22 NIV *“Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart.”*

Romans 12:10 NIV *“Be devoted to one another in love. Honor one another above yourselves.”*

The Importance of Friendship

Let’s look a little more closely at the model of Jesus relationships. **Jesus had his three, his 12, and the crowds.** His three were Peter, James, and John. They were part of the inner circle and were with Jesus when He raised the synagogue ruler’s daughter from the dead. They stayed with Him and kept watch in the garden of Gethsemane. It is said that Jesus stayed in Peter’s home. It was John who leaned against His chest at the last supper and was told by Jesus that Judas was the betrayer.

John was at the cross when Jesus died and was commissioned by Jesus to take of his mother, Mary.

In the book of Matthew 16:18, Peter is affirmed by Jesus as the rock on which He will build His Church, a key role in the Kingdom. James was Jesus’ brother and along with Peter and John witnessed miracles that the other disciples didn’t. He took Peter, James and John with him up the mount of Transfiguration.

His 12 were Simon-Peter, Andrew, James son of Zebedee, John, Philip, Bartholomew, Thomas, Simon the zealot, Matthew, James son of Alpheus, Thaddeus, and Judas Iscariot, who was replaced by Matthias in Acts 1:20–26. These 12 went with Jesus and were mentored by him and taught things of the Kingdom with the expectation that they would go out and do the things they had learned from their Master.

The crowds were those who followed Jesus from town to town, or those who witnessed the miracles. He performed as He went from place to place. They were those who heard his teachings and went away encouraged and healed. Jesus loved all these people enough to go to the cross for them, but He didn’t share His heart with all of them or give equal amount of time to them. It has been helpful to me to identify different levels of relationships as well as what different relationships and friendships bring to my life. Each one is a gift from the Lord to either strengthen me or to be strengthened and launched into their God-given purpose.

It's a helpful exercise to identify who are your three confidantes and close friends, your 12 friends, and your crowd of work and ministry colleagues and acquaintances.

We have looked at different levels of relationship in our lives and what they look like. We have seen that Jesus Himself had relationships that were close and also those that He ministered to but didn't necessarily share his heart with. So, let's look a little more in-depth at friendships in the context of ministry.

Many years ago, when we first started in the ministry, I was counseled not to make close friends within the church and among those I was called to lead. My only close friend was to be my husband. Well Greg is certainly my very best friend and confidante, but he was never meant to fulfill all my friendship needs (or me his).

I firmly believe that the Lord created us all to have good, healthy friendships with our same gender. Over the years I have been blessed with amazing friends. Some of my dearest friends are no longer on the same continent but with 20-plus years of relationship, including years of raising our children, serving in ministry, and doing life together, these friends remain treasures in my life and those with whom I share my heart. I have learned to give myself permission to have friends with whom I naturally connect regardless of "ministry" positions. I need these friendships to refresh my soul, and if you are in any form of leadership, so do you. Too many leaders burn out or get caught up in things that can destroy the very thing they are called to, because they have no one close enough to reach out to for help or just cover them in prayer on a regular basis.

These close friends are the ones who encourage me, pray for me, make me laugh, share my victories, undergird me in difficult times, and fulfill my God-given need for authentic friendship. Most of my close friends are those who have seen me beyond my role and pursued relationship with me, for which I am most thankful. Many will assume you are too busy and won't initiate connection. (We can be responsible for this perception, so we need to be careful what we communicate.) I encourage you to reach out to those where you sense a natural chemistry and pursue friendship with them.

Give yourself permission to build friendships within your own church, organization, or collaboration, even if you are leading it, as long as these are not seen to be exclusive. We all need safe places where we can "unstring" the proverbial bow, talk about our struggles, our pain, and just be ourselves without our leadership hat on. There are times when I need a perspective from someone mature and trustworthy, and other times, I just need to have a good laugh or even perhaps a cry. Pursuing genuine friendship is vital to our emotional well-being. We are to love each and every one the Lord brings to us, but we are not going to have a natural connection with all. This is normal and okay. John 15:12 tells us to love each other as Jesus loves us. He died for all, but He too had his closest friends with whom He shared His life.

Three hindrances to building authentic friendship

As we have looked at the profound value of having healthy relationships in our lives, there are also some mindsets and paradigms that can hinder us from experiencing good friendship.

1. Busy schedule.

Leaders by default spend much of their emotional energy caring for the needs of others and putting them first. By the time a number of fires have been put out, we have little time to just enjoy friendships that will refresh us. Not recognizing our need for this almost always results in loneliness and even isolation.

No matter how busy we are, we must recognize that we are wired for connection and we need to make space to have authentic friendships in our lives.

“Let him who cannot be alone beware of community. Let him who is not in community beware of being alone. Each by itself has profound pitfalls and perils. One who wants fellowship without solitude plunges into the void of words and feelings, and one who seeks solitude without fellowship perishes in the abyss of vanity, self-infatuation, and despair.” (Dietrich Bonhoeffer, Life Together, 78).

2. Past hurts.

Leader or not, no one is exempt from relational hurt. If we are going to give our hearts in relationship, we open ourselves up to being in hurt or offended somewhere along the way. Every relationship is a risk. I want to encourage you to always make a decision to risk again! Never fall into the “I’m never going to open up to anyone again” trap of the enemy. Offense only hurts the one choosing to hold on to it. So let it go!

3. Looking for the “one” best friend.

Over the years the Lord has blessed me with wonderful friendships. Each one adds richly to my life. I have friends who help me “keep it real” and with whom I can laugh with until we are crying. I have friends who always have an encouraging word and remind me what the Lord has said. They are the ones I call when I’m feeling discouraged. I have a dear friend who thinks practically and strategically. Many times, this friend has helped me see the bigger picture and identify what is helpful and what is not. Only looking for the one best friend will hinder us from the rich treasures of a number of good friends.

Conclusion

We conclude this chapter with a quote from C.S. Lewis:

To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable. To love is to be vulnerable.

— C.S. Lewis, The Four Loves

Reflection

1. List two or three people with whom you have a natural connection for friendship.
2. Looking at the hindrances mentioned, are there any that might be standing in the way of you enjoying meaningful friendships?

4 PRACTICAL CARE — MOVE, EAT, SLEEP

3 John 2 *“Beloved I pray that you may prosper in every way and that your body may keep well, even as I know your soul keeps well and prospers.”*

Staying Active

Our destinies in God have been set and He has good works planned for each of us to walk in. I believe we are meant to find great satisfaction as we walk in His ways. Just as we pursue spiritual and emotional wellness, it benefits us and those we lead when we pursue physical health. Having a lifestyle of physical fitness and health can only enhance our ability to walk in the path set before us.

As a child at school I was usually the last one picked for any sports team as athletics was not high on my skill set. As an adult, I became more aware of the health benefits of regular exercise and realized the value of finding different physical activities that would help me stay fit and that were also enjoyable ... I would encourage you to find something that works well for you personally and make it a regular part of your routine. I have enjoyed having a friend to walk with most days, but when that's not possible, it's a great time to pray and listen to worship music and connect with neighbors. Some of you might be in a season where this is not possible due to varying circumstances. When your season allows, please consider pursuing a form of exercise that will benefit you and that you can enjoy. Let's get moving and enjoy increased energy and good health — and keep the Lord's temple of the Holy Spirit, our bodies, fit.

Fueling Your Body

Taking care of ourselves should include a lifestyle of fueling our bodies well. As leaders in the church, much of our time is taken up meeting with people over meals and visiting in homes. So much meaningful connection with people takes place around a dinner table. There is something intimate and special about having people around your table. Jesus modeled the value of this as we see him sharing many meals throughout the gospels. He eats with Levi the tax collector, he goes to the house of Zacchaeus for a meal, he feeds the 5,000 and of course the all-important last supper with His disciples, to name a few.

Ministry and leadership will involve many meals as we connect with those we lead. Paying attention to healthy eating habits will protect your health.

Getting Rest

Psalms 127:2 *“It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.”*

My two favorite times of the day are early morning when everything is still quiet and getting into bed after a long day. If I had my way, I could easily go to bed as early as eight o'clock. Of course, this never happens, as my husband and I are on very different sleep schedules. His favorite and most clear-thinking time is late at night, whereas mine is in the early hours of the morning. If we worked only according to this, neither of us would get much sleep. We both have to discipline ourselves most days to make sure we get adequate sleep that enables us to stay healthy and alert in what God has called us to do. The question is, “How much is enough?”

We are all unique and some need less sleep than others, but a lifestyle of sleep deprivation will eventually affect our health and ability to function at our best. Sadly, many leaders find they seldom get adequate rest due to overloaded schedules. Lack of good sleep should be an exception, not a lifestyle.

God gives rest to his loved ones. At the same time, there are a number of factors that can affect our sleep patterns negatively, such as hormonal changes, worry and mental stress, certain foods, our environment, etc. I personally went through a season of exhaustion because of broken sleep patterns. If this is your reality, you may want to speak to a doctor or someone who can help you with restored sleep. Because good, restorative sleep plays a vital role in keeping us emotionally stable, and this is key for us as leaders. We pay a high price when we mistreat those we lead and say things we regret due to exhaustion and irritability. For the sake of those we lead, it is important to pursue a lifestyle of adequate rest.

Reflection:

1. How can you prioritize your physical health in the area of fitness? What habits might work best for your season and lifestyle?
2. What has worked well for you in maintaining a level of healthy nutrition? What has been a struggle? Do some research or speak to people who can help you in this area if necessary.
3. Does your lifestyle allow for adequate sleep? Is there anything hindering your sleep patterns, and what can you do to change this?



5 CARING WELL — PRIORITIZING THE ESSENTIALS

Everybody Benefits When the Leader is Refreshed, and Everybody Suffers When the Leader Has Nothing More to Give

Even Jesus had boundaries when it came to ministering to people. Jesus would withdraw to lonely places to connect with His Father. In Mark 6:31 Jesus says, “Let’s go off by ourselves to a quiet place and rest awhile.” Many were coming and going, and they needed to eat and rest amidst much ministry. Jesus, being a wise leader, knew this. There is nothing noble about “burning out for Jesus.” Amidst our zeal to walk in all that He has for us, we need to find places of rest and refreshing. Just like a page has margin, so that the words don’t fall off the edge, our lives need margin too.

As a leader, whether it be in your family, church, organization, business, or collaborative partnership, you have multiple demands on your time and energy. People find safety and counsel, as they should, from you as leader, and we all need God’s wisdom and revelation to direct our “yes” and our “no.” I have found it helpful to figure out the ‘big rocks,’ and to place these on my calendar first. The value of my relationship with my Lord, my spouse, my children and grandchildren, close friends, and those I minister and collaborate with in team needs to be reflected on my calendar. Once I know these relationships will not be neglected due to busyness, I can add other things as the Lord leads.

If we are going to be effective leaders, our first responsibility is to lead ourselves and our own families well.

A building is only as strong as its foundation. Strong foundations are necessary to hold a structure in place and ensure the safety of the occupants when adverse weather such as storms or earthquakes arise. The taller the building, the deeper the foundation needs to be. The same principle of strong foundations applies to our lives and whatever we have been called to build. Marriage and family are the foundations from which we build our leadership.

Through this lens, we set healthy margin in our lives, so that we minister from a place of stability and strength, and not from a place of burnout because we didn’t attend to our own souls, hearts, and bodies, or take time to hear His voice. A key question to ask as a leader is, “In this situation, what are you requiring of me, Lord?” He will always be faithful to supply us with what we need to give. It’s in the secret place that many times the Lord will give me clarity as to what I need to do or not do. Peace comes when we respond to His voice.

John 10:27 “My sheep listen to my voice; I know them, and they follow me.”

Reflection:

Take a few minutes and ask the Lord what He has on His heart for you in your particular season.

Daniel from Uganda: Living Refreshed: Spiritual, Relational, and Practical Self Care.

Spiritual refreshment

We are refreshed or revived in our inner spirit through our relationship with God and our hearts are filled with peace, joy, inner strength, and daily renewal as we experience God's life and word in our daily living. This happens through my morning devotional prayer and during my daily meditations upon the Lord, through worship songs and the reading of His Word.

Relational refreshment (1 Peter 3:7)

My wife likes reading books based on Marriage and Family, she always shares about the new teachings she gets from these books which helps us together to have a wider view about the Family. We also get time to go for marriage retreats.

Practical self-care

There is a sense in which self-care is one of our most basic responsibilities before God and man. It is written in God's commandment "*Love your neighbor as you love yourself.*" This is a duty of care. It is very important, because we bear the Image of God, so we see care as essential to family and social relationships. This includes reading books such as leadership and children-based books, connecting and networking with my friends through pastor's meetings and watching inspirational teachings on DVDs.

6 ON THE JOURNEY TO DISCERN THE FATHER'S CALL

Key messages from Pastor Greg Haswell, who serves on the Global Council for World Without Orphans Advisory Council, are included here as links, in the flash drives from the 2019 Global Forum for a World Without Orphans, held October 24–27, 2019, and are available for free on the WWO website.

These messages can be used for collaboration meetings, congregations, small groups, and individuals. They are helpful for national leaders, local leaders, and parents. Notes sheets for each of the messages are found in the links below.

Does God Speak Today?

God is a communicator. It is his nature. The goal of this course is to equip and encourage you in the adventure of hearing God. This series will give you Biblical teaching and practical tools for your spiritual journey. In this first session, we answer the question everyone is asking: “Does God speak today?” And offer some important guidelines as you pursue a lifestyle of communicating with God.

wworoadmap.org/resource/does-god-speak-today

Developing a Strong Spirit

Developing a strong spirit is vital for us as believers as we walk this journey of faith. A strong spirit hears from God. A strong spirit keeps us in joy and peace when the storms of life come against us. The Bible tells us that we can “grow strong” in spirit, which means we should know how. This session discusses the ways we can develop a strong spirit so that we can strengthen others.

wworoadmap.org/resource/developing-a-strong-spirit

Bible Meditation

The Bible is infallible, inerrant, and our supreme authority for faith and life. It is living and active and has the power to transform. God loves to speak to us through his word and encourages us to diligently seek him there. As we pursue Jesus in his word, he promises to guide us into all truth. This session offers some practical tools to help you hear God through scripture.

wworoadmap.org/resource/bible-meditation

Journaling

God speaks to us through scripture, through visions, and through dreams, as we’ve seen, but He also speaks to us in a gentle whisper. In this session, we discuss how God uses our thoughts and spirits to communicate this way and how to recognize His voice. Journaling is the best way to record what you hear when God speaks to you in a whisper. Here, you’ll learn some simple ways to put listening and journaling into practice.

wworoadmap.org/resource/journaling

7 MONITORING AND EVALUATION FOR LIVING REFRESHED

BEGIN WITH THE END IN MIND!!! Please ensure you plan from the very beginning, the data you will collect to monitor your collaboration's effectiveness and to guide future service and work. Here are globally recommended CORE measures recommended by WWO for your consideration. You are free to use those that are the best fit for your program.

Purpose: To measure WWO national team contributions to supporting spiritual, relational, and practical self-care, so that those called to help call and equip others in solving their own nation's orphaned and vulnerable children's problem, will themselves live as beloved sons and daughters of their heavenly Father. In so doing, they themselves will be protected from burn-out and also be better equipped and protected as they love and serve others.

Data sources: WWO National Facilitation Team, leaders of national organizations/networks, or leaders of local organizations/networks, as well as Global and Regional Teams

Operational definition: Use of standard survey questions to measure 1) closeness with God as a key indicator of spiritual self-care; 2) overall resilience as a measure of practical self-care. The WWO Global team developed key measures of relational self-care, based on the WWO Roadmap and expert opinion.

World Without Orphans Spiritual Self-care Questions

During the past 6 months, how often have you:

1. Experienced the presence and power of God in the ordinary?
never, sometimes, often, frequently, and always
2. Observed the presence and power of God in your closest relationships?
never, sometimes, often, frequently, and always
3. Consciously practiced discerning the presence and power of God (through Scripture, worship, prayer, mediation, journaling, or other ways)?
never, sometimes, often, frequently, and always
4. Felt God's grace and God's love for you as you are, apart from any accomplishments or good works?
never, sometimes, often, frequently, and always
5. Felt that events were unfolding according to God's intent?
never, sometimes, often, frequently, and always

Scoring: each question scored as 1-5, with 5 as high; Then total of each response is summed as a composite measure.

Source: "Closeness to God among those doing God's work" (Duke Divinity School)
wworoadmap.org/resource/wwo-monitoring-and-evaluation

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World Without Orphans Relational Self-care Questions

1. Do you have a close mutual friendship (of the same gender) with at least one person that you can talk with regularly (at least once a month) in a way that is vulnerable, transparent, and real, about how you are doing?
Yes/ No
2. Do you have someone in your life who deliberately cares for your spiritual well-being, including someone who prays for you regularly?
Yes/No
3. Do you have someone you can pray with anytime you need to pray together with someone else?
Yes/No
4. Do you have at least 2 people you could call in the middle of the night if you needed help?
Yes/No
5. Can you name 2 people who refresh your soul by pouring into you?
Yes/No
6. Are there any obstacles that prevent you from taking the time to build meaningful friendships?
Yes/No (If yes, what you can do to make room for those who will build you personally).
7. Do you take time to fill yourself up, so you can meet the needs of those God has given you to care for?
Yes/no

Scoring: Assign a value of 1 for each 'yes' and then total the score.

World Without Orphans Practical Self-care Questions

Brief Resilience Scale (BRS)

Please respond to each item by marking <u>one box per row</u>		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BRS 1	I tend to bounce back quickly after hard times	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 2	I have a hard time making it through stressful events.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
BRS 3	It does not take me long to recover from a stressful event.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 4	It is hard for me to snap back when something bad happens.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
BRS 5	I usually come through difficult times with little trouble.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 6	I tend to take a long time to get over set-backs in my life.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

Scoring: Add the responses varying from 1-5 for all six items giving a range from 6-30. Divide the total sum by the total number of questions answered.

My score: _____ item average / 6

BRS Score Interpretation

1.00 - 2.99: Low resilience

3.00 - 4.30: Normal resilience

4.31 - 5.00: High resilience

Reference: Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: Assessing the ability to bounce back. *International journal of behavioural medicine*, 15, 194-200.

Method of computation – See ‘scoring’ instructions for each section above to compute separate scores for spiritual, practical, and relational self-care.

For information on WWO Monitoring and Evaluation for all four Roadmap Foundations, please visit:

wworoadmap.org/resource/wwo-monitoring-and-evaluation

