

The Practice of Wellness Pastors in Transition 2020

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3 Things:

1. A Bible
2. A UM Hymnal
3. A UM Book of Discipline

3 More Things:

1. _____
2. _____
3. _____

What losses, conflict or trying times might you need to process?

- As you make this transition, how might you sort through the keep pile and the let go pile?

For yourself:

For your family:

- What might you keep that gives way to you being the best version of yourself?
- What might you let go of that seems to hinder you?
- How can you begin to build some accountability to help you make this the best move ever?

As you leave your current setting, how can you help the congregation begin to ask itself the questions of “keep” and “let go”?

- Are there things you can do to help in the sorting through of the “keep” and the “let go” pile, so that the arriving pastor is set up for success?

A definition of wellness: *The specifics of wellness can vary from person to person, and situation to situation, but one universal defining mark of wellness is flexibility and adaptability in both the personal and professional areas of life. Wellness also involves the willingness to know one's self, and it involves the ability to be aware of our capacity to function so as to enhance our life and the lives of those around us.*

(All Shall Be Well: An Approach to Wellness; William S. Craddock, Jr., editor)

Symptoms of Unhealthy Spirituality

(Emotionally Healthy Spirituality by Peter Scazzero)

- Using God to run from God
- Ignoring anger, sadness, and fear
- Dying to the wrong things
- Denying the impact of the past on the present
- Dividing life into “secular” and “sacred” compartments
- Doing for God instead of being with God
- Spiritualizing away conflict
- Covering over brokenness, weakness, and failure
- Living without limits
- Judging other people's spiritual journey

4 Things to serve as a guide in your reflective process of saying “goodbye” and saying “hello” in a manner of wellness.

- Identity:
 - ✓ Who and what am I right in this minute in time – with all my faults and all my gifts?
 - ✓ How do I understand myself, my relationships, and my responsibilities?
- Discernment:
 - ✓ Who and what is God calling me to be?
- Practice:
 - ✓ How am I responding to God's call?
 - ✓ What am I doing to be more faithful and effective?
 - ✓ What resources are there to help me?
- Transformation:
 - ✓ How am I changing and being changed by God's spirit within me as I seek to follow a new practice and pattern of faithful ministry?

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What does structure/accountability and support look like for you in your personal and professional self?

How could engaging in such a process with your family make this the best move ever?

How can you rid yourself of unnecessary busyness and carve out true sabbath rest?

“Too often we get distracted by what is outside our control. You can’t do anything about yesterday. The door to the past has been shut and the key thrown away. You can do nothing about tomorrow, it is yet to come. However, tomorrow is in large part determined by what you do today. So make today a masterpiece. You have control over that!”

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