



RECONNECT  
IN THE ROCKIES  
CCCA Rocky Mountain Sectional 2022

# Soul Care for Leaders

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Taking Care of Yourself While Serving Others

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# Four Soul Care Habits For Servant Leaders

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- Spiritual Habits
- Physical Habits
- Financial Habits
- Relational Habits



# You Will Leave Here With...

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- Understanding of your level of burnout.
- Common barriers to soul care and how to break through them.
- Action plan to implement soul care in your life beginning today!





Why are so many in  
ministry burning out?



# Burnout Assessment





# Spiritual Soul Care Habits for Leaders

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- Jesus practiced solitude, silence & rest. Mark 1:35, 45
- Jesus practiced prayer and time with God. Luke 5:15-16
- Jesus practiced gathering with the community of believers regularly. Luke 4:16; 19:47; 22:53
- Jesus practiced contemplation. (Matt 4, Matt 26)
- Example: “Sitting with Jesus”

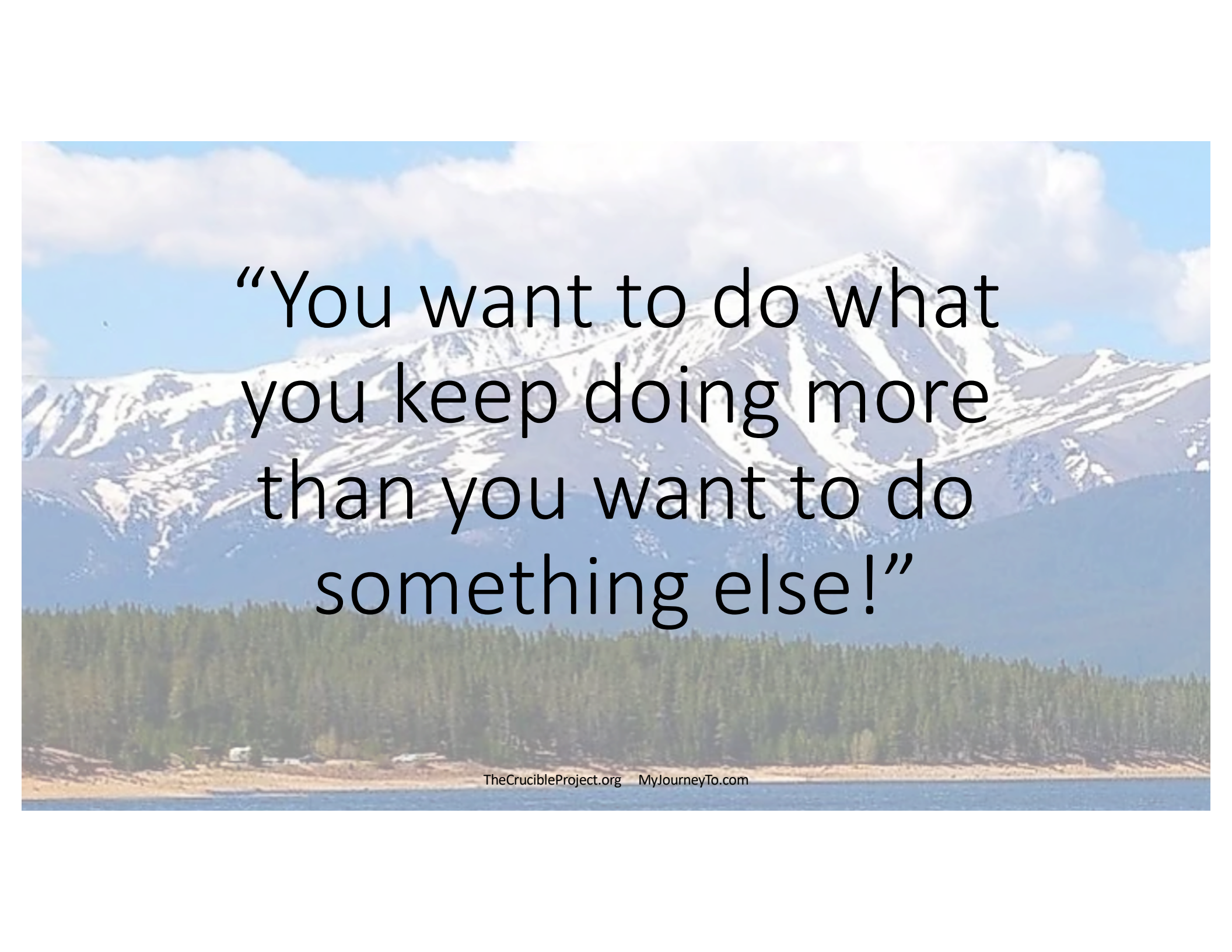


## Breaking Through the Barriers

- **My job/ministry/family needs me.**
- **I don't have time.**
- **I'm already overcommitted.**
- **I don't know how.**
- **You won't be here for them if you don't take care of you.**
- **Use Prioritization Tool**
- **Learn to say "NO"**
- **Find a teacher/coach.  
Recommend Ruth Haley Barton Sacred Rhythms**
- **Schedule & keep appointments with yourself.**

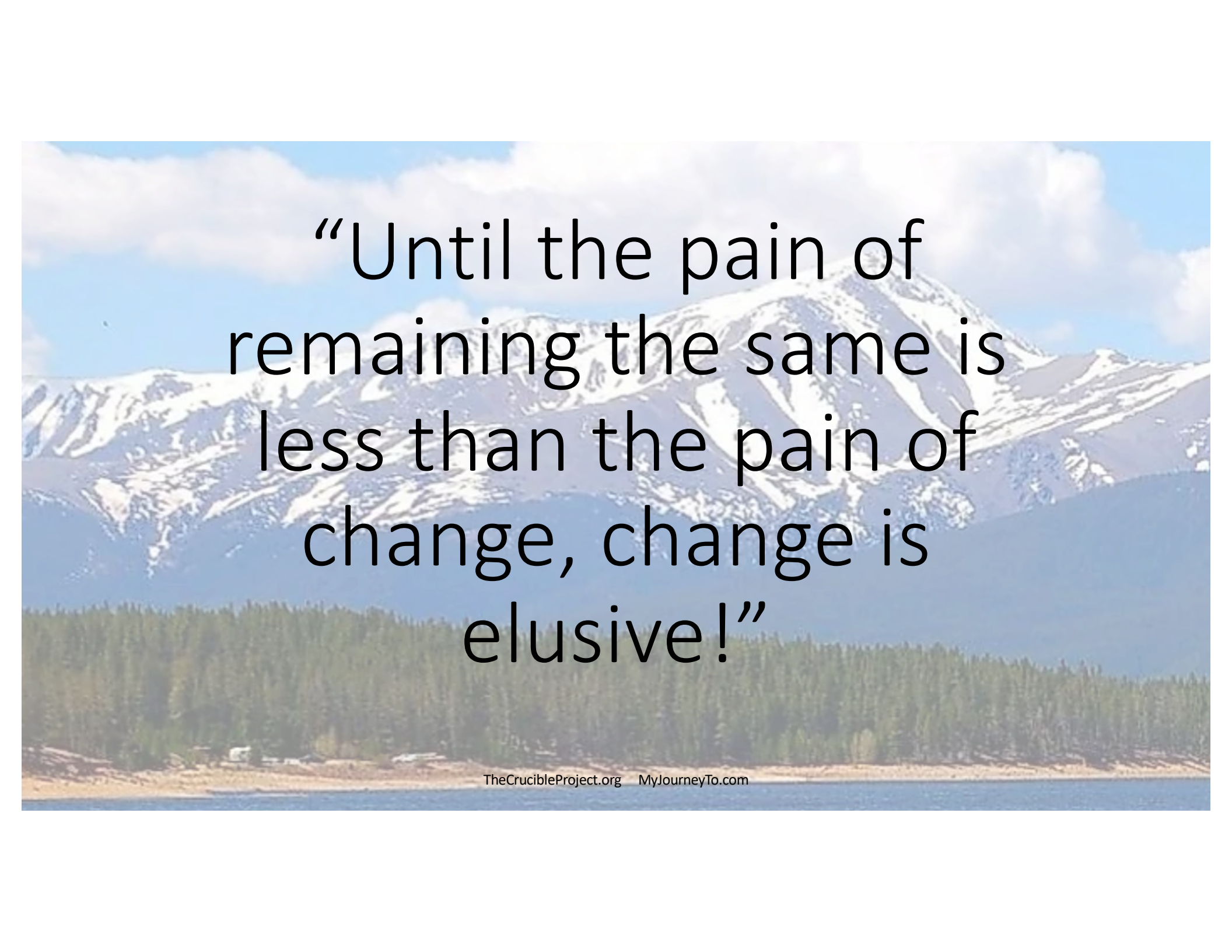
Say “no” to good things so you can say “yes” to better things.

Obligations	Teaching	Compassion	Healing	Fun	With Devra	Total
Lead 2 Year Group	7	9	9	5	0	30
Catalyst Committee	1	3	1	8	9	22
Men’s Retreat	8	10	10	7	0	35
Couples Retreat	8	7	7	7	10	39
Soul Work Alliance	4	3	2	5	0	14
Community Improvement Committee	0	1	0	3	5	9
Sitting with Jesus	0	9	8	5	4	26
Physical Movement	0	6	6	7	5	24
Deacon Board	3	3	0	3	3	12
Ministerial Alliance	3	5	2	6	3	19

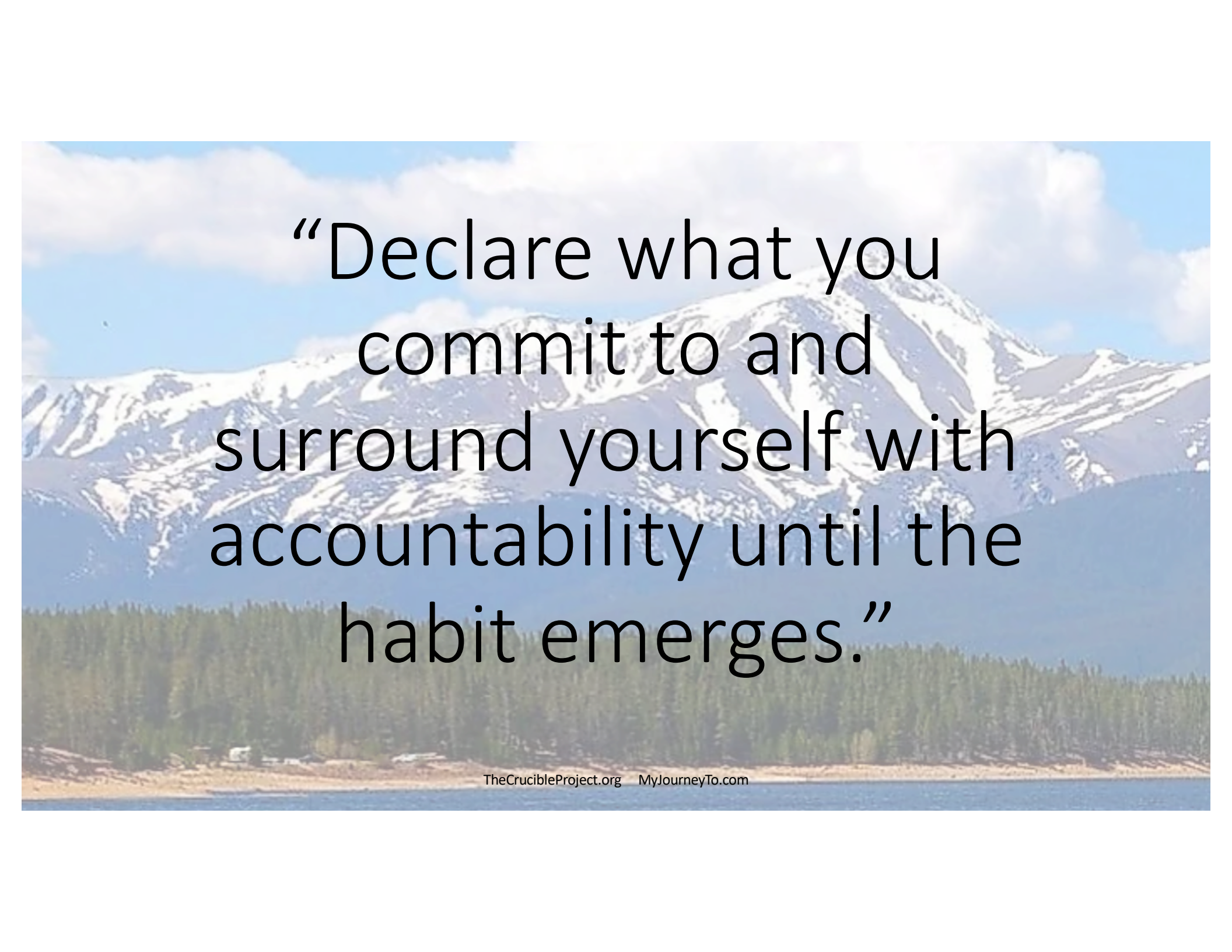


“You want to do what  
you keep doing more  
than you want to do  
something else!”





“Until the pain of remaining the same is less than the pain of change, change is elusive!”



“Declare what you  
commit to and  
surround yourself with  
accountability until the  
habit emerges.”



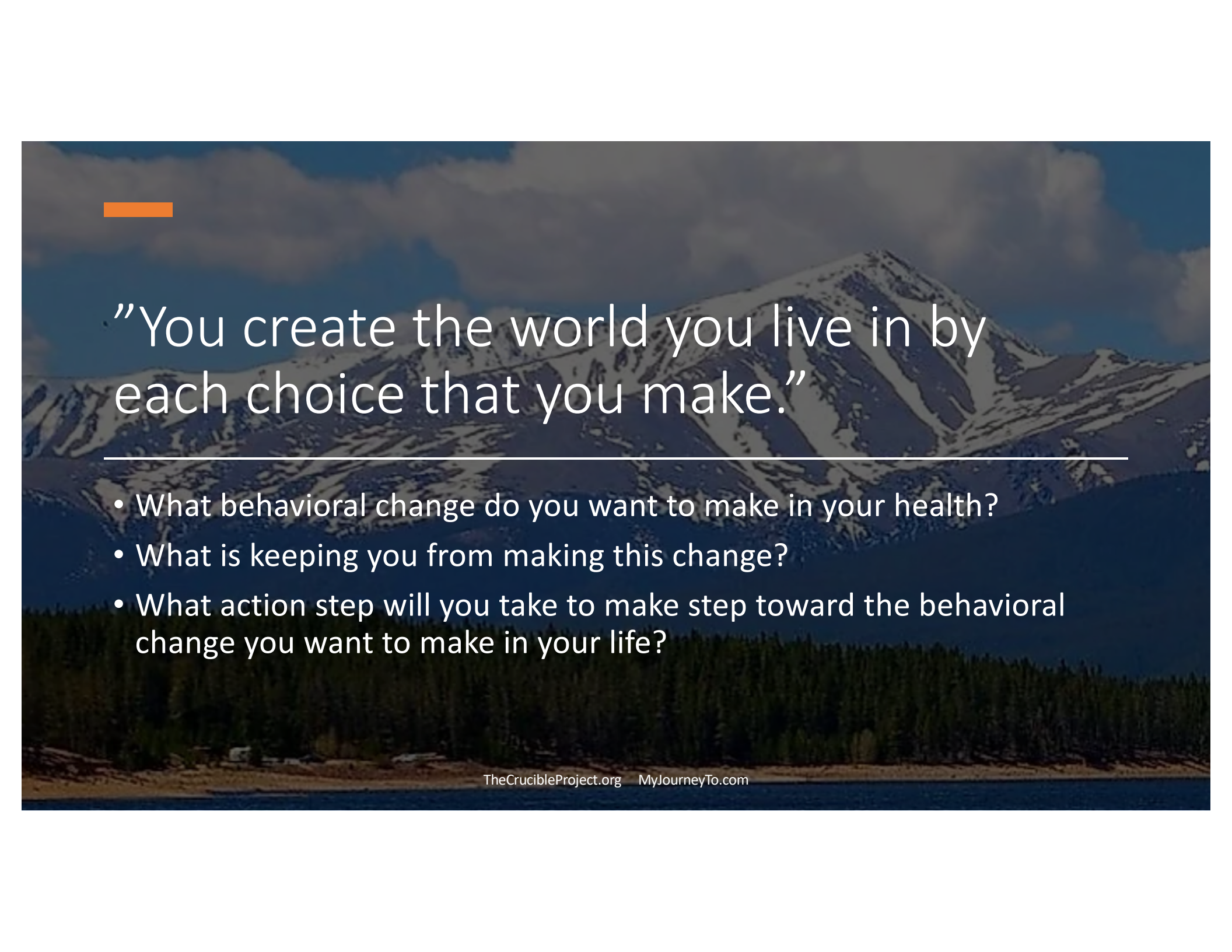


# Physical Soul Care Habits for Leaders

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- Your mind is hosted by your brain that is part of your body.
- Blue Zones – “Move naturally. Ritualize stress relief. 80% rule. Purpose. Belonging. Plant seeds. Moderate.
- 22 minutes of movement daily. No moving worse for health than smoking.
- Life hack your physical habits.





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“You create the world you live in by each choice that you make.”

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- What behavioral change do you want to make in your health?
- What is keeping you from making this change?
- What action step will you take to make step toward the behavioral change you want to make in your life?

# Financial Soul Care Habits for Servant Leaders

- Financial stress disrupts your calling.
- Dave Ramsey - Spend less than you make.
- Tell your money what to do before you get it.
- Save for inevitable emergencies.



# Become Aware of What Drives Your Money Problems

- What is it about you that gets in the way of your financial planning/goals?
- Where did you pick up this barrier/issue?
- Underneath the problem behavior, what do you really want?
- What are financially healthy ways that you can get what you want?
- What's at risk for you to take action in breaking through your financial barriers?
- Who will you align with to hold you accountable or offer support?



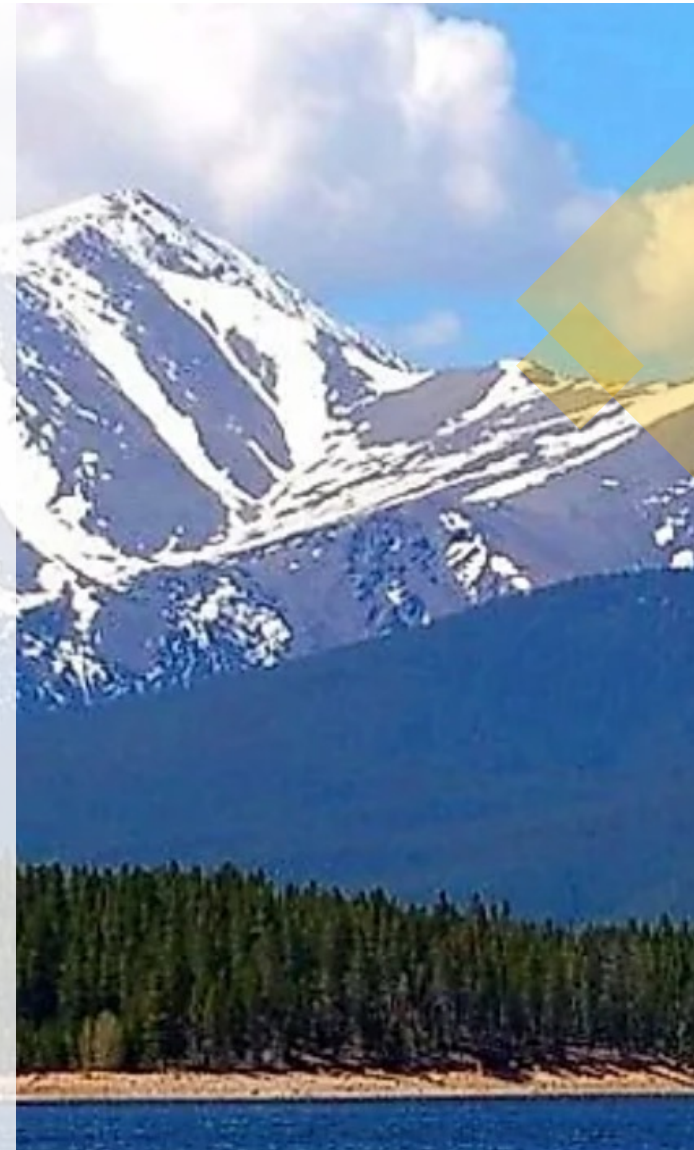
# Relational Soul Care Habits for Servant Leaders

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- Regrets at end of life all have to do with relationships.
- God did not build us to do life alone.
- Satan loves finding isolated Christ-followers.
- Our greatest fear is that someone will truly know us, because if they did, they would reject us.
- Time together < Deep togetherness



1. Focus on a relationship conflict.
2. Exaggerate a list of complaints about the relationship.
3. Step into 100% responsibility.
4. What from your past does this conflict remind you of?
5. List what you are doing to keep the conflict going.
6. List what you can do to create what you really want.
7. Make a commitment to a measurable action step and ask for support accountability.

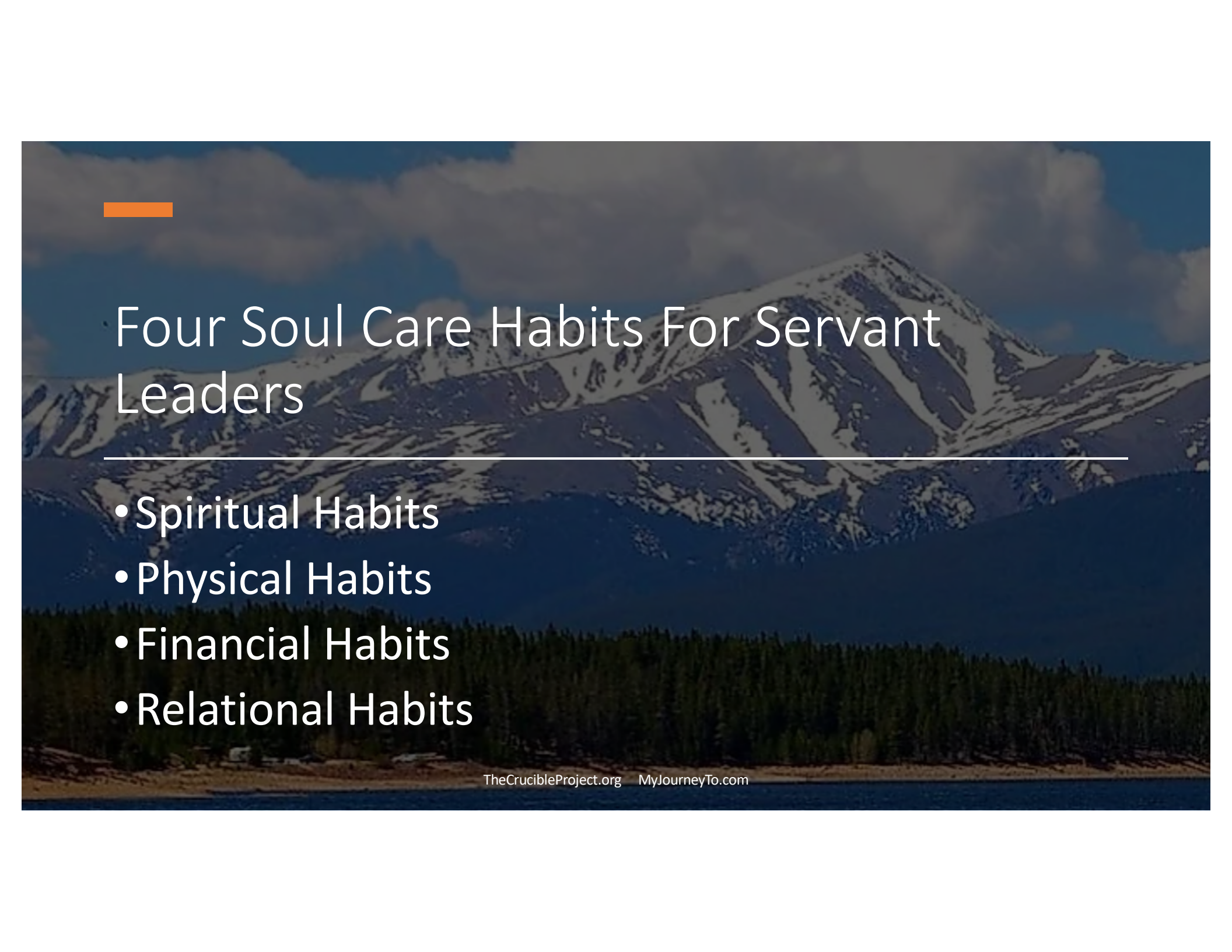






## Relational Soul Care Habits for Servant Leaders

- Use technology to create relational time together.
- Put your key relationships above all others, except God.
- No regrets.
- Schedule and keep appointments with yourself and your family.



# Four Soul Care Habits For Servant Leaders

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# Action Plan

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# You're Leaving Here With...

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- Understanding of your level of burnout.
- Common barriers to soul care and how to break through them.
- Action plan to implement soul care in your life beginning today!





Take Care of Your Soul!

“You are no less valuable  
than any of God’s children you serve.”

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## Burnout Self-Test

Instructions: For each question, place the corresponding number in the column that most applies.

Questions	Not At All (1)	Rarely (2)	Sometimes (3)	Often (4)	Very Often (5)
I feel run down and drained of physical or emotional energy.					
I have negative thoughts about my job.					
I am harder and less sympathetic with people than perhaps they deserve.					
I am easily irritated by small problems, or by my co-workers.					
I feel misunderstood or unappreciated by my co-workers.					
I feel that I have no one to talk to.					
I feel that I am achieving less than I should.					
I feel under an unpleasant level of pressure to succeed.					
I feel that I am not getting what I want out of my job.					
I feel that I am in the wrong organization or profession.					
I am frustrated with parts of my job.					
I feel that organizational politics or bureaucracy frustrate my ability to do a good job.					
I feel that there is more work to do than I practically have the ability to do.					
I feel that I do not have time to do many of the things that are important to doing a good quality job.					
I find that I do not have time to plan as much as I want to.					
<b>Total</b>					

**Score interpretations (No matter your score, pay attention to areas you ranked a 5)**

**15-18:** No sign of burnout.

**60-75:** Very severe risk of burnout.

**19-32:** Little sign of burnout.

**33-49:** At risk of burnout.

**50-59:** Severe risk of burnout.



## Soul Care for Leaders ACTION PLAN

1. **As a result of this presentation, what changes do you want to make in your life? (Spiritual, Physical, Financial, Relational)**
  
2. **Of the changes you wrote down, which one is the most important to you now? Pick the one change you are most committed to make happen.**
  
3. **Describe what would be happening in your life if this change were to occur. What would you and others be experiencing? (Use your senses to envision how your life will be different as a result of this change).**
  
4. **What specific actions will you take to make sure that this change takes place in your life?**
  - a. In the next 3 hours?
  
  - b. In the next 3 days?
  
  - c. In the next 3 weeks?
  
5. **Where will you get support and to whom will you be accountable?**
  
6. **How and when will you be accountable to this person?**
  - a. How? \_\_\_\_\_ (phone, email, in person, etc.)
  - b. How often? \_\_\_\_\_ (daily, weekly)

I commit to taking what I have learned in this presentation to care for myself better. I want to care for myself so I can serve others well, like Jesus.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date