

The
SECRET SAUCE
TO LONG-TERM
HEALTHY MINISTRY

*How To Build a Personal Support
Team for Church Leaders*

min-is-ter

/ˈmɪnəstər/

verb

▪ **attend to the needs of (someone).** “Her doctor ministered to the injured for hours.”

As a church leader, you minister to people on a daily basis. You attend to their needs and help connect them to Jesus. It's a beautiful and sacred calling.

But there's a truth that none of us can avoid. You can't give away to others what you don't have. The secret sauce to long-term healthy ministry is to assemble a group of people who can minister to you.

This simple and easy resource helps you think through who attends to your needs.

At first glance, that might seem very selfish, but what if it wasn't selfish at all to invite others to support you so that you can support others? What if it was incredibly wise?

Philippians 2:3-4 in the New Living says this:

“Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too.”

This verse assumes that we're taking care of our own needs and encourages us to do that for others. But all too often, church leaders do quite the opposite. They ignore their own needs in order to attend to the needs of those they serve and quite often have valid reasons for why. They think: (a) I don't have the time, (b) I don't understand why I need it, or (c) I don't know where to start.

So to make the transition into caring for yourself in a healthy, Biblical way, we want to invite you to assemble a personal support team.

In the military, they have a division focused solely on resupply and support. Their job is

to bring the necessary supplies and care for the soldiers so that they are able to carry out their mission.

We learned about this tactic from a friend who served in the military. He always says, “No one goes to war alone. They can't win that way. You have to be willing to call for resupply and support, or you're dead in the water.”

That's true for you today.

It's time for you to feel encouraged and supported. And the great news is that you probably already have folks on your team, and you didn't even realize it!

This resource has two parts. First, it helps you identify the people in your life, invoking gratitude for how God uses them. Second, it reveals very specific areas in your life where you need support.

Once you identify those places and spaces, you are free to bring those needs to God. Then, you keep your eyes open for the people He brings in your life to meet that need.

The bottom line is that the mission you've taken as a church leader is crucial and critical. It's not easy, and it's impossible to do on your own long-term. If you want to last then, you need a support team.

At Ministry to Parents, it is our calling to come alongside you, the church leader, and support you. This resource is a reflection of that passion.

Blessings,
The M2P Team

What it is NOT

An entourage who assembles to indulge over you and give you what you want.

What it IS

A squad that comes alongside you in a partnership to help meet some of your needs, so you *continue* to make a difference.

HOW TO USE IT

1. Print the following pages.
2. Fill in your name at the top.
3. Fill in the names of those that fit the descriptions. It's okay to leave an empty blank.
4. For each blank that you fill in, use A Prayer of Gratitude from the Guided Prayers.
5. For each empty blank, use A Prayer of Expectation from the Guided Prayers.
6. Once you finish, keep it tucked in a drawer for the days you feel alone.
7. Every now and then, reassess the team and make adjustments as needed.

RECIPE
TEAM _____
(insert your first name)

(family member you can trust)

(friend to call when you're struggling)

(mentor you can meet with personally)

(friend to go out and have fun)

(mentor you learn from afar)

(someone younger than you to invest)

(medical doctor(s))

(someone older than you to learn something)

(peer who shares the same profession)

(hair stylist/barber)

(financial advisor)

(author/podcaster that encourages, inspires, teaches you)

(financial advisor)

()

(workout partner/physical trainer/dietician)

()

(counselor/therapist)



GUIDED PRAYERS

A PRAYER OF GRATITUDE

LORD,

Thank you for the privilege of being in a relationship with you. You are merciful and full of grace, patient, and personal. I am grateful you extended the invitation to this profession.

I admit I need you and others to last the long haul. As I listed a support team, I identified a few people you have brought into my life. Thank you for gifting me with these people. You use people's talents, personalities, and circumstances to accomplish your purpose in my life for your Glory.

I take this time now to practice your Word to "give thanks for everything to God the Father in the name of our Lord Jesus Christ (Ephesians 5:20)."

Thank you for:

- _____ who does _____ in my life.
- _____ who does _____ in my life.
- _____ who does _____ in my life.
- _____
- _____

Please open my eyes to see the blessings you have brought my way. Also, reveal to me if I am to be on someone else's Team. If so, give me the courage to step into vulnerability and speak with them.

I ask you, Jesus, to continue to shepherd my heart and soul for your Name's sake. In the Powerful Name of Jesus Christ, do I ask and believe in all these things.

With Much Gratitude,

(Insert Your Name Here)

A PRAYER OF EXPECTATION

LORD,

Thank you for being so kind and giving. Your generosity is overwhelming. I am also grateful for your patience as you grow and mature me in your ways. You never grow tired of me. Thank you.

As I intentionally identify ways to stay faithful to you over my remaining years, I acknowledge I don't know the fullest extent of my heart's needs. You know me better than I know myself, so I don't even know what to ask for. Spirit, would you reveal them to me?

Would you, Spirit, help me in my weakness (Romans 8:26-27)? Help my brothers and sisters in Christ as well. We do not know what we ought to pray for, but you intercede for us through wordless groans. You intercede for God's people in accordance with the will of God. You search our hearts. Thank you. Thank you so much. Please continue to intercede, for we need you.

Below are some places and spaces where I need help and support. There are also some areas of uncertainty. I surrender each area to you and ask you to bring people into my life to help me mature spiritually, emotionally, physically, and mentally.

Places and Spaces I Need Support

Thank you for the privilege to partner with you in prayer. Deepen our relationship for your purpose and story.

In the Powerful Name of Jesus Christ, do I ask and believe in all these things.

With Much Expectation,

(Insert Your Name Here)