

I get knocked down, but I get up again:

Perseverance in the Ministry of Reconciliation

I GET KNOCKED DOWN • BUT I GET UP AGAIN



YOU'RE NEVER GOING TO KEEP ME DOWN

"It is essential to be drunk all the time. That's all: there's no other problem. If you do not want to feel the appalling weight of Time which breaks your shoulders and bends you to the ground, get drunk, and drunk again."

Charles Pierre Baudelaire 1821-1867



FCF 1983

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.”

Ephesians 5:18

Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Ephesians 5:19

“ I cry aloud to the LORD;

I lift up my voice to the LORD for mercy.

I pour out my complaint before him;

before him I tell my trouble.”

Psalm 142:1,2

“He disburdened his cares unto God.he did not give way before people to loud and senseless lamentations, neither did he suffer himself to be tormented with inward and suppressed cares, but made known his griefs with unquestioning confidence to the Lord.”

— Calvin.

“Writing in a prayer journal helps us take stock of our location on the journey.... we can reflect on what God is doing, ...instead of reacting to life...., it quiets our souls. It’s okay to have a busy life. Its crazy to have a busy soul.”

Paul Miller, A Praying Life

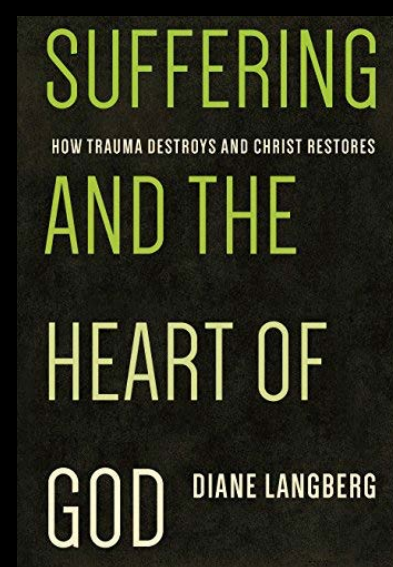
Resilience in Ministry:

Not so much prevention but self-care and recovery

Burnout – Physical, emotional and mental exhaustion caused by long-term involvement in an emotionally draining situation. (Langberg)

Compassion Fatigue- Accumulated weariness from daily work of entering the sorrow of others with a compassionate response.

Secondary Distress – exposure to details of stories and distressing facts over time causes caregivers to begin to have the same emotions



The
HOLY
BIBLE



ESV

Right Theology, Right Thinking

God's Word is foundational for resilience

a theology of reconciliation will demand a theology of suffering

Your capacity for ministry is directly related to your capacity for suffering

Right Gratitude

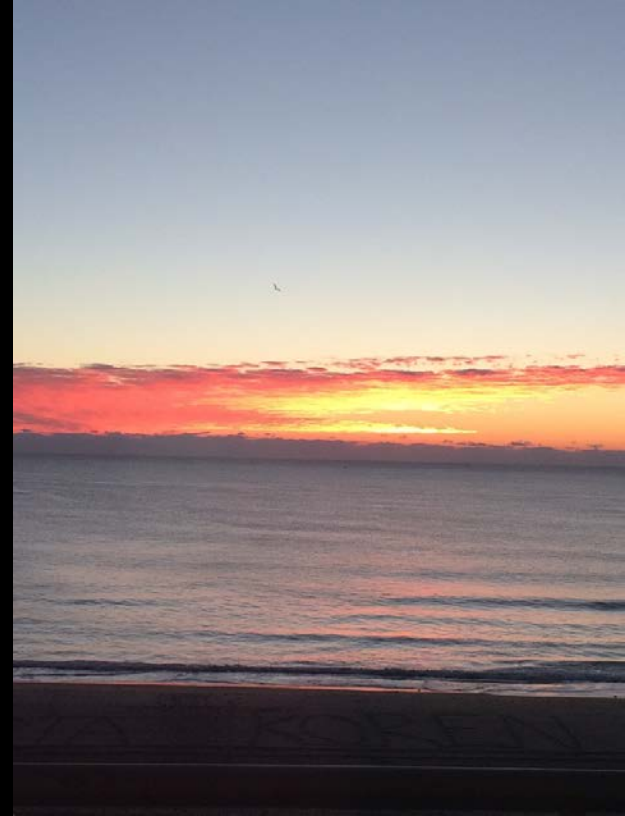
Praise: A Godward focus restores

“Praise God in his sanctuary; praise him in his mighty heavens.

**Praise him for his acts of power;
Praise him for his surpassing greatness.” Ps. 150**

**“Worship is like the REM of soul rest.
Ministry is like PTSD for your whole
life. It beats you up, beats your family
up. There’s no rest because of the
‘ceaseless work of our self-validation.’”**

(Ray Cortese)



How Gratitude Changes Us

“Feeling grateful activates the brain stem region that produces dopamine...

Gratitude toward others increases activity in social dopamine circuits, which makes social interactions more enjoyable..

”Labeling your negative emotions makes them less powerful... describe an emotion in just a word or two , and it helps reduce the emotion.



**Right Gospel:
Living in The Now-and-Not-Yet**



The verdict is in!

We have the righteousness of Christ!

**“There is therefore now no condemnation
for those who are in Christ Jesus because the
law of the spirit of life has set us free from
the law of sin and death.”**

Rom. 8:1



Right People: Community

“It begins by being with God in solitude; then it creates a fellowship, a community of people with whom the mission is being lived; and finally, this community goes out together to heal and to proclaim good news.”

**Henri Nouwen,
“Moving from Solitude to Community to Ministry”**

MRI study: “social exclusion activates the same circuitry as physical pain.”

Right Pauses: Sabbath Rest