



Taking Care of Navigators

A Staff Care Tune-Up

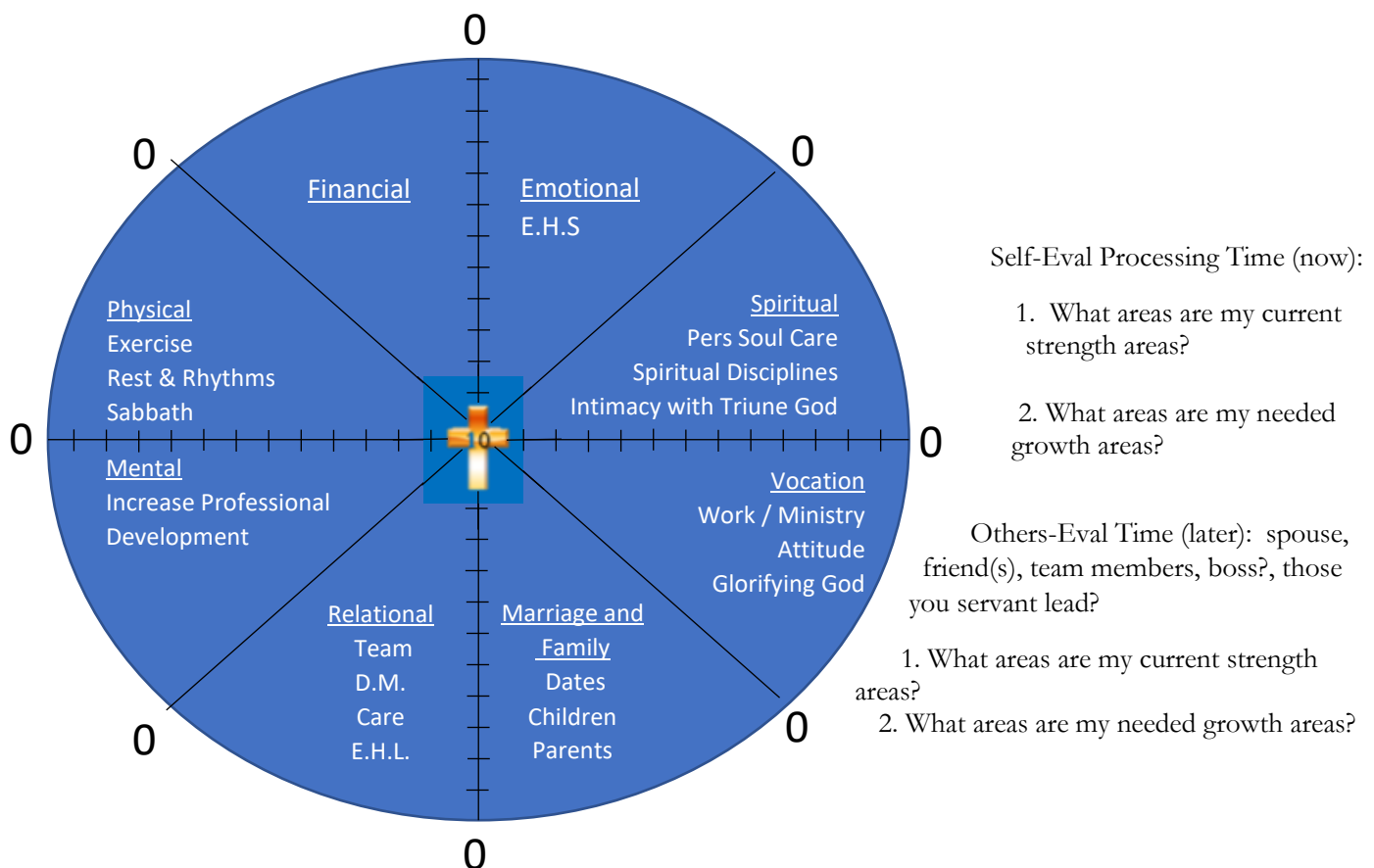
- Opening Prayer
- Biblical Basis:
 - Proverbs 27:23-24
 - John 21:15-19

Read Together

What do these Bible verses teach about the importance of caring for others in ministry, how it can be done, and how we can cooperate with the Lord in this high calling?

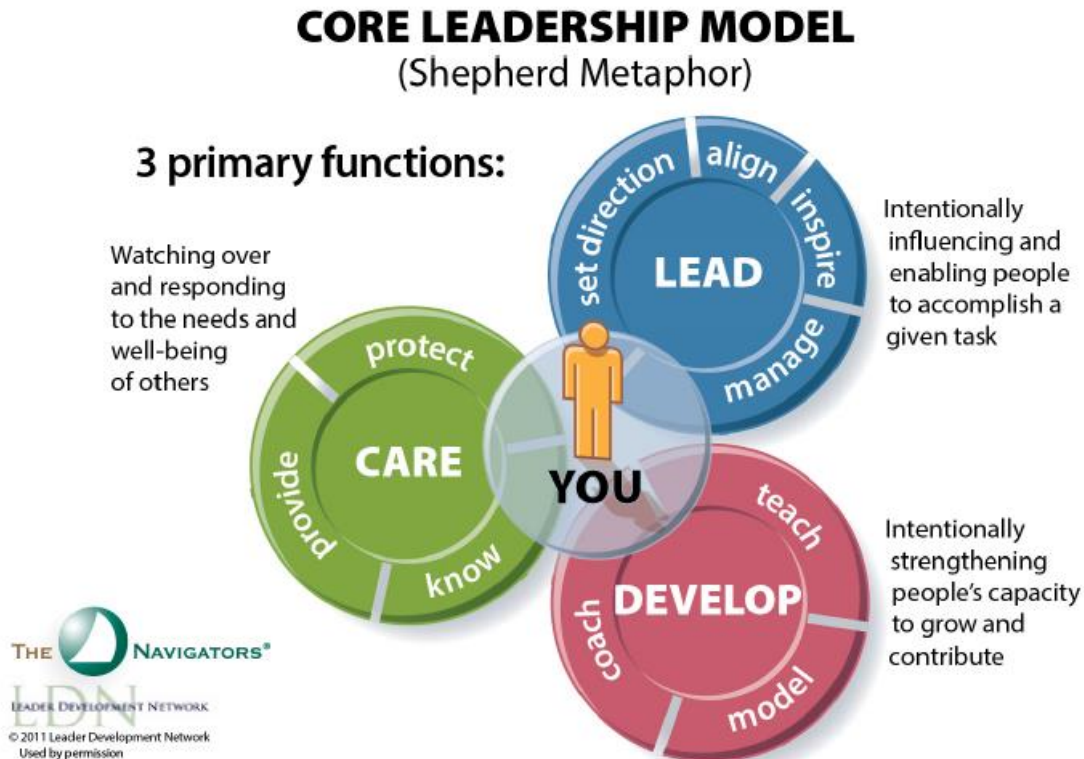
What are some of your other favorite verses about this? Why?

- A Guiding Framework and Evaluation:



Ref: E.H.S. (Emotionally Healthy Spirituality, Scazzaro), E.H.L. (The Emotionally Healthy Leader, Scazzaro)

- A Shepherd-Leadership Model



- It is important to know your strength, stretch, and struggle ... and team together to maximize strengths and overcome weaknesses together as a team.
- Processing Time: Which is your strength, stretch, and struggle? What about those on your team? Value them and be valued together.
- Counsel: Always keep all three in view in ministry & meetings, and if you don't have time for all three, don't short-change the Care Component. Otherwise, ... ST success.
- Not Just an Afterthought: Marriage and Family in Ministry Priorities
 - Genesis 33:13-14
 - Can we trust the Lord and engage in a way that one of our most important ministries, maybe even most important, is to our spouse and family members? In our singleness?
 - How?
- Begins, Continues, and Ends with Prayer & Meditation
 - Too Busy Not To Pray (for extended time daily)!
 - Praying the Lord's prayer daily (Matt. 6:9-13) ... praise, submission, requests, repentance/forgiveness/reconciliation, spiritual warfare, and return to praise
 - Centering Prayer at key time(s) in the day ... Remembering key verse at end of day

- Margin:
 - We can be our worst enemies in this ... ultimately, in the Lord, we can have some!
 - A potential goal: run at 85-90% capacity so as to hear and see new opportunities from the Lord in life and ministry and have the time and capacity to receive them.
 - Margin: Emotional Energy, Physical Energy, Time, and Finances
 - Health through Contentment, Simplicity, Balance, and Rest
 - Lorne Sanny's Quote: "The day consists of morning, afternoon, and evening ... if possible, schedule only two!"
 - Don't forget Vacation Time! "If not for yourselves, do it for the loved ones in your life!"
 - The Art of Saying No (when needed, maybe more often than you think)
 - Managing the Volume ... thankful weekly looking forward and back on Friday's
 - (Processing Time – Now): What is your strength in margin/health?
 - (Processing Time – Later, w/ spouse): What is most important needed growth area?

See also: *Margin* (Richard Swenson, M.D., NavPress)

- Five Languages of Appreciation in the Workplace (i.e. Ministry Teams)
 - Families and Marriages too!
 - Words of Affirmation
 - Quality Time
 - Acts of Service
 - Tangible Gifts
 - Physical Touch
 - Your Potential Blind Spot: Your Least Valued Language
 - Appreciation with Remote Employees and Virtual Teams
 - Generational Differences

Reference: *The 5 Languages of Appreciation in the Workplace* (Chapman & White, 2019)

- Question and Answer Time, Summary, and Closing Prayer

- For Personal Processing Time later: By God's grace and power, I will:

1. _____

2. _____

3. _____

Note: See also attached survey: we welcome your feedback on how we can serve you!

SDC Staff Care Survey

1. Your Mission: _____
2. Marital status (circle one):

Married Single Divorced Widowed Remarried
3. Do you have children in the home (circle one)? Y or N
4. How long have you been serving on staff? _____
5. What do you see as the top 3-5 staff care needs for you or others you work with in The Navigators?
6. Which of the following Staff Care and Spiritual Formation areas would be most helpful to you personally?
 - a. Anxiety and Depression
 - b. Dealing with Conflict & Broken Relationships
 - c. Soul Care / Spiritual Formation Retreats
 - d. Personal Resources on Abiding in Christ
 - e. Listening and Healing Prayer
 - f. Building and Maintaining Healthy Team Relationships
 - g. Rest and Margin
 - h. Singleness
 - i. Marriage
 - Parenting
 - Babies/Preschool ____
 - Elementary ____
 - Teens ____
 - Young Adults ____
 - Wayward Children ____
 - Grandchildren ____
 - Caring for a Spouse or Aging Parents
 - k. Shepherds Network
 - l. Financial Stewardship
 - m. Local Shepherding from an older staff member
 - n. Living and Ministering from a Healthy Identity in Christ
 - o. Staff Care Tune-Up
 - p. Other

Optional Name and Contact Info: _____