

Spiritually Healthy Leadership

Gather Night: Fall 2019

Ignite Church

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In light of church resignations, suicide, and burnout, how can leaders remain spiritually healthy?

I. Soul Health

- A. “Soul” health refers to the health of the whole person—holistic health
 - 1. Physical, Spiritual, Mental, Emotional, Missional, Relational

- B. Hebrew word for soul: נֶפֶשׁ (*nephesh*)¹
 - 1. *Nephesh* most basically means “throat”
 - a) Num. 11:6 – “Our *nephesh* has dried up!”
 - 2. *Nephesh* most commonly is used to refer to a “whole person; one’s self”
 - a) Gen. 46:15 – There were 33 *nephesh* in Jacob’s family
 - b) Gen. 2:7 – Man became a living *nephesh*
 - c) Ps. 119 – “Let me (*nephesh*) live, that I may praise you.”

 - 3. *Nephesh* refers to the whole person: material and nonmaterial

II. A Paradigm for Holistic Health²

A. Physical (Body)

- 1. **Diagnostic question:** How are my sleep, eating, and exercising patterns?
- 2. Strong disciples: I want you to be doing what you love to do for a long time.
 - a) Theodore Roosevelt: “You have the intellect, but your body will fail you.”
- 3. Was Jesus physically healthy?
 - a) Luke 2:52 – “And Jesus grew in wisdom and in stature, and in favor with God and man.”

B. Spiritual (Heart)

- 1. **Diagnostic question:** Am I practicing the habits of grace?
 - a) Scripture, prayer, fellowship, evangelism
- 2. Was Jesus spiritually healthy?
 - a) Matthew 14:23 – “After He had sent the crowds away, He went up on the mountain by Himself to pray; and when it was evening, He was there alone.”
 - (1) Note: After Jesus’ greatest times of POURING OUT, he retreated to be FILLED UP with the Father

C. Mental (Mind)

- 1. **Diagnostic question:** What are my streams of content? (Patterns of consumption)
 - a) What you consume (viewing, thinking, speaking) determines who you become
 - b) Bookending your day

¹ Watch a word study video on the Hebrew word *nephesh* and more at thebibleproject.com.

² Michael G. Bischof, SOULeader Resources.

2. Was Jesus mentally healthy?
 - a) Luke 2:52 – “And Jesus grew in wisdom and in stature, and in favor with God and man.”

D. Emotional (Feelings)

1. **Diagnostic question:** Am I experiencing the biblical range of emotions in the appropriate contexts?
 - a) Joy (Nehemiah), zeal (Psalms), compassion (Jesus and the crowds), brokenness (Rom 9), thanksgiving (Psalm 100)
2. Was Jesus emotionally healthy?
 - a) John 11:35 – “Jesus wept.”

E. Missional (Will)

1. **Diagnostic question:** Am I seeing joy and fruit in my leadership?
2. Calling: if I could be serving in any capacity at Ignite, would I still be doing what I’m doing?
3. Was Jesus missionally healthy?
 - a) Luke 19:10 – “For the Son of man came to seek and to save the lost.”

F. Relational (Social)

1. **Diagnostic questions:** Are my closest relationships with wise, foolish, or evil people? Who is my Paul, Timothy, and Barnabas?
2. Was Jesus relationally healthy?
 - a) Jesus ministered to the crowds, taught the 72, walked with the 12, and shared closeness with the 3

