

Staying Alive



Flourishing in a demanding mission
environment

Intro



Who are we?

Why are we the experts?



¹ Blessed is the one
who does not walk with the wicked
or stand in the way that sinners take
or sit in the company of mockers,

² but whose **delight is in the law** of the LORD, and
who **meditates on his law** day and night.

³ That person is like a tree
planted by streams of water,
which **yields its fruit in season**
and whose **leaf does not wither—**
whatever they do **prosper.**

~ Psalm 1

Does this describe you?



- ❧ Delight and meditate on the law of the Lord
- ❧ Planted by streams of water
- ❧ Fruit in season
- ❧ Your leaves do not wither
- ❧ Prosper in everything

The Reality...



Pulse Check



☞ Are you thriving and bearing fruit?

☞ Are you barely surviving?

☞ Are you withering on the vine?

☞ What are the things that choke our growth?

The Issue



“For many of us, the great danger is **not** that we will renounce our faith.

It is that we will settle for a mediocre version of it.

We will just skim our lives instead of actually living in them.”

– John Ortberg

Chaos



Living in Chaos

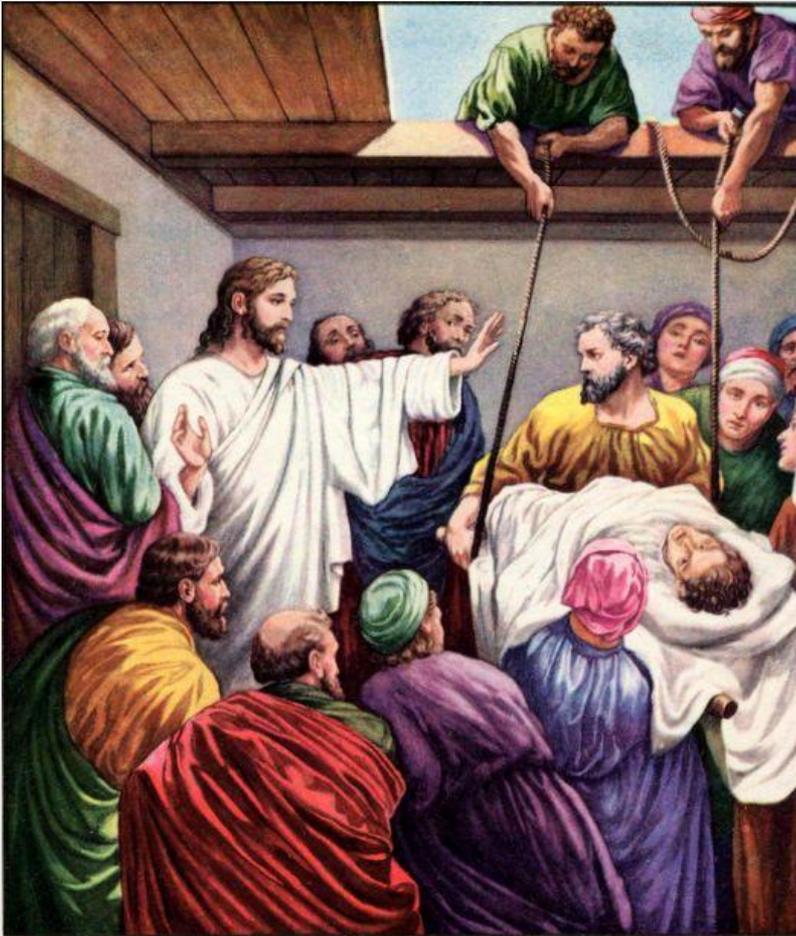


☞ Affects our witness

☞ Affects our legacy

☞ Affects our sustainability

Living among chaos



∞ Poor

∞ Missions

∞ Christ ministered
in chaos!

“Seek the Peace”



⁵ “Build houses and settle down; plant gardens and eat what they produce. ⁶ Marry and have sons and daughters; find wives for your sons and give your daughters in marriage, so that they too may have sons and daughters. Increase in number there; do not decrease.

⁷ **Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper.”**

Daniel



Finding Peace in your Chaos



- ❧ Know who you are
- ❧ Root yourself in the Lord
- ❧ Right Balance
- ❧ Understand seasonality
- ❧ Protect your rest
- ❧ Look for Joy in the Journey
- ❧ Family Buy-In
- ❧ Know your talents and Know your limits
- ❧ Saying No

Know who you are



*You are My beloved Son,
in You I am well pleased.*

~ Luke 3:22

“... [My dark side says,] I am no good... I deserve to be pushed aside, forgotten, rejected, and abandoned.

Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the "Beloved."

- Henri J.M. Nouwen

Rooted



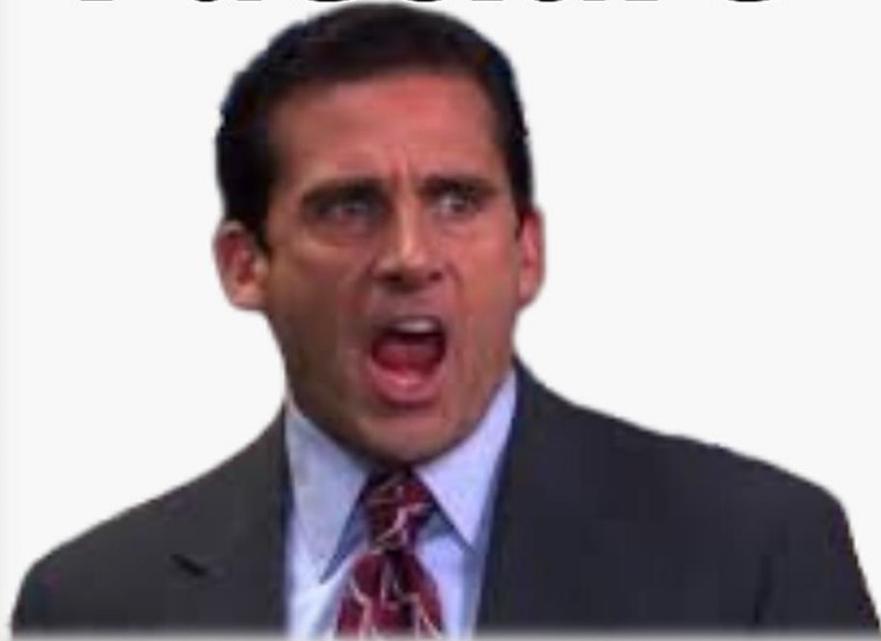
- ❧ Scripture
- ❧ Prayer
- ❧ Fellowship →
Accountable
relationships
- ❧ Local Church



Finding the “right” Balance



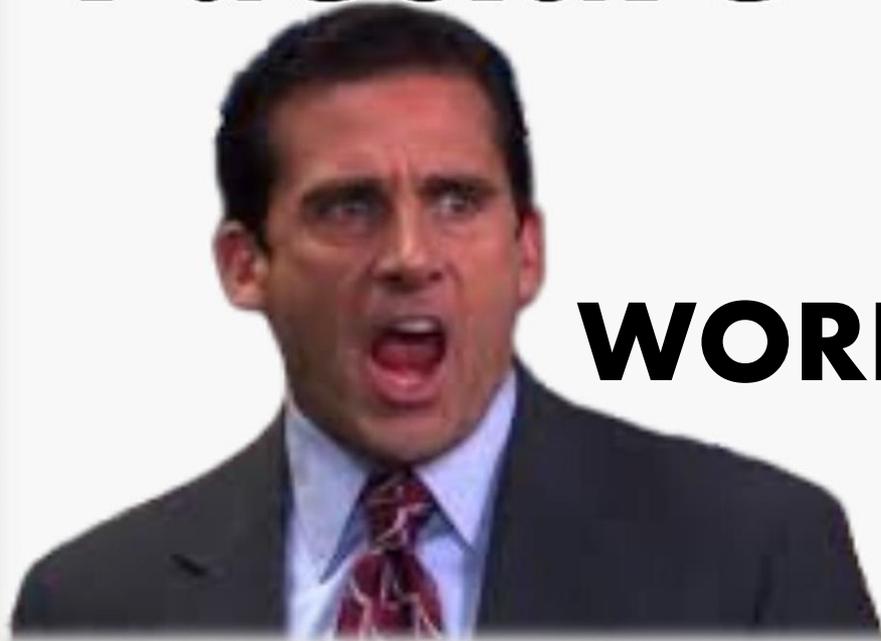
I declare



Finding the “right” Balance



I declare



WORK LIFE BALANCE

Balancing Act vs Conducting a Symphony



Understanding Seasonality



☞ Need to re-evaluate every 3-4 months
(Rearview, sideview, front view Eval)

- What's working
- What's not
- What is God calling me to
- What is God calling me away from

Protect your Rest



☞ Physical Rest

- Sleep
- Exercise
- Diet

☞ Mental Rest

- Work, church, ministry
- Cellphone, emails, Facebook/social media

☞ Emotional Rest

- People who drain – Debbie Downers
- Cellphone, emails, Facebook/social media

☞ Sabbath

Sabbath



“People who keep Sabbath live all seven days differently.”

- Walter Brueggemann

Joy in the Journey



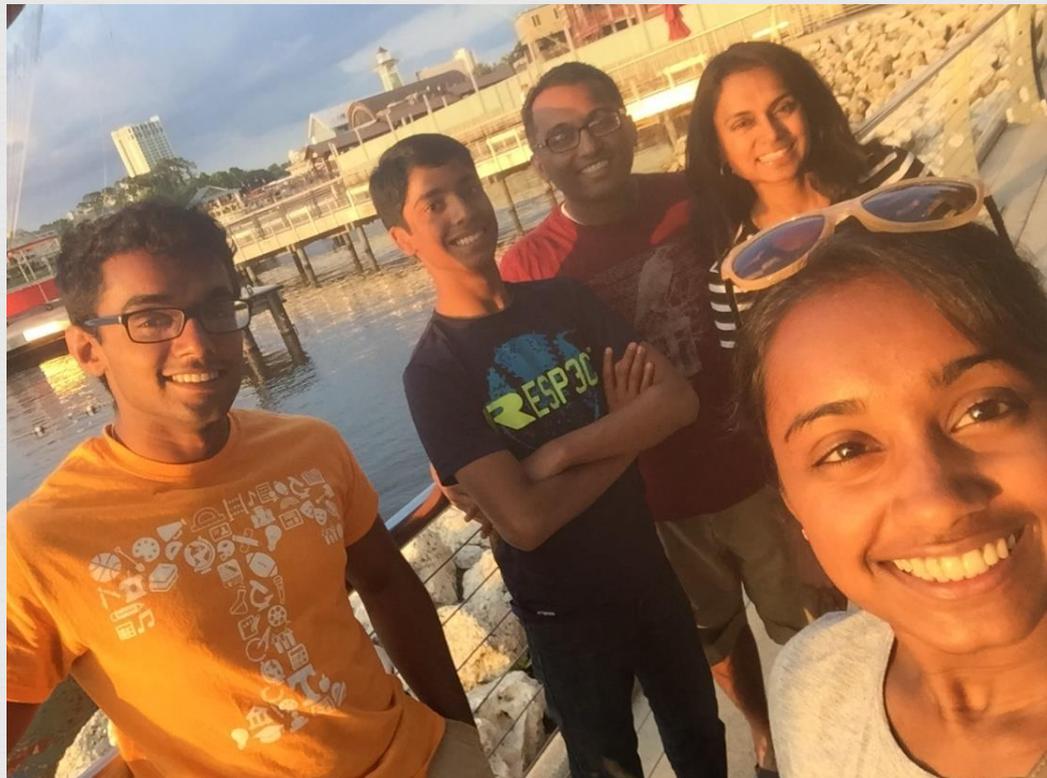
∞ Date Nights

∞ Family Nights

∞ Friends

∞ Vacations

Family Buy In



Frequent Family Pulse checks

Know your talents, Know your limits

one sows and another reaps



shake the dust off your feet



Saying No



“‘NO’ is a complete sentence”

– Anne Lamott

Ways to say “No”



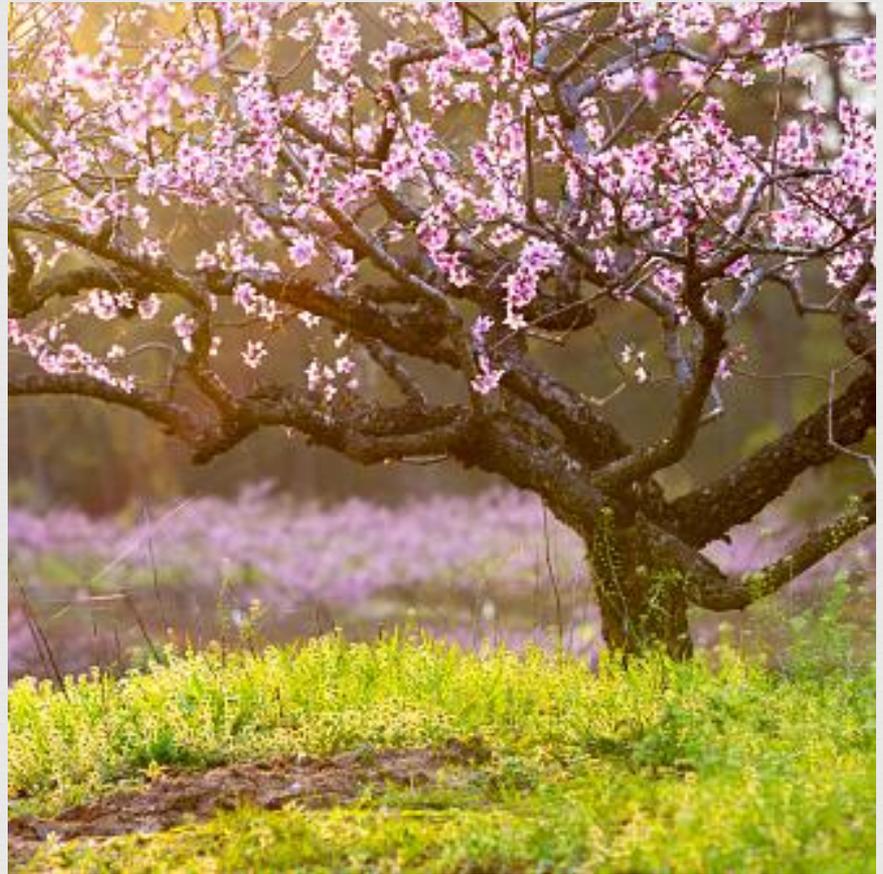
- ❧ I can't commit as I am working on other projects right now.
- ❧ Now's not a good time. Can we try for another time?
- ❧ I'd love to do this, but ...
- ❧ Let me think about it first and I'll get back to you.
- ❧ I'm not the best person to help on this. Why don't you try X?
- ❧ No, I can't.

Always Green, Always Bearing Fruit



³ *That person is like a tree planted
by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.*

– Psalm 1



Recommend Further Readings



❧ The Ruthless Elimination of Hurry
- John Mark Comer

❧ The Power of Full Engagement
- Jim Loehr and Tony Schwartz

❧ On Being a Missionary
- Thomas Hale

❧ Ordering your Private World
- Gordon MacDonald

∞ BREATHE IN

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness (Grace)
- Faithfulness
- Gentleness
- Self-control

∞ BREATHE OUT

- Hate
- Sadness
- Chaos
- Hurry
- Meanness
- Self-righteousness
- Faithlessness
- Harshness
- Rashness

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Digital Capitalism



☞ Avg iphone user

Touches their phone 2617 x's/day

2.5 hours / day

☞ *Millenials – 2x's*

☞ *“Silicon Valley tech executives are paying top dollar for device-free private schools for their kids”*

Do not move boundary stones



*Do not move an
ancient boundary
stone set up by your
ancestors*

Proverbs 22: 28