Healthy Church Leadership:

Ministry for the Long Haul

Serving the body of Christ in leadership is a privilege, a joy and a blessing. It is also spiritually draining, mentally demanding, and emotionally challenging!  How do we take care of ourselves so that we will last the course and finish strong?

**Stef Liston** along with his family and a small team, planted Revelation Church London in 2006, and he now serves as an elder there. Stef helps to lead the Relational Mission family of churches and carries specific responsibility for training and church planting. When it comes to serving the Lord, he loves, more than anything else, to preach God’s word. He is married to Davina and they have three teenage children. As a family they love living in London - walking, cycling and driving around the city and enjoying its history and diversity. Stef loves reading, walking, music, longboarding and watching good films. Stef has written a book on prayer called ‘Just Like Us’, a book about the Lord called ‘He Was and Is and Is to Come’ and a book about marriage called ‘When Two Become One’.

1. Make Sure Your Oxygen Mask is in Place First
	1. Spiritually
		1. Keep yourself in the love of God
		2. Devotion before function
		3. Keep watch over your heart
	2. Mentally
		1. Know yourself
		2. Be honest
		3. Take action
	3. Emotionally
		1. Don’t run on empty
		2. Good rhythms
2. Be Aware

***Suggested Readings:***

*Gentle and Lowly: The Heart of Christ for Sinners and Sufferers*, Ortlund, Dane C., (2020) Crossway Books

*The Christian in Complete Armour*, Gurnall, William, (1691) Banner of Truth

*Simplify: Ten Practices to Unclutter your Soul*, Hybels, Bill, (2015) Hodder and Stoughton

*Courageous Leadership: Field-Tested Strategy for the 360 Degree Leader*, Hybels, Bill, (2012) Zondervan

*Leading With a Limp: Take Full Advantage of your Most Powerful Weakness*, Allender, Dan B., (2008) Waterbrook Press

*Leading on Empty: Refilling Your Tank and Renewing Your Passion*, Cordeiro, Wayne, (2010) Bethany House Publishers