

## **Weathering the Storms: Spiritual Vitality over the Long Haul**

The author of Hebrews exhorts us to “run with endurance the race that is set before us.” But the storms of life, especially for those in ministry, threaten to throw us off course. Disappointments, opposition, and fatigue drain our spiritual vitality. This workshop will explore essential practices of holistic renewal for leaders at any stage of their race.

**Lindsay Olesberg** is a Bible teacher and Scripture Engagement leader with almost 35 years of ministry experience. She has provided Scripture Engagement leadership for numerous Urbana Missions Conferences, Cape Town 2010 (Lausanne’s Third Global Congress), and Lausanne’s Younger Leaders Generation. Lindsay is the author of *The Bible Study Handbook: A Comprehensive Guide to an Essential Practice* (IVP) and *Ephesians: Studying with the Global Church* (Hendrickson). She serves as chair of Wycliffe USA’s board of directors and as a member of the board for Revive and Servant Partners. Lindsay holds degrees from Pomona College (B.A. Asian Studies) and Fuller Theological Seminary (M.A. Theology). She and her husband Jon, a physicist working in the biotech industry, live in New Mexico. They have two adult children.

### **I. Defining Spiritual Vitality**

### **II. Factors that Contribute to Erosion of Spiritual Vitality**

### **III. Biblical Motivation – Matthew 25:14-30**

### **IV. Additional Motivation**

### **V. Intentional Renewal**

- a. Rest
- b. Processing pain
- c. Investment in relationships

**VI. Rest**

- a. Elijah, the exhausted leader (1 Kings 19:1-8)
- b. Holistic recovery
  - i. Physical
  - ii. Mental
  - iii. Emotional
  - iv. Spiritual

**VII. Processing Pain**

- a. Sources of pain
  - i. Disappointments
  - ii. Betrayal
  - iii. Conflict
  - iv. Disunity
  - v. Loss
- b. Elijah, the burned-out leader (1 Kings 19:9-14)
  - i. Losing perspective
  - ii. Processing in the presence of God

**VIII. Investment in Relationships**

- a. Elijah, the revitalized leader (1 Kings 19:15-18)
- b. Family
- c. Long term friends
- d. Local friends
- e. Ministry peers

## **IX. Rhythms of Renewal**

- a. Daily
- b. Weekly
- c. Monthly
- d. Annually
- e. Every 7 years
- f. Every 50 years

## **X. Intentional Renewal Commitments**

- a. Rest
- b. Processing pain
- c. Investing in relationships

## **Resources for Renewal**

- Prayer
  - Accountability prayer groups
  - Prayer partners
  - Lectionary or Daily Office
- Reflection
  - Spiritual Director
  - Retreat Centers
- Books
  - Ruth Haley Barton, *Invitation to Solitude and Silence: Experiencing God's Transforming Presence* (IVP)
  - Ajith Fernando, *The Call to Joy and Pain: Embracing Suffering in Your Ministry* (Crossway)
  - Jim Loehr and Tony Schwartz, *The Power of Full Engagement* (Free Press)
  - Dorothy Mathieson, *Seeds of Joy: The Healing Power of Story-Prayer* (Servant Partners Press)