

Survival From the Emotional Toll of Ministry: Practical Help for the Struggling Leader

What do you do when ministry takes an emotional, physical and spiritual toll? Burn out, discouragement and exhaustion are real dangers, but there are ways to protect and preserve your calling. This workshop will give you real life survival tools that will encourage you and lengthen the life of your ministry.

Scott Poling serves as Senior Pastor of Harvest New Beginnings Church located in the southwest suburbs of Chicago. He has served in ministry for 27 years at Harvest, seeing first-hand God's work in the renewal of a dying church. He's gained a unique perspective, understanding the pressures and trials of ministry while navigating the many changes that come with church revitalisation. He's looking forward to sharing many of the insights he's learned through the years. He received his B.S. degree from Cedarville University and his ThM from Dallas Theological Seminary, has 5 children with his wife of 31 years, Carla, and two grandchildren. His interests include trail running, ultra marathons and visiting national parks.

I. Remember the Many Mountaintops of Encouragement (1 Kings 17-18)

II. Put the Relatively Few Times of Discouragement in Perspective (1 Kings 19:1-2)

III. Climb out of the Valley of Discouragement One Step at a Time (1 Kings 19:3-4)

A. Recognize the Valleys

B. Take the Physical Step

C. Take the Mental Step

D. Take the Truthful Step

E. Take the Spiritual Step