

## Unit 3.9 - Coping with Pressure

9. How do we deal with criticism?

Recognise we all make mistakes, listen carefully.

Ask why are they saying it?

Evaluate criticism to see if it is valid, if so accept it.

Involve neutral person if necessary

If necessary apologise and make amends.

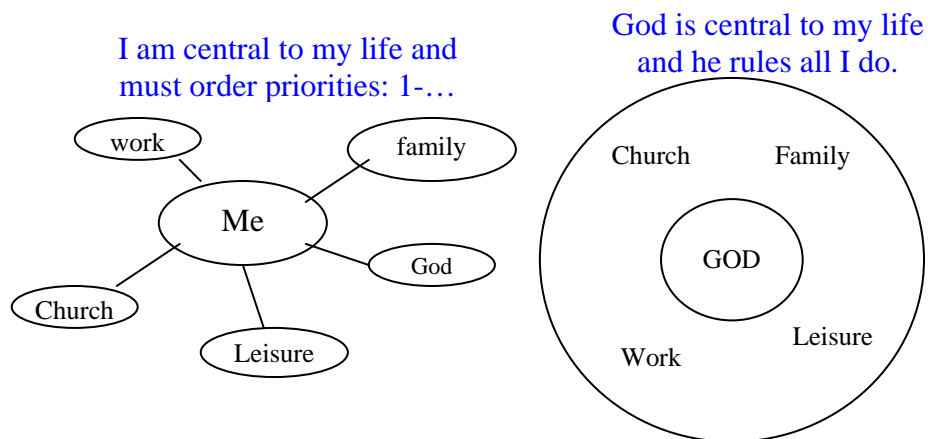
If it is not valid seek to use it as an opportunity to build relationship, whilst graciously sticking to our guns.

10. "Most ministers don't burn out because they forget they are ministers. They burn out because they forget they are people." What do you think? How can we avoid this?

This is true.

We avoid it by: Learning to say no, recognising God rates our ministry, avoiding the messiah complex, recognising when pride is driving us, establishing sensible work patterns, eating healthily, taking exercise, rest pattern, quality family time, accountability and honesty with friends. Revelling in being justified by faith.

11. "there is not one inch in the entire area of human life about which Christ, who is sovereign of all, does not cry out 'mine!'"  
How should such a truth liberate us?



1. Well being survey.

a. How is your relationship with God right now?

b. What have you read in the Bible in the past week? What has God said to you through it?

c. Where do you find yourself resisting God?

d. What specific things are you praying for in regard to yourself?

e. What general reading are you doing?

f. How are you doing with your spouse? Children?

g. Are there any unresolved conflicts in your relationships at the moment?

h. What are your fears/worries?

i. What have you done to play?

2. What additional pressures do Christians face?

Have same pressures as everyone else, plus call to be disciples, need to pray, read Bible, desire to serve at church, need to build good rel's in and outside church, prize hard work, family, marriage etc...

**2 Corinthians 6:3-10, 11:23-31**

3. What do we learn about Paul's:

a. Motivation

Sees self as servant of God

b. suffering

beating, imprison, riots, hard work, sleepless, hungry, unknown, insignificant, sad, having nothing, flogging, shipwreck, danger

c. the outcome of this

God gives Paul the strength he needs

4. What does Paul leave out of apostolic CV? What lessons are there for us in an age of Christian celebrity?

Does not recount successes, doesn't tell of no of people he has preached to, or venues, or governors, or number of churches planted.

We need to learn this humility just sinners saved by grace and used by God.

5. What are the dangers, temptations and pressures of Christian leadership?

Expectations ours and others, discouragement, loneliness, fatigue, criticism, depression, burn out, sexual temptation, neglect of marriages or children.

6. How do we deal with these. What do the following verses say?

Joshua 1:7-9

We are to live dependent on God's strength and presence

1 Kings 19:14-19

Elijah felt down, isolated and fled, and God was gracious to him.

Ecclesiastes 4:9-10

Friendship is important

Daniel 4:34-35

God is sovereign, and always remains so

Matthew 5:11-12

Criticism and opposition is normal

Ephesians 5:21-33

Marriages matter and are to be precious to us not neglected

Ephesians 6:1-4

Children matter we must invest time in them

Philippians 4:4-9

We are to pray not worry

Titus 2:1-8

We are to be wise in who we spend time with and situations we put ourselves in

### Thinking practically

7. Where do you feel the pressure points in your ministry (life)?

8. What steps can we take to alleviate pressure on our leaders?

Work in teams, train others, rotation, encouragement, saying thanks, listening, praying for them, offering help, avoiding grumbling, provide resources people need, friendship, accountability, be careful with criticism.